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Coaching HER® Foundational Module 5: Recognizing Girls' Identities

KEY TERMS

Identity

A specific marker of how one identifies themselves at any given time; set of characteristics that distinguish an individual.

Intersectional Identities

Multiple factors of advantage and disadvantage. Examples can include gender, sex, caste, race, social class, nationality, ethnicity, language, sexual identity, religion, disability, and physical appearance. These social identities intersect and depending on our environment, can impact us positively or negatively.

Intersex

A general term used when a person is born with reproductive or sexual anatomy that doesn't fit the boxes of 'female' or 'male'. When a person is assigned a particular sex at birth, it is often mistakenly assumed that this will equate with their gender; it might, but it might not.

Transgender

An umbrella term in which one's assigned biological sex doesn't match their felt gender identity.

Sexual Identity/Sexual Orientation

An individual's emotional, romantic or sexual attraction to others. Sexual orientation may be attraction to the other sex (heterosexual), same sex (gay or lesbian), or both sexes (bisexual).

LGBTQ+

Acronym that describes sexual and gender identities that aren't heterosexual or cisgender. It stands for Lesbian, Gay, Bisexual, Transgender, Queer and/or Questioning, Intersex, Asexual, Two-Spirit and the countless affirmative ways in which people choose to self-identify.

Race

Refers to physical differences (like skin color) that are given significance and meaning by a society or culture.

Ethnicity

Large groups of people classed according to common racial, national, tribal, religious, linguistic, or cultural origin or background.

Disability

Physical or mental impairment that substantially limits activity

Affinity Bias

Unconscious tendency to seek out and get along with others who are like us in appearance, beliefs and background, and to avoid or even dislike people who are different from us.