

Introduction to the GENDER WHEEL

Resource Packet

Thanks for joining our training session!
We've gathered some additional resources
to enhance your learning experience plus
suggestions for further exploration.

What's inside:

- 10 Tips for a more GenderFULL World!
- Gender Wheel Core Concepts & Terms
- Gender Wheel Ed Tool Overview
- Reading & Reference List

Explore more!



On-Demand Training

Dive deeper into particular areas of this
training through our self-paced information-
rich video series through Vimeo On Demand.
WWW.GENDERWHEEL.COM/VOD



Learning Center

Join the Gender Wheel Learning Center on
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stream of our latest content and resources.
WWW.GENDERWHEEL.COM/GWLC



Books & Materials

Find our books and educational tools
through our independent press.
WWW.REFLECTIONPRESS.COM

**The Gender Wheel is an educational tool and
approach to body, gender, and relationship diversity
that is nature-based, decolonized, and holistic.**



Change the dynamic. The Gender Wheel Approach
shows the need and value of body, gender, and
relationship diversity within the context of nature's
patterns across all life, including mammals.



See the BIG picture. The Gender Wheel Approach
unveils Nature's diversity all around us and makes it
easy to understand Nature's infinite variation.



Use Nature as a model. The Gender Wheel Approach
provides an unshakable foundation to reorient and
shift your mindset beyond rigid binaries and heal the
impact of aggressive gender oppression.

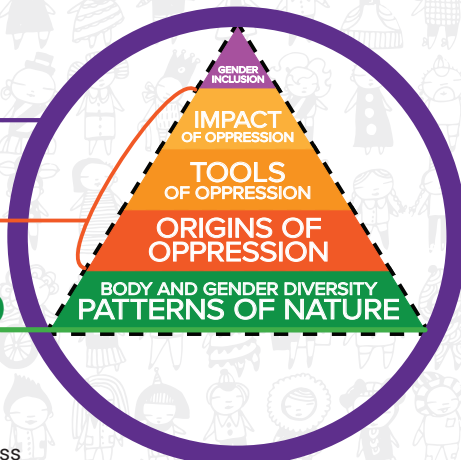


Find sacred unity in Nature's boundless beauty. The
Gender Wheel Approach reconnects us with ancient
ancestors across the globe and reclaims the inclusive
and expansive roots of the world's 5 main religions.

HOLISTIC

DECOLONIZED

NATURE-BASED



TEN TIPS TO CREATING A MORE GENDERFULL WORLD

RECLAIMING
WHAT'S BEEN SUPPRESSED

ADDRESSING
THE IMPACT

HEALING
AND TRANSFORMING

GROUND the Truth of Nature

If we look we can see gender diversity in beings all around us, flying in the sky, swimming in the sea, playing in the forest, running in the desert, basking in the sun. All genders are perfectly natural.

EXPAND Multicultural and Indigenous Awareness

In every color of the human rainbow, in every country of the world, everybody everywhere, there is and has always been gender diversity.

NURTURE Inclusive History

Gender diverse people have made significant contributions throughout US and global history as ambassadors, doctors, leaders, artists, and in everyday life as family, neighbors, and friends.

DIVEST in opposite and binary thinking

We have been falsely conditioned to see only in opposites and in twos. This blinds us to the truth of nuance and the vast variety that exists in everything, including gender.

ENGAGE new ways of speaking

Create safe, gender fluid space for everyone to relax into and explore who they are free from stereotypes & assumptions by using nouns & pronouns that include everyone all the time. Engage the *Pronoun Protocol*.

REMEMBER who has been erased

Bring awareness to who is not included in books, media, & learning materials so exclusion and erasure never go unacknowledged.

FREE your mind to holistic thinking

A holistic perspective is the remedy to oppositional binary thinking. Pay attention to interdependence & interconnectivity. Explore gradations and in-between spaces; wholes rather than separation into parts.

USE Pronoun Power

Practice how to use more pronouns than *he* & *she*, like singular *they*, *ze*, *tree*, *xe* or even a *person's name*. Play with pronouns in books & other media to explore new inclusive stories.

LIBERATE from Systemic Oppression

Look at the ways you participate in gender stereotypes and assumptions and how you can break the cycle every day. Remember courage & discomfort are a natural part of change.

LEARN about the Gender Wheel

Move toward a new way of thinking about gender that is nature-based and holistic and takes into account the larger context of our history and its impact. Gender is dynamic, infinite, inclusive.



VISIT THE WEBSITE FOR
MORE RESOURCES, DOWNLOADS & TO
LEARN MORE ABOUT THESE 10 TIPS!
WWW.GENDERWHEEL.COM/10TIPS

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a few NIBBLES
to help you get started....



GENDER WHEEL Core Concepts:

Understanding Terms:

When discussing bodies, the *Gender Wheel* uses terms that attempt to lift off gender overlays as well as include all bodies and experience.

- **Large and Small Gametes:** are the technical terms for egg and sperm
- **Genotype:** is a person's genetic make-up, or genes. A person's genes determine what kind of gametes their body *could* produce. This is not *necessarily* an indicator of what that body looks like. Genes cannot be modified.
- **Phenotype:** is what a body LOOKS like. Sex assignments are currently made based on how a person's body looks when labeling "male" or "female" at birth. How a body looks is not *necessarily* an indicator of their genetic make-up. Phenotype can be modified through surgery and hormones.
 - **LG:** (Large Gametes) means a body LOOKS like it will produce eggs, currently these bodies would be assigned "female" at birth (AFAB), i.e. they have a vulva
 - **SG:** (Small Gametes) means a body LOOKS like it will produce sperm, currently these bodies would be assigned "male" at birth (AMAB) i.e. they have a phallus
- **Intersex Bodies:** have genotypes and/or phenotypes that are beyond what is medically categorized as "male" or "female." There are estimates that approximately 2/100 people have intersex traits.
- **Trans Bodies:** have expanded experience of their physical body and their internal sense of self beyond their birth "assignments."
- **The Window:** (marked with dots on Body Circle) shows that it is impossible to divide bodies into two distinct groups by either genotype or phenotype. The window exists because bodies have an intersex foundation. All bodies include an X gene, begin phenotypically as "female", and utilize the same hormones in varying degrees.

- **Circles, Cycles and Spirals:** can be seen throughout nature from the turning of the days to seasons, from weather to patterns of growth. Circles hold infinite points and turning circles convey nature's eternal cycles spiraling through repetition.
- **Continuum:** an interconnected series of positions around a circle that show subtle difference until all possibilities are included.
- **Infinity:** in this framework is focused on the flow of all variations of all living bodies throughout time.
- **Diversity:** here is focused on exuberant body and gender variation documented throughout nature. This pattern of diversity occurs to such a degree that it can only be seen as a necessary and valuable attribute that contributes to the strength and resilience of a species.
- **Wheel:** symbolizes movement. Here movement is inside and out. The whole wheel can rotate, but the most important part is the inner circles' rotation. Concentric circles are nested inside the Wheel. In general, their continuous movement symbolizes the flow of diversity through humanity. They can also all be specifically adjusted to show an individual's personal snapshot of their unique position within nature's infinite diversity.
- **Holistic:** includes having the most expansive perspective while acknowledging interconnectedness throughout all elements.
- **Decolonized:** here means finding ways of being and knowing beyond systems of oppression imposed on nature, including humans, while also acknowledging the impact and lasting dynamics of body and gender oppression.

Exploring the Circles:

This is an English-language version of the Gender Wheel, however the core concepts apply across all cultures and languages.

Empty spaces and fans are included around the circles to convey more space to expand into and name.

- **Relationship Circle:** includes a continuum of sexual relationships and shows the body and inside feeling of the sexual partner if any. Relationship and "Sexual Orientation" labels are up to the individual to determine (Gay, Straight, Queer, Bi...)
- **Body Circle:** includes space for all of the combinations of Genotype and Phenotype, as well as specific space for Trans and Intersex bodies.
- **Inside Circle:** includes a continuum of inside feelings. All inside feelings are available to all bodies. Familiar words are used to acknowledge inner feelings as well as convey the continuum's fundamental flow around the circle between all possibilities of androgyny, masculinity, fluidity, femininity...While inside feelings may develop into gender identities, the purpose of the Gender Wheel educational tool is to focus on the inner self first.
- **Pronoun Circle:** includes a variety of pronouns that different communities, including the LGBTQI+ community have used and documented.
- **Center Star:** symbolizes that we all come from nature's creative force and are connected.

that uses nature's cycles, circles, and continuums to help us understand the **NECESSITY AND VALUE** of body, gender, and relationship diversity.



ABOUT OUR APPROACH TO GENDER

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