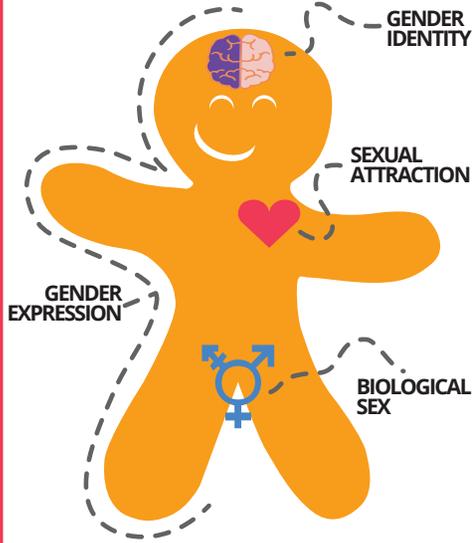


# THE GENDERBREAD PERSON



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BEFORE WE START... SEX ≠ GENDER ≠ SEXUALITY

## SEX MEANS:

Physical or biological sex. Based on physical characteristics, hormones, and genes. I.e. male, female, intersex.

## GENDER MEANS:

The expectations from society around biological sex. I.e. being masculine, being feminine.

## SEXUALITY MEANS:

The sexual attraction someone has towards another. I.e. sexually attracted to women/feminine, or men/masculine people.

## TRADITIONALLY:

Gender was not seen as something that had to align with someone's biological sex.

## Prior to contact

Two-Spirit folks were highly regarded in their communities and held very important roles.

They were seen as:

### MEDIATORS

Conflict resolution, negotiations

### MEDICINE PEOPLE & HEALERS

Plant medicines, special roles in ceremony

### CHILD CARERS

Adoption, naming

### ARTISTS & MAKERS

Regalia, pottery

### SPOKESPEOPLE

Diplomats, greeters, conveyors of oral traditions

### MESSENGERS FROM THE SPIRIT WORLD

Seers, prophets, visionaries, matchmakers



a brief look at what the term Two-Spirit means

# TWO-SPIRIT PEOPLE AT A GLANCE



REFLECT ON YOUR OWN COMMUNITY

SPEAK UP WHEN YOU NEED TO

MAKE CEREMONY SAFE AGAIN

USE PRONOUNS AND CHOSEN NAMES

NORMALIZE OFFERING YOUR PRONOUNS

NEVER ASSUME SOMEONE'S GENDER

There are some things that people can do to make life more welcoming for our Two-Spirit people.

## What can we do?



Thankfully there are strong Two-Spirit people and groups out there reclaiming their spots within community and decolonizing the Western world's view of gender and sexuality



Gender became binary and was strictly enforced in the residential schools, leaving many people confused about who they were and where they belonged. made them that way.



With the Europeans came religion and judgement. The Two-Spirit people who *did* survive this time had to go into hiding and eventually disappeared from history. all together.

# HOWEVER

People born differently... - whether it was mentally, physically, or emotionally - were seen as sacred or holy, since there was a reason the Creator made them that way.

