

Key concepts



Sex

Sex is not “assigned” at birth, it is firstly observed, then identified.
As mammals, humans reproduce through sexual reproduction.

- The **female sex** is defined as the adult phenotype that produces the largest gametes in anisogamous systems (eggs). **Woman** is the female of the human species.
- The **male sex** is defined as the adult phenotype that produces the smallest gametes in anisogamous systems (sperm). **Man** is the male of the human species.

There are only two sexes, female and male, and these are defined by the reproductive function. Phenotypic characteristics are diverse, but **sex is binary** and is what is registered at birth.

Gender

According to the Istanbul Convention: **“gender shall be understood as the socially constructed roles, behaviours, activities and attributions that a specific society considers appropriate for women or men.”**

Gender is a **cultural** construction. We should neither behave in a certain way because we are women or men nor should we consider that our sex is “wrong” for not fitting into socially imposed stereotypes. **Gender is nothing more than roles and stereotypes marked by a sexist society. Gender should be abolished, not used to make identity.**

Gender identity

Usually defined as “identification as a man, woman or “non-binary”, **it is a subjective identification based on socially established sexist stereotypes.** There is no scientific evidence of the existence of an innate gender identity, therefore it is a concept that is neither objective nor verifiable.

No one assigns us any gender identity at birth. At that moment sex is just verified. Only society does impose sexist stereotypes and roles, which we can and must reject, given the fact that they are not naturally innate to us.

Gender expression

It is usually defined as the **way of expressing a person's gender** in relation to clothing, ways of acting, hobbies, etc.

There is nothing in our biology, as women and men, that determines our tastes or behavior. **Overcoming sexist roles and stereotypes involves rejecting the idea that there are expressions of women and expressions of men. It also means fighting for the freedom to express ourselves just like we are, regardless of our sex.** We should always reject gender.

Sexual orientation

Sexual orientation is the sexual, emotional and/or romantic attraction towards people of the **same sex** (homosexuality: lesbians and gays), the **opposite sex** (heterosexuality) or **both** (bisexuality). It refers to sex, not to “gender identity.”

Sexual orientation is something unique, it only depends on each person, and cannot depend on the subjective identification of others.

We don't need labels

To affirm that sex is a spectrum is to affirm that there are women more or less womanly than others or men who are more or less manly than others. However, there is no degree of femininity or masculinity: **we do not need to identify with social norms that oppress us nor do we need to deny our biological reality. We need to free ourselves from sexist impositions.**

Be free!

Your sexed body is yours and that's okay, you are that body. Enjoy your sex, whoever you want with, express yourself however you want and free yourself from labels that oppress you.