

Student Worksheet

Mapping Your SOGIE

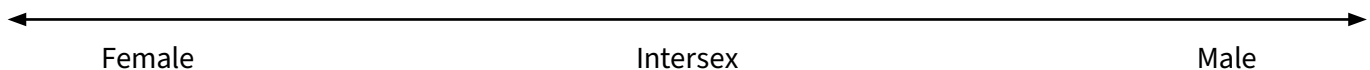


Sexual orientation, gender identity, and expression (SOGIE) refers to demographic categories we all share, and they are categories similar to our age, our race, our ability, our national origin, and so on.

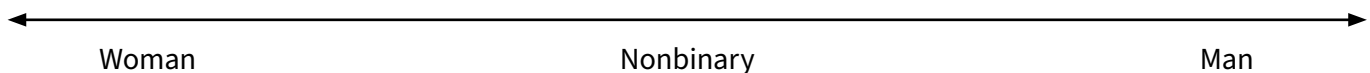
While every person on the planet holds these aspects as a part of their human identity, your SOGIE map would look very different from mine. This is likely given that we have different ways of describing our relationships to these categories.

To help you gain a better sense of your own SOGIE, you are encouraged to map yourself by following the directions below:

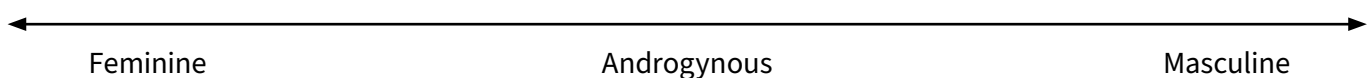
What was your assigned sex at birth? Place a dot on the spectrum below that best represents you.



What is your gender identity? Place a dot on the spectrum below that best represents you.

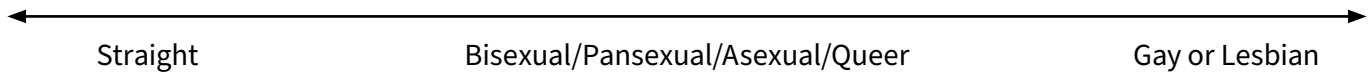


How do you express your gender? Place a dot on the spectrum below that best represents you.





What is your sexual orientation? Place a dot on the spectrum below that best describes you.



Reflection

Review your SOGIE map and then answer the following questions:

1. Why do you think we are focused on what's shared with LGBTQ+ communities?
2. What surprised you (if anything) about this activity?
3. What are you still curious about after completing this lesson?
4. What's possible now that you know what you share with LGBTQ+ people?

Resources

Terminology related to LGBTQ+ communities is constantly changing.

- GLAAD: [An Ally's Guide to Terminology: Talking About LGBT People & Equality](#)
- Human Rights Campaign: [Glossary of Terms](#)
- Out & Equal: [Glossary of LGBTQ Terms](#)

