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Understanding gender diversity and the search for identity

What it's about:

In this article, author Lane McKenna gives a holistic review of the fundamental scientific, psychological, and social underpinnings of gender identity. This article, published by Stanford University's "Be Well" department, exists to "encourage...community members to take charge of their well-being and make it an enjoyable part of life."

Why it's important:

From over-simplified biology lessons to misrepresentations in popular culture, the science behind sex, gender, and the journeys people take to understand their identity is one of the most "misunderstood, even feared, aspects of our changing U.S. culture." As stated by McKenna, "For the wellness of all of us, [this article] hopes to demystify our changing gender landscape and come to a better understanding of every person's search for identity." Each of us is on a constant journey to more fully understand ourselves; Therefore, it's critical to take the time to learn because, as fraternity men, it is our commitment to support all our brothers wherever they are in their journey.

Reflect and discuss:

What was your first experience interacting with someone who expressed themselves outside of your previous experiences with gender identity? What was your reaction? How was the interaction? Is there anything you wish you would have done or said differently?

After reading the article, are there "normal" behaviors or societal norms that you notice should be re-examined? What are they and why?

What are one or two things you can do to help members better understand gender diversity? Or, to promote gender inclusivity?

Want to learn more?

- [McKenna's Bibliography](#)
- [Sex Redefined: Biologists now think sex is a spectrum](#)
- [Read Elliot Pages' statement](#)