SOGIE Principles

Distinct and Separate: Sex assigned at birth, gender identity, gender expression, sexual orientation and sexual behavior are each distinct from one another.

Exists on Spectrums: SOGIE identities exist on spectrums, language to describe identities on these spectrums varies by the individuals that use that language.

Intersectional: SOGIE identities intersect with other identities like race, class, and ability to create life experiences.

Universal: Everyone has a SOGIE, and identity development is a natural, ongoing part of the human experience.

Self-Defined: How one understands, articulates and shares their SOGIE is self-determined.