



Understanding Gender Diversity: Transgender, Non-binary, Third Gender, and More

March 24, 2026

Plans

Introductions!

Share and Present:

- **In what ways do individuals experience gender?**
- **How do we understand gender beyond the binary?**
- **What are common questions and misunderstandings?**

Questions & Discussion

A Little about Me

- Melissa J Grey, PhD,
Licensed Psychologist in
Michigan
- Mental Healthcare,
Educator, Researcher

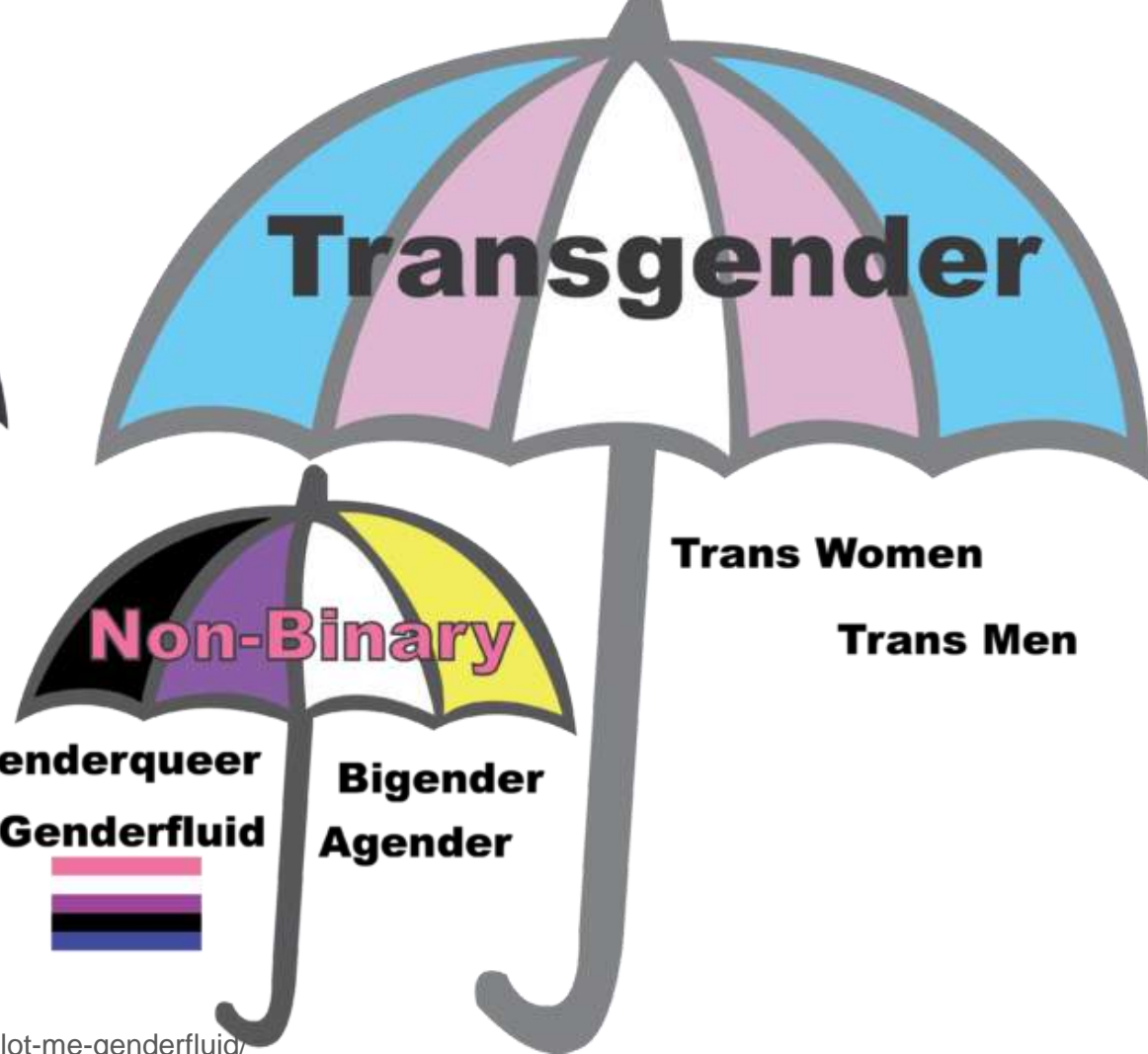
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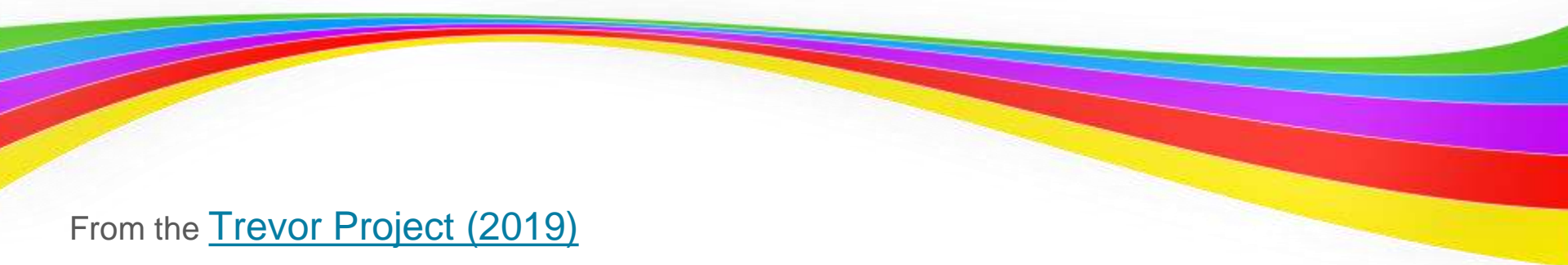
- is not a substitute for
mental health care
- contains no legal or
medical advice
- does not represent the
views or opinions of any
organization or institution

When we say gender diversity,
what comes to your mind?

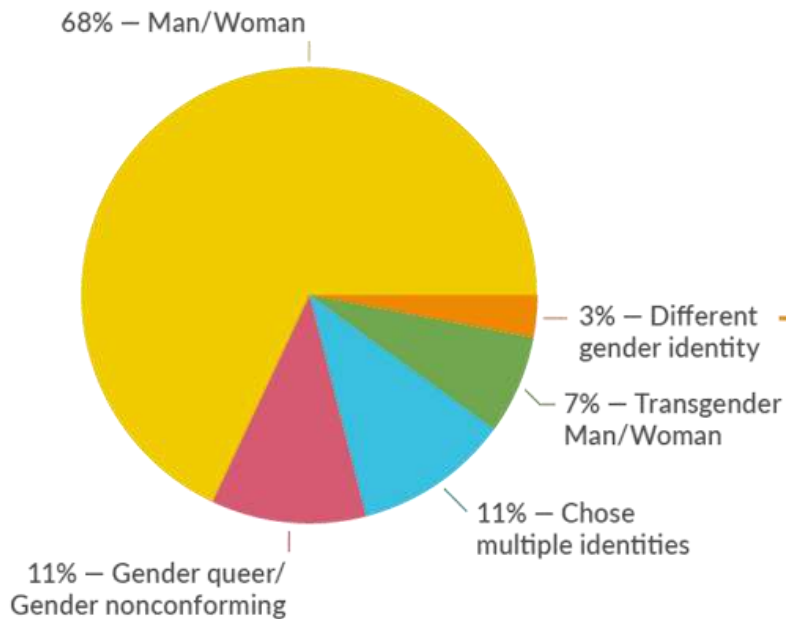
What genders are out there?







From the [Trevor Project \(2019\)](#)

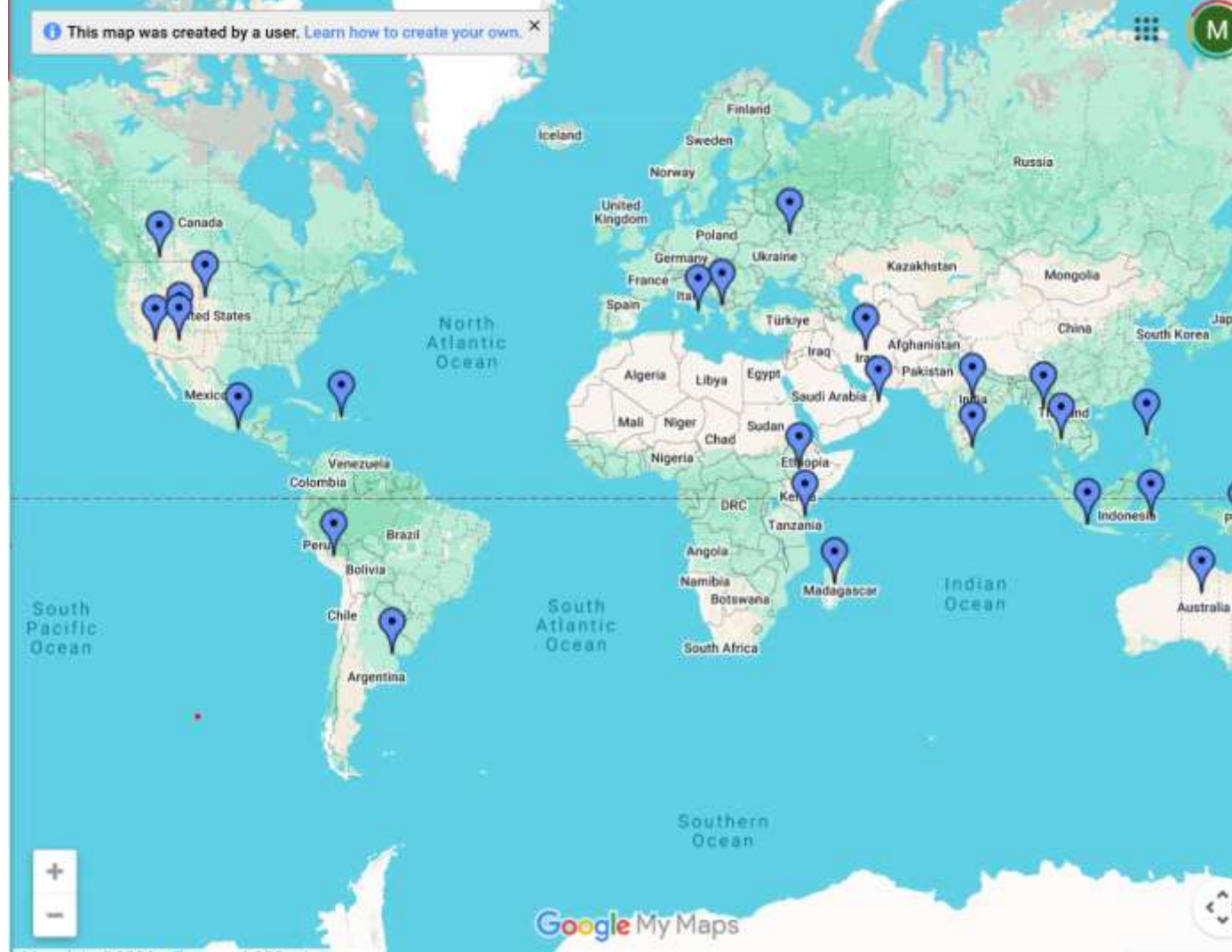


- Agender
- Boy flux
- Queer non-binary
- Genderqueer
- Omnigender
- Polygender
- Gray gender
- Both genders
- Trans masculine
- Androgenous
- Neutrois
- Two spirited
- Gender apathetic
- Gender neutral
- Agenderflux
- Androgyn
- Demi-boy
- Trigender
- Gender fluid non-binary
- Demi-girl
- Genderfluid
- Bigender
- Transfemme
- Agender non-binary
- Queer
- Non-binary
- Female genderflux

Independent Lens

Map

Neptune on Two-Spirit





Two-Spirit

them

Are all these peoples “transgender”?

US and European contexts:

1800s: from sin and criminality to science and sickness

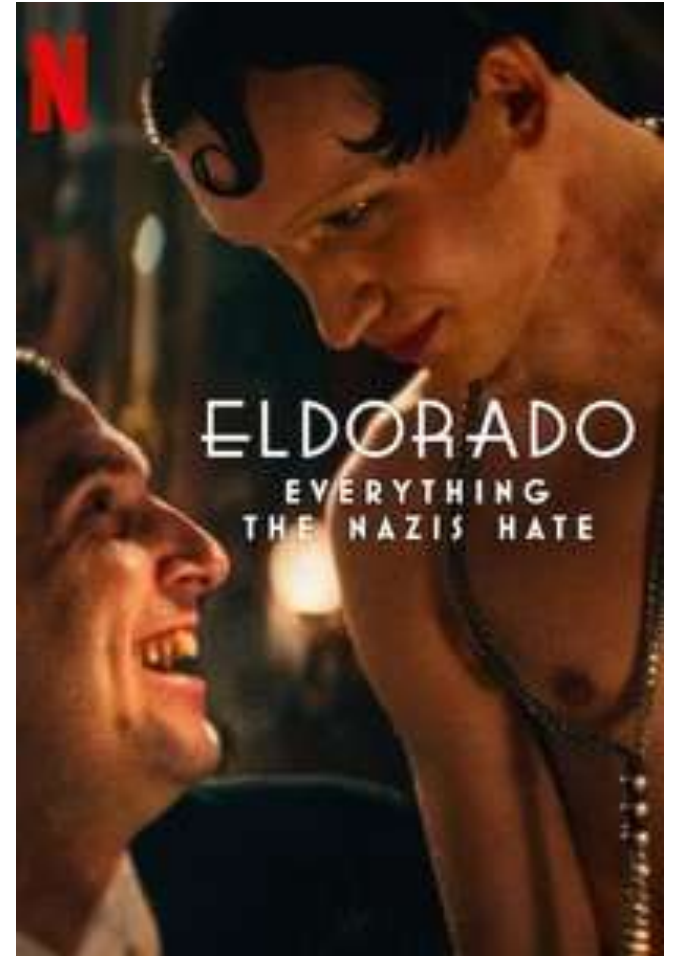
No formal recognition of distinctions between “homosexuals” and trans people at the time (“inverts”)

1910: Magnus Hirschfeld coins “transvestite”

1923: Hirschfeld coins “transexuals”

1960’s: from medicalization to community authenticity

Susan Stryker’s (2008) *Transgender History*
Jennifer Terry’s (1999) *An American Obsession*



Source: https://www.rottentomatoes.com/m/eldorado_everything_the_nazis_hate

Gender Beyond the Binary

“If I offered you ten million dollars under the condition that you live as another sex for the rest of your life, would you take me up on the offer?”

-Julia Serano (2007) on Subconscious Sex in *Whipping Girl*

Masculine or Feminine? How would society sort these traits?

Domineering

Nurturing, empathic

Red-painted fingernails

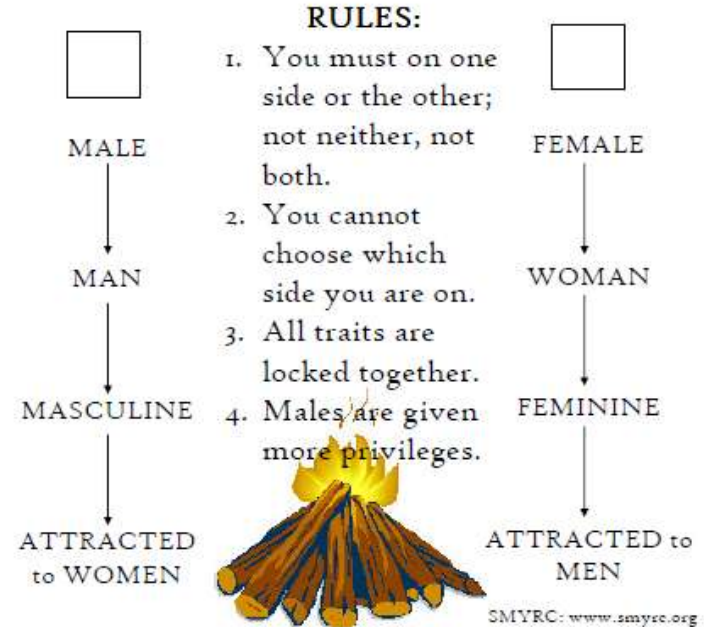
Spicy food

Beer

Wine

Gender Binary System

A culturally and socially defined code of acceptable and expected behaviors which assumes that there are men and women, who are masculine and feminine, and that there is nothing outside this system. This can be seen as oppressive to people who do not fit neatly into one of these categories.



Sex (assigned)

- Biological traits associated with development of physical reproductive features and categorized typically at birth

Gender

- Psychosocial and sociocultural characteristics often associated with our sex

Gender identity

- A felt sense of one's psychological gender perceptible subjective sense

Gender expression

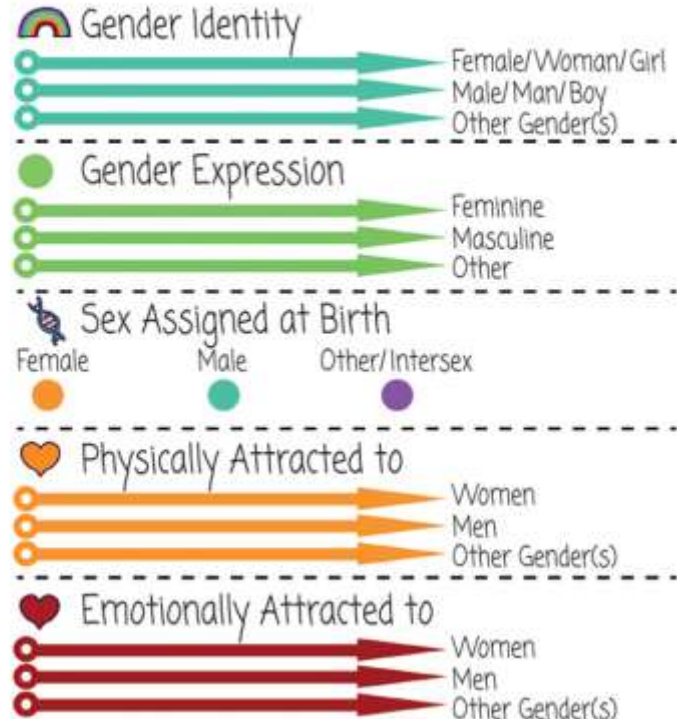
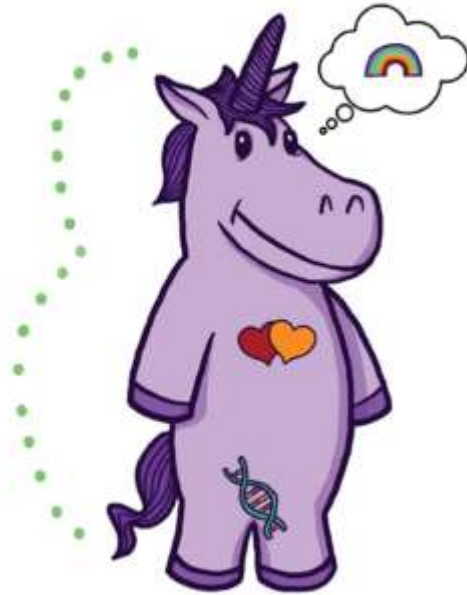
- The variety of ways individuals express their masculinity, femininity, both, or absence of either

Gender Modality (Ashley Flores)

- The way one's gender relates to their assigned sex (cis, trans)

The Gender Unicorn

Graphic by
TSER
Trans Student Educational Resources



To learn more, go to:
www.transstudent.org/gender

Design by Landyn Pan and Anna Moore

Common (Mis)Understandings

- Family acceptance is NOT related to gender identity (AAP)
- Family acceptance is related to mental health ([Ryan; Family Acceptance Project](#))
- Transgender and gender diverse kids know who they are (Olson)
- “Gender Affirming Care Is Evidence Based for Transgender and Gender-Diverse Youth” ([Budge et al., 2024](#))
- (note misguided criticisms, e.g., RCTs, “regret”)
- Family, and especially parents, can experience grief for their child who does not relate to their presumed gender
- Diversity is often correlated with diversity

TABLE 2 The Process of Gender Affirmation May Include ≥ 1 of the Following Components

Component	Definition	General Age Range ^a	Reversibility ^a
Social affirmation	Adopting gender-affirming hairstyles, clothing, name, gender pronouns, and restrooms and other facilities	Any	Reversible
Puberty blockers	Gonadotropin-releasing hormone analogues, such as leuprolide and histrelin	During puberty (Tanner stage 2–5) ^b	Reversible ^c
Cross-sex hormone therapy	Testosterone (for those who were assigned female at birth and are masculinizing); estrogen plus androgen inhibitor (for those who were assigned male at birth and are feminizing)	Early adolescence onward	Partially reversible (skin texture, muscle mass, and fat deposition); irreversible once developed (testosterone: Adam’s apple protrusion, voice changes, and male pattern baldness; estrogen: breast development); unknown reversibility (effect on fertility)

TABLE 2 The Process of Gender Affirmation May Include ≥ 1 of the Following Components (continued)

Component	Definition	General Age Range ^a	Reversibility ^a
Gender-affirming surgeries	“Top” surgery (to create a male-typical chest shape or enhance breasts); “bottom” surgery (surgery on genitals or reproductive organs); facial feminization and other procedures	Typically adults (adolescents on case-by-case basis ^d)	Not reversible
Legal affirmation	Changing gender and name recorded on birth certificate, school records, and other documents	Any	Reversible

[Rafferty et al. \(2018; 2023\) in Pediatrics](#)

A statement by the American Association of Pediatrics

•As of 2026, 27 U.S. states had laws restricting gender-affirming care for youth

•legality of bans is being questioned in state and federal courts

Movement Advancement Project. (2026). "Equality Maps: Bans on Best Practice Medical Care for Transgender Youth." https://www.lgbtmap.org/equality-maps/healthcare/youth_medical_care_bans

<https://www.kff.org/lgbtq/gender-affirming-care-policy-tracker/>



Questions?



Thank  You!