

# SEX, GENDER, SEXUAL ORIENTATION, BEHAVIOR, AND HEALTH

## CHAPTER OBJECTIVES

1. Define sex and gender and describe the differences between them.
2. Define gender identity and gender expression or gender presentation and describe the differences between them.
3. Define gender discordance, gender nonconformity, and gender dysphoria and describe how they differ.
4. Define sexual orientation and sexual behavior and describe the differences between them.
5. Define sexuality and sexual health.

**Key Terms:** asexual, bisexual, cisgender, gay, gender, gender discordance, gender dysphoria, gender expression, gender identity, gender nonconformity, gender presentation, heterosexual, homosexual, lesbian, pansexual, sex, sexual behavior, sexual expression, sexual health, sexuality, sexual orientation, transgender

Providing LGBTQ-inclusive care requires an understanding of several key concepts: sex, gender, gender identity, gender expression or presentation, gender discordance, gender nonconformity, gender dysphoria, sexual orientation, sexual behavior, sexuality, and sexual health. This chapter explains how these concepts relate to one another and their relevance in the palliative care and hospice setting. In addition, the chapter describes a two-step process for asking patients about their assigned birth sex and true gender and explains the use of gender-neutral pronouns.