Gender identity is how you, in your head, think about yourself. It's the chemistry that composes you (ex. hormonal levels) and how you interpret what that means.

Sexual orientation is who you are physically, spiritually, and emotionally attracted to.

Gender expression is how you demonstrate your gender (based on traditional gender roles) through the ways you act, dress, behave, and interact.

Assigned sex refers to the objectively measurable organs, hormones, and chromosomes.