

# MAKE the GENDER WHEEL

The Gender Wheel is a way of understanding bodies and gender that is nature-based, decolonized and holistic.

As a symbol it helps us conceptualize infinity, value gender and body diversity as a necessary and intrinsic part of humanity and the planet, and understand how this diversity contributes to planetary strength and resilience.

The following pages help you reorient to the Gender Wheel as well as make your own paper version.

## Directions:

1. Cut out the circles on pages 3-4. For a thicker, more sturdy wheel print pages 3-4 directly onto cardstock. If printing on regular paper, you can glue the pages onto light cardboard (like a cereal box) and then cut out the circles.
2. Use a push pin or something similar to punch a small hole in the center of each circle. This will make it easier to get the paper fastener through all three circles and center star.
3. Overlay the circles as shown below. Align centers. Body circle on bottom, inside circle next then pronoun circle, and finally center star.

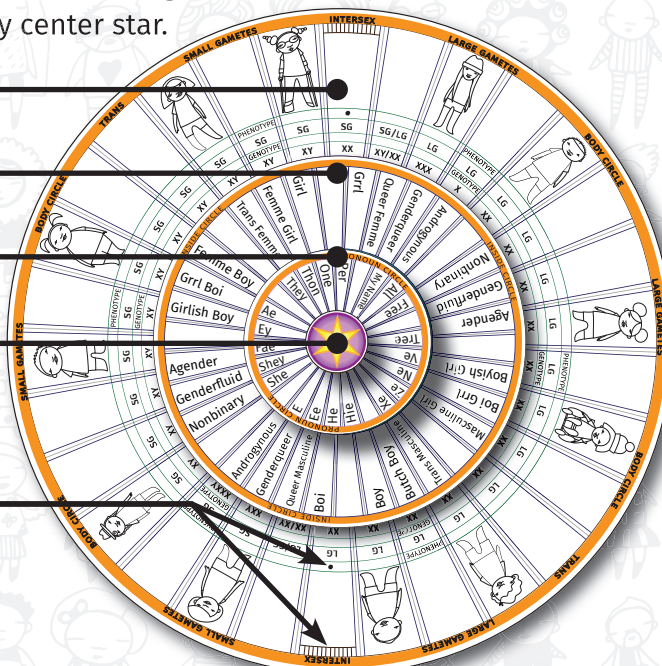
**BODY CIRCLE**

**INSIDE CIRCLE**

**PRONOUN CIRCLE**

**CENTER STAR**

**"THE WINDOW"**  
(MARKED WITH DOTS  
& EXTRA LINES  
-SEE PAGE 2)



## What you'll need:

- The 3 circles & star on the following pages, pgs. 3-4, printed on cardstock or regular paper
- Scissors
- Push Pin (to punch holes in center of circles)
- Paper Fastener
- Pen
- (Optional) thin cardboard (like an empty cereal box if printing on regular paper)
- (Optional) Glue Stick
- Instructional video: [www.genderwheel.com/make-the-wheel](http://www.genderwheel.com/make-the-wheel)



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. Watch the video to learn more:

→ [www.genderwheel.com/make-the-wheel](http://www.genderwheel.com/make-the-wheel) ←

- **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"
  - **SG:** (Small Gametes) means a body LOOKS like it will produce sperm, currently these bodies would be assigned "male"
- **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 & extra lines 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.

- **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... The Inside Circle uses terms that are historically documented in the LGBTQI+ community and beyond. 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. The Pronoun Circle acknowledges over 150 years of people trying to engage a pronoun that expands and/or includes everybody at the same time without gender overlays.
- **Center Star:** symbolizes that we all come from nature's creative force and are connected.

