

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.

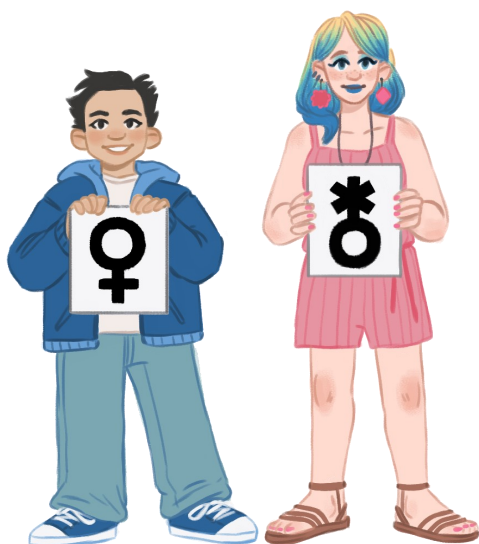
Nonbinary person is often shortened as *enby* (from NB), although that is a personal preference. Other expressions include *gender-expansive* and *gender-variant*.

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.



Masculine
girl

Feminine
enby



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

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

QLife: qlife.org.au

United Kingdom

Mermaids: mermaidsuk.org.uk

TransUnite: transunite.co.uk

United States

GLSEN: glsen.org


Trevor Project: 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>

Follow us on our social media too:

 @NonbinaryWiki

 @NonbinaryWiki

 @nonbinary.wiki

 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