

SEXUAL ORIENTATION AND GENDER IDENTITY: Provider 101

Why does it matter?

Collecting information about a patient's sexual orientation and gender identity is key to providing competent care for Two Spirit and LGBTQ patients, who face significant health disparities.

How do I collect it?

Ask these questions to obtain information about gender identity and sexual orientation:

1. What is your sex assigned at birth?
2. Do you think of yourself as a man, a woman, both, neither, or something else?
3. Do you use pronouns like he, she, or they? If so, what pronouns do you use?
4. If necessary for appropriate care: Are your sexual partners men, women, both, or neither?

You cannot know someone's gender identity from their appearance. Identity changes over time.

Ask every patient. Ask every time.



Gender Identity Sexual Orientation Gender Expression

What's the difference?

Gender Identity: A person's internal sense of gender. If this matches your gender assigned at birth, you are cisgender. If it doesn't, you may identify as transgender or genderqueer.

Gender Expression: A person's external presentation of gender through clothes, hair, voice, posture, mannerisms. This may or may not match a person's gender identity.

Sex Assigned At Birth: The assignment of sex (male, female, or intersex) based on hormones, anatomy, or chromosomes, which often happens at or before birth.

AFAB: Assigned Female at Birth

AMAB: Assigned Male at Birth

Sexual Orientation: A phrase describing the genders of people someone is sexually attracted to. This may or may not match someone's emotional attraction and may or may not correlate with sexual behavior.

Emotional Attraction: A phrase describing the genders of people someone is emotionally or romantically attracted to. This may or may not match their sexual orientation.



Kira is a trans woman. She's most comfortable in feminine clothes. She's primarily, but not exclusively, attracted to men. She might identify as straight, queer, or bisexual.

GENDER IDENTITY

_____x> female/woman/girl
 _____> male/man/boy
 _____> other gender(s)

GENDER EXPRESSION

_____x> female/woman/girl
 x_____> male/man/boy
 _____> other gender(s)

SEX ASSIGNED AT BIRTH

female male intersex/other

SEXUAL ORIENTATION

x_____> female/woman/girl
 _____x> male/man/boy
 _____> other gender(s)

EMOTIONAL ATTRACTION

_____x_____> female/woman/girl
 _____x_____> male/man/boy
 _____> other gender(s)



Roby is a straight, cis woman. Her gender identity, pronoun preference, and clothing match the gender she was assigned at birth. Every once in a while, she borrows her male partner's sweatshirts. In

general, though, she wears women's clothes and she's glad to be perceived as a woman.

GENDER IDENTITY

_____x> female/woman/girl
 _____> male/man/boy
 _____> other gender(s)

GENDER EXPRESSION

_____x> female/woman/girl
 _____> male/man/boy
 _____> other gender(s)

SEX ASSIGNED AT BIRTH

female male intersex/other

SEXUAL ORIENTATION

_____> female/woman/girl
 _____x> male/man/boy
 _____> other gender(s)

EMOTIONAL ATTRACTION

_____> female/woman/girl
 _____x> male/man/boy
 _____> other gender(s)



James identifies as Two-Spirit. Some elements of their personality feel more feminine, others more masculine.

They wear both masculine and feminine clothing. They're emotionally attracted to men, women, and to other genders.

Note: James is one Two Spirit person. Other Two Spirit people would have different gender identities, expressions, and sexual orientations.

GENDER IDENTITY

_____x> female/woman/girl
 _____x_____> male/man/boy
 _____x_____> other gender(s)

GENDER EXPRESSION

_____x> female/woman/girl
 _____x> male/man/boy
 _____x_____> other gender(s)

SEX ASSIGNED AT BIRTH

female male intersex/other

SEXUAL ORIENTATION

_____x> female/woman/girl
 _____x_____> male/man/boy
 _____x_____> other gender(s)

EMOTIONAL ATTRACTION

_____x> female/woman/girl
 _____x_____> male/man/boy
 _____x_____> other gender(s)

