Nonbinary 101 for Allies

by the Nonbinary Wiki

Gender is a social identity that includes a range of characteristics such as gender identity, gender expression, and gender roles.

Most modern societies are binary: men and women are the two traditional genders. However, not everyone conforms to this construct.

A nonbinary person is someone who does not exclusively or permanently identify with one of the two traditional genders.

Nonbinary person is often shortened as enby (from NB), although that is a personal preference. Other expressions include gender-expansive and gender-variant.

Check out the glossary on the other side for more terms.

Gender expression does not equal gender identity.
A masculine-looking person is not necessarily a man.

Always listen to someone else’s needs. If your loved one comes out as nonbinary and wants to transition, understand why and work from there.

Language is important! Always try to use the preferred pronouns, titles, and name, even if you were used to calling them something else.

Masculine girl  Feminine enby
Glossary

Words can be confusing — let’s try to make them easier!

**Assigned gender at birth (AGAB)**
Gender assigned by society when someone is born.

**Gender binary**
Model of gender that classifies people into two separate groups: men and women.

**Gender identity**
Internal sense of being a gender, regardless of sex, gender expression, or gender role.

**Gender expression**
How someone intentionally expresses their gender.

**Gender role**
Socially-defined category to define how different people must behave.

**Neopronoun**
Non-normative pronoun. Examples: e/em, xe/xem.

**Transition**
Process that some people go through in order to achieve their desired social role or physicality.

**Some gender identities**

**Agender**
Having no gender identity, or a neutral gender identity.

**Androgyne**
Being between man and woman, or being a mix of the two.

**Cisgender**
Having a gender identity that conforms to their AGAB.

**Demigender**
Having a partial connection to a certain gender.

**Enby**
Short version of *nonbinary*, alternative to *boy* and *girl*.

**Genderfluid**
Having a gender identity that changes over time.

**Genderqueer**
Non-normative gender identity or expression.

**Nonbinary**
Not fitting the gender binary.

**Transgender**
Having a gender identity that does not conform to one’s AGAB.

Resources

Useful things!

**Frequent neutral pronouns**
1. They/them/their
2. Xe/xem/xyr
3. E/em/eir
4. Ze/hir/hir

**Frequent neutral titles**
1. Mx
2. Ind
3. M
4. Mrs

*Source: Gender Census 2019*

**Offline resources**

**Australia**
LGBTI Health: [lgbtihealth.org.au](http://lgbtihealth.org.au)
QLife: [qlife.org.au](http://qlife.org.au)

**United Kingdom**
Mermaids: [mermaidsuk.org.uk](http://mermaidsuk.org.uk)
TransUnite: [transunite.co.uk](http://transunite.co.uk)

**United States**
GLSEN: [glsen.org](http://glsen.org)
Trevor Project: [thetrevorproject.org](http://thetrevorproject.org)

**The Nonbinary Wiki**
Looking for a collection of resources and information on nonbinary identities, transition, neutral language, and more? Check out the Nonbinary Wiki!

[https://nonbinary.wiki](http://https://nonbinary.wiki)

Follow us on our social media too:

- [Twitter](https://twitter.com/NonbinaryWiki)
- [Instagram](https://instagram.com/nonbinarywiki)
- [Discord](https://discord.gg/Mrutg5J)

The contents of this leaflet are released by the Nonbinary Wiki under a CC-BY-SA 4.0 license. You are free to adapt and share this work with no limitations as long as you don’t change the license and give appropriate credit:

Text: Nonbinary Wiki
Illustrations: @trianglart from Tumblr