



Embracing Identity

Beyond Binaries

Goal: Learn more about the diversity of gender identity and expression this Valentine's Day using the resources below. Gender identity at any age is different for everyone. Some feel their gender identity and assigned gender do not match (transgender), some feel aligned with their assigned gender (cisgender), some identify as masculine and feminine (bigender), some do not identify with either gender (non-binary), and some experience the shifting of their gender identity (gender fluid).

[Tip]: Reach out to organizations like The Rainbow Resource Centre in Winnipeg for support, education, and resources related to gender identity and expression.

Why is this important? Many cultures have recognized and celebrated more than two genders for centuries. Supporting a child with respect and understanding when they express a gender identity different from their assigned gender at birth is important for their healthy development.

References: National Centre on Parent, Family and Community Engagement. Healthy Gender Development and Young Children. <https://depts.washington.edu/dbpeds/healthy-gender-development.pdf>