

How to Understand Your Gender

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Synopsis

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Have you ever questioned your own gender identity? Do you know somebody who is transgender or who identifies as non-binary? Do you ever feel confused when people talk about gender diversity?

This down-to-earth guide is for anybody who wants to know more about gender, from its biology, history and sociology, to how it plays a role in our relationships and interactions with family, friends, partners and strangers. It looks at practical ways people can express their own gender and will help you to understand people whose gender might be different from your own. With activities and points for reflection throughout, this book will help people of all genders engage with gender diversity and explore the ideas in the book in relation to their own lived experiences.

Reader's comments

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