

Self-Help Resources for

EXPLORING GENDER IDENTITY

What is Gender Identity?

Gender identity is defined as "a person's experience of their own gender; a person's innermost concept of self as masculine, feminine, a blend of both, another gender(s), or none. This is not always congruent with biological sex or gender assigned at birth" (The Trevor Project).

Gender identity is complex and can "look" a lot of different ways, including gender expression. For example, haircut and style, clothing preferences, voice and body characteristics, behavior, and others. Gender identity can also be influenced by our gender presentation, or how the world makes sense of your gender.

Gender Exploration

There are a lot of different ways to express gender. If you don't feel that your current identity fits you, you may begin to explore other gender identities such as transgender, genderqueer, gender non-conforming, or others. Some questions to consider may be:

- What gender do you wish people saw you as?
- What pronouns (i.e. he/him, she/hers, ze/zir, they/them, etc.) do you feel most comfortable using?
- How would you like to express your gender?



This handout includes information from the Trevor Project.

Helpful Tips

Identify Safe People & Safe Places



Consider local or campus organizations, as well as friends, family or chosen family members, roommates, partners, etc. that allow identity exploration freely and safely.

Exploration



You may be considering safe ways to explore your identity. Some ideas are wearing visible or hidden affirming clothing, jewelry, hairstyles, etc.

Establishing Boundaries



Boundaries may involve making safe and empowered choices around what aspects of your identity you choose to share with others. This may look different in various relationships (i.e. professional setting vs. friendships)

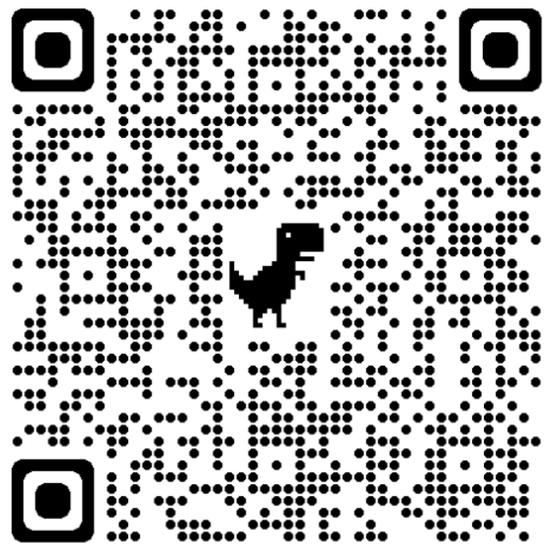
Representation



Representation matters: research and follow LGBTQ+ affirming content and local and/or national social media accounts.

Resources

Check out our full resource list via QR code!



Counseling Center Services

The AppState Counseling Center offers a variety of services including short-term individual counseling, group therapy, workshops, self-help resources, referral coordination, and more! To get started, schedule an initial consultation at 828-262-3180.

1st Floor, Miles Annas Building | counseling.appstate.edu

(828)262-3180 | counseling@appstate.edu |

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