

# Gender Identity & Expression Training

For more information, visit our [Gender Identity & Expression Training](#) webpage.

## COURSE CONTENTS

This training course is broken down into 2 sections

- 1 Gender Identity
- 2 Gender Expression

## LEARNING OUTCOMES

- ✔ Understand the difference between a person's gender identity and sex
- ✔ Have a better understanding of what it means to be transgender, non-binary and gender-fluid
- ✔ Learn about the importance of gender expression in all aspects of life

## ABOUT THIS COURSE

Gender Identity and Gender Expression are two different things.

"Gender identity is someone's personal and intimate sense of their own gender. Gender expression is how they choose to reflect their gender identity in their physical appearance." - [amnesty.org.uk](https://www.amnesty.org.uk)

During our Gender Identity & Expression Training, staff will be introduced to the basics of gender identity and how it's separate from someone's biological sex, the gender spectrum and what it means to be trans, gender fluid, and non-binary. We'll also take a look at the different ways that people express their gender, the use of language and pronouns, and we'll provide users with some simple ways they can actively show their support to the trans community.

Our [Equality, Diversity & Inclusion \(EDI\) Training](#) is also a fantastic way to provide your staff with essential training to learn what is unacceptable behaviour at work, how our behaviour may affect others, stereotyping, victimisation and discrimination, and the importance of creating an open and inclusive workplace.