

SEEING GENDER



Adult

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Book Summary:

Discusses gender and sexuality ideologies among others.

Summary of Concerns:

This book contains alternate gender ideologies; alternate sexualities; controversial historical, racial, and social commentary; and mild/infrequent profanity/derogatory terms.

2/**5**

Teen Guidance
BookLooks Review Rating

Page	Content
11	<p>The recent interest in trans and non-binary identities has not only increased respect for a group that has endured centuries of discrimination, but it has paved the way for everyone, including cisgender people, to think about what it means to have a gender.</p> <p>...Had it existed back then, Seeing Gender is the book I would have given my parents and friends when I transitioned.</p> <p>...While the construction of gender in Western society has historically served to benefit men of European descent, its current manifestation oppresses all of us. Outdated notions of gender constantly keep us from behaving how we want and being the people we want to be.</p>
13	<p>In writing this book, I want to help build empathy and understanding among those who are not familiar with people who fall outside the lines of binary genders by telling personal stories, giving facts and history, and praising revolutionaries.</p>
19	<p>We get to break the rules of gender because they aren't real and are often harmful. By not playing by gender rules, we move away from gender being necessary toward everyone living life unabashedly and unafraid in the body they want, loving whom they want and dressing how they want.</p> <p>We've gotta learn to undo our own creation...or at least try.</p>
20	<p>The illustration on this page depicts a hand holding three balloons. A blue balloon floating upward reads: IT'S A BOY. A pink balloon floating upward reads: IT'S A GIRL* *MAYBE A deflating green balloon reads: ANATOMY DOESN'T DETERMINE GENDER!</p>
23	<p>Heteronormativity manifests institutionally (not including gender-neutral options on forms, or gendered bathrooms) and socially (asking a male-presenting person, "Do you have a girlfriend?" or having a bachelorette party with dick-shaped candy).</p> <p>...Female-bodied and male-bodied are commonly used terms that assume a body is within a binary, which is not true. Because there is not yet succinct language to talk about bodies outside of a binary context, in places I will be using this terminology with the understanding that the topic is far more complicated.</p>
24	<p>Sexuality, gender, sexual orientation, gender expression, and anatomy are a fluid part of human identity, which is becoming more and more fluid with each generation.</p>
30	<p>The illustration on this page depicts several individuals next to one another. Among the group, a man is wearing a tank top and skirt. The words under the image read: All of these people identify as non-binary.</p>
34	<p>Gender dysphoria is when your body doesn't feel in alignment with your gender identity. One can feel uncomfortable socially, physically, or emotionally, and may alleviate that discomfort by socially transitioning (changing pronouns or name), changing style, or physically changing through surgery or hormones.</p> <p>...Cisgender women can opt to have their breasts reduced, enlarged, or removed to feel more comfortable in their body while not shifting their gender identity. Female-assigned, gender non-conforming people (born female but identifying as neither male nor female) can take testosterone hormones to develop secondary sex characteristics (facial hair, deepened voice, broad shoulders) but never use male pronouns.</p>
36	<p>Children should be believed when they state they are a gender other than the sex they were assigned at birth. And should be believed if they want to change their gender the next day.</p>

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38	<p>Gender expression is deeply tied to traditional gender roles, division of labor, systems of oppression, and cultural norms.</p> <p>...A boy living in a conservative town may not be able to present as feminine even though they wish to. A cisgender boy can wear dresses and still be a cisgender boy.</p>
41	<p>He showed the world a different expression of blackness as one of the most gender-fluid performers to date. He defied the confines of race, sexuality, gender, and fashion, wearing wild outfits and eyeliner, and possessing an air of mystery.</p>
48	<p>Many people believe sex (unlike gender) is immutable, which is not true. Scientists are beginning to believe that sex is not binary, but a spectrum.</p> <p>...Much like one's gender presentations, sex can shift over time. One can also make changes to their sex through surgery or hormones.</p>
49	<p>The illustration on this page depicts a nude individual in a frontal view. The right breast is depicted while the left breast has been removed. A line underneath the left nipple indicates surgical removal of the breast. Text within a box pointing to the left breast reads: Some have had breast tissue removed to align with their appropriate gender, to alleviate discomfort, or due to illness like breast cancer.</p> <p>A text box pointing toward hair on the left leg contains the text: Female hairlessness is a white beauty standard, bringing shame to women of color, who tend to have more body hair.</p> <p>Pubic hair is noted along with a small oval shape hanging downward. A curved line above the pubic hairline shows a right fallopian tube and ovary. The text box pointing to the groin contains the text: Genitals can be changed by surgery and hormone blockers.</p>
58	<p>Gender stereotypes (alongside race, ability, and socioeconomic factors) have contributed to the rise in toxic masculinity, a culture rampant with sexual assault, enormous pay wage gaps, male-dominated governmental control of women's reproductive rights, and a media culture that portrays mainly heteronormative models of relationships and gender.</p>
62	<p>The term (intersectionality) was originally created to describe and study the lives of Black women and the ways in which their systemic disadvantages are not defined just by their womanhood, but by their blackness.</p> <p>...The intersectional theory, in short, studies how different power structures interact to affect the lives of minorities. It highlights how each person is complex and multidimensional, and how those factors can combine to form systemic oppression and erasure. One's experience in life is never isolated to only one sector of their identity; they're not just their gender or race; their experience is an intersection of identities that lead to more or less privilege or oppression.</p>
65	<p>How Colonization in North America Imposed a Strong Gender Binary</p> <p>"We define 'othering' as a set of dynamics, processes, and structures that engender marginality and persistent inequality across any of the full range of human differences based on group identities." -JOHN A. POWELL AND STEPHEN MENEDIAN</p> <p>...If we think about the root causes of sexism, misogyny, racism, classism, ageism, ableism, and all the -isms in this country, they are all about pretty much two things: othering and power. If we seek out the root of many of those dynamics, we will find that colonialism and imperialism brought an "othering" mentality to so much of the world and with it brought the gender binary.</p> <p>"Colonization itself was a gendered act, carried out by imperial workforces, overwhelmingly men, drawn from masculinized occupations such as soldiering and long-</p>

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	<p>distance trade. The rape of women of colonized societies was a normal part of conquest. The colonial state was built as a power structure operated by men, based on continuing force. Brutality was built into colonial societies." -RAEWYN CONNELL, AUSTRALIAN SOCIOLOGIST</p> <p>...When colonists arrived in North America, they imposed the notion of hierarchy: human above nature, Whites above non-Whites, men above women. When the European model of power was imposed on indigenous peoples, a model in which wealthy White men exclusively held the decision and law-making power, gender roles were automatically and simultaneously imposed upon them as well.</p>
76	Biology Doesn't Make Gender
92	<p>How Toxic Masculinity Shapes the Male Population</p> <p>...The societal idea of how to achieve masculinity leads to toxic behaviors such as sexual harassment, domestic and sexual violence, misogyny, homophobia, and substance abuse.</p> <p>...According to this group, men's loss of masculinity was the direct result of spending excessive time around women, being falsely (in their minds) accused by feminists of sexism, no longer having noncompetitive male bonding time, and stifled emotional expression. It's deeply ironic that toxic masculinity originally pertained to society's (perceived) toxic effects upon men, versus the toxic effects men's behavior has on women and other genders.</p>
94	<p>"...In every individual, a war of misogyny is raging. Every man is repressing and oppressing the femininity within themselves, raising up male values as governing values..."</p>
96	<p>The Patriarchy</p> <p>...Today, the word is commonly used to describe a society or system of governance in which men (particularly straight White men) occupy the highest tier in a power structure, hold most (if not all) of the power, and oppress those who are not straight White men.</p> <p>...Women make less money than men (seventy-seven cents to the dollar).</p> <p>The legality of abortion is decided by the government (ahem, men).</p> <p>...Here are some ways that men can do their part to fight patriarchy:</p> <ol style="list-style-type: none"> 1. Admit you're part of the problem, even if you're not doing anything intentionally. Admit that you have privilege, even if you don't feel you benefit directly from it. We do not choose our privileges, but we must acknowledge them before we're able to understand our impact on others. ...Practice listening more than talking when in a group. Notice if you are interrupting, and if you are, notice whom you are interrupting. ...4. Go to therapy to learn how to better access your emotions and take on your fair share of emotional labor. ...Remember, those you oppress should not have to teach you to be less oppressive. ...7. Give that extra thirty-three cents you make per hour to an organization that supports a cause that serves women, queer people, trans people, rape crisis centers, domestic violence shelters, STEM programs for girls, and small, local fundraisers for people in need. ...9. Think about the way that intersectionality plays a role in the patriarchy. So, you've got a job, right? Are you White? Did you get the job over someone of color? Would you be willing to offer it to a woman or POC man or queer person as equally qualified as you? How about making sure your boss pays them as well as he would you? How does your race affect your position within the patriarchy? How about your class? Your sexuality?

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102	Sports have had a long history of discrimination against people for their race, gender, or both.
103	<p>She (Serena Williams) has been incredibly successful as a Black woman in a very White sport.</p> <p>...Shortly after the incident, Williams was depicted in a cartoon as an angry Black woman, with exaggerated racist features- a racist trope that has existed since slavery days and one that is also deeply sexist.</p>
105	<p>White feminism is a broad term used to describe feminist movements that focus primarily on issues that affect White women but do not acknowledge White privilege.</p> <p>...Today we still praise White women for their feminism far more easily and widely than non-White feminists, despite their consistent failure to include perspectives outside of themselves, their perpetuation of a false sense of gender equity including many TERF (Trans Exclusionary Radical Feminist) perspectives, or their adoption of outright racist or classist views.</p> <p>...American history as a whole is a one-sided story from the perspective of White men (and later women) and often the women of color who led socio-political movements haven't been given appropriate credit and recognition for their incredible work. That it boils down to is, people who face systemic and daily oppression are far more likely to be actively working to dismantle it.</p>
112	<p>Police Violence against Black Men</p> <p>...Black boys in the United States are systematically set up to fail.</p> <p>...Race and gender are two major factors behind police violence, school systems failing Black boys, and the judicial system failing Black men. In the eyes of the police and much of popular culture, Black boys are suspicious in almost any space they occupy- in wealthy White neighborhoods, in Black neighborhoods, and in many public spaces. Since Black males are the most targeted population for unwarranted police stop and frisks (which can be violent or fatal), from childhood on, Black boys are primed to be wary of the police.</p>
114	<p>Disproportionate Incarceration of Black Men</p> <p>The current issue of targeted incarceration of Black men in the United States is not new; it has strong roots in slavery and deeply embedded historical racism.</p> <p>A quick history lesson will give a huge amount of context to how the systemic racism of the modern-day prison-industrial complex came to be.</p> <p>...The "school-to-prison pipeline" is a term that describes the disproportionate number of underserved Black and brown youth that end up incarcerated, stemming from zero-tolerance policies combined with racially biased punishments in schools.</p> <p>...It's important to note that Black and brown boys do not commit more punishable offenses but are punished more frequently and harshly than their White classmates.</p> <p>...Police discrimination against Black men, Black boys, and Black people because of the narrative created by those in power (including the police), which perpetuates systemic oppression.</p>
120	Accounts of sexual violence are found in stories from Ancient Greece, the Middle Ages, colonization in the last half century, slavery, and every war in the history, by the 45th US president, and in the news today.
124	People- particularly women of color- see only thin white women being upheld as the model for beauty standards.

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128	<p>Abortion is an essential human rights issue and fundamentally grants people Assigned Female at Birth (AFAB) the choice of bodily freedom, reproductive decisions, family planning, and privacy.</p> <p>...Many genders can get pregnant and need to have comprehensive reproductive rights- cis women, genderqueer people, trans men, and intersex people.</p> <p>"When women are compelled to carry and bear children, they are subjected to 'involuntary servitude' in violation of the Thirteenth Amendment...[Even] if the woman has stipulated to have consented to the risk of pregnancy, that does not permit the state to force her to remain pregnant."</p> <p>...Abortion is a legitimate and medically necessary choice for a number of reasons:</p> <ul style="list-style-type: none"> unintentional pregnancy an inability to financially or physically care for a child cultural or religious values not being emotionally ready to have a child pregnancy due to sexual assault ...unstable relationship family pressure fear and shame <p>...Most health legislation is determined by White straight, cis men who most certainly have never experienced the process of creating a baby in your body, let alone the pain of giving birth.</p>
130	<p>Medical study results- and therefore medical treatments- are biased towards men.</p>
136	<p>Race, class, gender, religion, language, age, ability, and sexual orientation are some identity markers that can grant or deny privilege.</p> <p>...Can I show my nipples on the beach?</p> <p>...Make your restrooms gender neutral, which could be as simple as labeling your bathrooms either "stalls" or "stalls and urinals," which gives each patron the choice of personal comfort regardless of gender.</p> <p>...Men are generally listened to more even if their ideas are no better than their female/other gender counterparts.</p> <p>If you are a white woman, do research about intersectional feminism and the experience of POC women.</p>
140	<p>Women, on average, pay 7 percent more than men for the same products with different marketing.</p>
148	<p>There are countless ways that governments have discriminated against queer, trans, and gender non-conforming people, including the Public Facilities Privacy & Security Act passed in 2016 in North Carolina, which prohibits people from using public bathrooms that align with their gender, and forces them to use the bathroom for the gender listed on their birth certificate.</p> <p>...The law claims to be protective, but it is simply, and deeply, transphobic.</p>
150	<p>"...Using the term 'sex work' reinforces the idea that sex work is work and allows for greater discussion of labor rights and conditions. ...In addition to the exchange of money for sexual services, a person may exchange sex or sexual activity for things they need or want, such as food, housing, hormones, drugs, gifts, or other resources..."</p> <p>...One important thing to note is that sex work is work.</p> <p>...Sex workers who are people of color are more at risk of being the victims of sexual and</p>

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	emotional violence. This is particularly true for trans women of color, drug users, and undocumented individuals who go into sex work when housing and jobs are inaccessible due to gender discrimination and systemic disadvantage.
175	The illustration on this page depicts an individual with a hairy chest and legs with their breasts exposed.
188	In three weeks, I am scheduled to have both of my breasts removed. ...I wish someone had told me about the grief that comes along with correcting gender dysphoria. ...That the current president of the United States has banned the word "transgender" from use by the CDC.
189	The illustration on this page depicts a young woman with her chest exposed. She has two surgical scars under each nipple indicative of breast removal surgery.
193	The photograph on this page depicts mirror images of a young woman without a shirt, wearing panties. She has surgical scars under her nipples indicative of breast removal surgery.

Profanity/Derogatory Term	Count
Ass	1
Bitch	1
Dick	1
Dyke	1
Fuck	1
Goddamn	1
Shit	1