

# THE SPECTRUM

Our sexuality and gender identity aren't set in stone. In fact, people's identities can be fluid. THE SPECTRUM can help you visualize how you feel at any given time. Mark how you identify today on each line, but don't feel limited - it's ok to mark something different tomorrow!

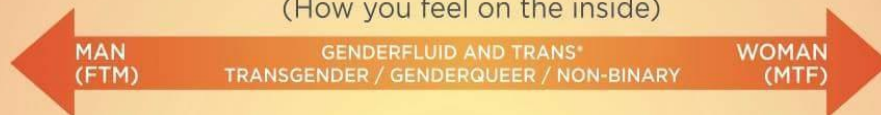
## BIOLOGICAL SEX

(What the doctor assigned you at birth)



## GENDER IDENTITY

(How you feel on the inside)



## GENDER EXPRESSION

(How you present yourself to others)



## GENDER PRESENTATION

(How the world sees you)



## SEXUAL ORIENTATION

(Who you like)



The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and questioning youth.

[TheTrevorProject.org](http://TheTrevorProject.org)