

Gender Roots

the making of the animation

Learn more about the Gender Roots, the symbolism and the terms used in this animation.



What is Gender Roots about?

Gender Roots was created as part of the Justice, Art and Medicine initiative '**JAM**' at St. George's University, Grenada and is inspired by the concept of the Genderbread Person.

Gender Roots aims to **increase awareness and understanding** of human diversity within the Caribbean region and across the globe.

Inspired by the concept of the **Genderbread Person**, the makers of the animation were looking for a more universal visual for an international audience. The Genderbread person is a wordplay on the US-American christmas cookie 'Gingerbread'. Removing both the US-American perspective as well as the religious aspect of the Gingerbread

christmas cookie, the makers of the animation landed on '**Gender Roots**' instead.

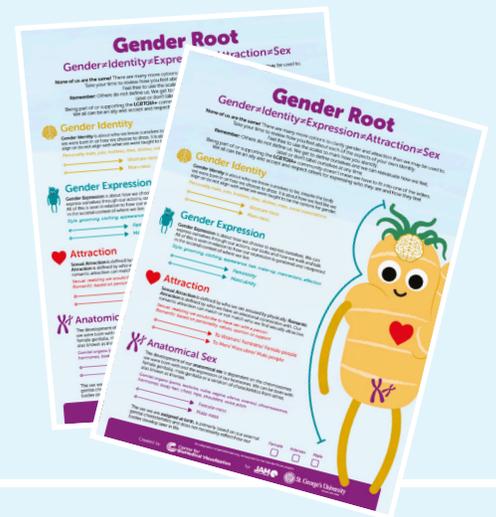
Roots in general are **amorphic and asexual in their nature** and thus offer a blank canvas for teasing out and exploring the often overlapping concepts of Anatomical Sex, Gender Identity, Gender Expression and Attraction.

Furthermore, root vegetables are a world-wide **recognisable food source**, that is not region specific and thus lends itself well to a broad audience. Included in the characters are ginger, carrot, wasabi, radish and turnip, making for a variety of root vegetables from around the globe.



[Click here to view the animation](#)

You can find this work-sheet in the back to learn more about yourself.

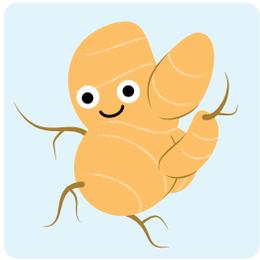


Caribbean Region

The opening scene of the animation shows a typical market scene in the Caribbean. Wooden stalls are filled with local fruits and juices, including banana, yam, mango, pineapple, wax apple and fresh ginger. The wedding scene is filled with Caribbean flora, including palm trees, flamboyant trees and bushes of bougainvillea flowers. The closing of the animation shows 'typical island scenery' in the Caribbean, inspired by the world famous Grand Anse beach in Grenada.



Meet the Cast



Tumerica (she/her/hers)

Tumerica was assigned male at birth and is a transgender woman. Tumerica changed her pronouns to she/her/hers. She also changed her name from Ginger to Tumerica. She is bisexual and currently dating Wasabi.



Radysh (he/him/his)

Radysh is a cisgender man. He figured out he was pansexual when he fell in love with Arti. Radysh is accepting of Arti's asexuality. The two are now married.



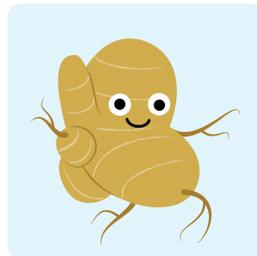
Arti (she/her/hers/they/them/theirs)

Arti is intersex. Arti uses both her pronouns assigned at birth which are she/her/hers and they/them/theirs as it best reflects how she feels about her own gender identity. Arti is asexual. They fell in love with and married Radysh.



Gingo (he/him/his)

Gingo is a single, gay cisgender man. He has a daughter named Ginny, likes dogs and wears a cochlear implant.



Ginny (she/her/hers)

Ginny is Gingo's daughter from a previous relationship.



Dr. Rhizome (she/her/hers)

Dr. Rhizome is an endocrinologist, an expert in conditions relating to hormones. As an endocrinologist she can prescribe hormone therapy.



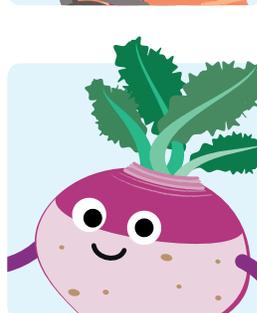
Sweetie Pot (she/her/hers)

Sweetie Pot is a cisgender woman who is attracted to other women. Sweetie Pot likes fashion, drinking tea and uses a wheelchair.



Wasabi (he/him/his)

Wasabi is a straight cisgender man. He is an ally to the LGBTQIA+ community and currently dating Tumerica.



Turner (they/them/theirs)

Turner is a non-binary pansexual root. Being non-binary they prefer the gender neutral pronouns they/them/theirs. They have a cat and like dancing with their friends.



Carrat (they/them/theirs)

Being a genderfluid root, Carrat prefers the pronouns they/them/theirs. They met Tummo Rick while studying in the library. Carrat had sex with Tummo Rick, but is not romantically attracted to him.



Tummo Rick (he/him/his)

Tummo Rick was assigned female at birth and is a transgender man. He is romantically and sexually attracted to Carrat, but unfortunately the feelings are not mutual.

A Step by Step Guide



A Caribbean market scene with local fruits and juices. One can see yam, mango, banana, pineapple, bottles of juice, waxapple and **ginger**.

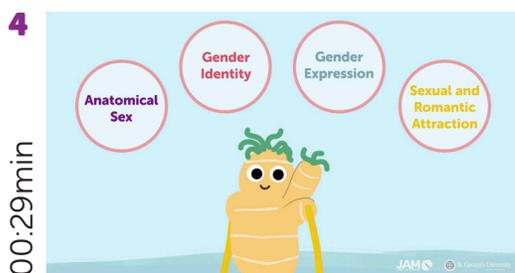


The **Gender Root 'Ginger'** emerges from the pile of ginger and takes the viewer into their world.



The LGBTQIA+ acronym stands for:
L=Lesbian, **G**=Gay, **B**=Bisexual, **T**=Transgender,
Q=Queer/Questioning, **I**=Intersex, **A**=Asexual/Aromantic,
+= All other identities and orientations not included in the other letters (e.g. pansexual, genderfluid, etc.)

For more information please see: Pride Flag Guide and Glossary of Terms



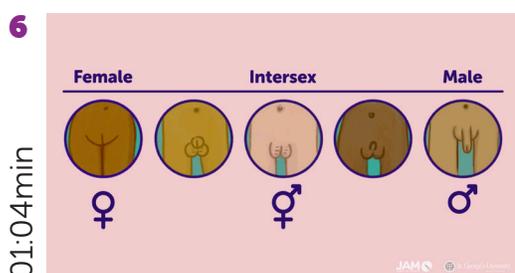
Introduction of the following four chapters:

- 1) Anatomical Sex
- 2) Gender Identity
- 3) Gender Expression
- 4) Sexual and Romantic Attraction

For more information please see: Glossary of Terms



Sex is a medically constructed categorization. The development of our **anatomical sex** is dependent on the chromosomes we were born with and the expression of our hormones. We can be born with female genitalia, male genitalia or a variation of characteristics from either, also known as intersex.



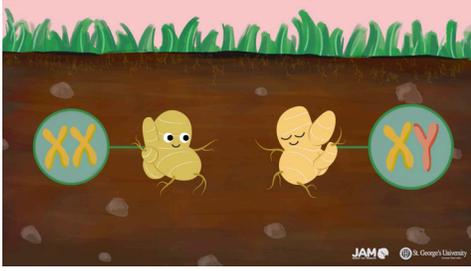
The sex we are assigned at birth, is primarily based on our **external genital characteristics** and does not necessarily reflect how our bodies develop later in life.

Genital organs (penis, testicles, vulva, vagina, uterus, ovaries), chromosomes, hormones, body hair, chest, hips, shoulders, voice pitch.

For more information please see: Glossary of Terms and Anatomical Sex Guide

7

01:08min



X= Female sex chromosome ; **Y**= Male sex chromosome

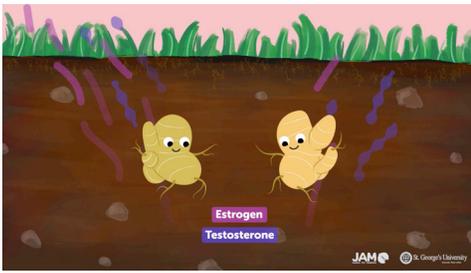
We can have the following variations of sex chromosomes:
X, XX, XY, XXY, XYY

Our chromosomes do not solely determine our external genital characteristics.

For more information please see: Anatomical Sex Guide

8

01:22min



Estrogen= Female hormones ; **Testosterone**= Male hormones

Our bodies can produce more or less hormones, which influences how the body looks. Sometimes people have a natural occurring or medically induced hormone imbalance. Sometimes hormone receptors are absent.

For more information please see: Anatomical Sex Guide

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01:40min



Support from a **medical professional** can take shape in the form of consultations, medications and up to physical transitions. Everyone requires different care and the needs of one do not transfer to the needs of another.

For more information please see: Pride Flag Guide

10

01:43min

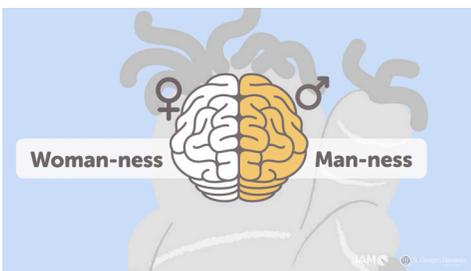


Gender Identity is about who we know ourselves to be, despite the body we were born in or how we choose to dress. It is about how we feel like we align or do not align with what we were taught to be the options for gender.

For more information please see: Glossary of Terms

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01:49min



Gender Identity is seen on spectrums ranging from feeling no connection to **Woman-ness** to a strong connection to Woman-ness as well as feeling no connection to **Man-ness** to a strong connection to Man-ness. It is possible to feel a connection to one or the other, neither or both.

12

01:54min



Cisgender is an identity, or performance in a gender role, that society deems to match the person's assigned sex at birth. The prefix cis- means "on this side of" or "not across."

For more information please see: Glossary of Symbols

13

02:05min



The **broad gender spectrum** encompasses a variety of gender identities including but not limited to: Agender, androgynous, transgender, genderfluid, genderqueer, non-binary, etc. There are **many more** symbols than depicted on the left.

On the wall you can see a transgender flag.

For more information please see: Glossary of Symbols and Pride Flag Guide

14

02:13min



Tumerica was assigned male at birth, but identifies as female and changed her name from Ginger to Tumerica. You can see the **reflection** depicting the symbol for female.

For more information please see: Glossary of Symbols and Pride Flag Guide

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02:28min



Genders outside of the binary include but are not limited to: Genderfluid, agender, gender neutral or non-binary, etc.

For more information please see: Glossary of Symbols and Pride Flag Guide

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02:35min



Gender Expression is about how we choose to express ourselves. We can express ourselves through our actions, our looks and how we walk and talk. All of this is seen in relation to how our expression is gendered and interpreted in the societal context of where we live.

17

02:57min



Gender Expression is seen on a spectrum ranging from **hyper-feminine to hyper-masculine**. Style, grooming, clothing, appearance, hair, make-up, mannerisms and affection are ways in which we can express our gender with.

18

03:27min



Societal expectations can influence the choices we make when choosing how to express our gender. This might include deciding to dress according to the expectations for our own safety.

Tumerica chooses to dress masculine, rather than feminine in order to go to work.

19

03:31min



Sexual Attraction is defined by who we are aroused by physically. **Romantic Attraction** is defined by who we have an emotional connection with. Our romantic attraction can match or not match who we find sexually attractive.

20

03:45min



Sexual Attraction does not necessarily have to match our romantic attraction. It is based on wanting to be physically intimate with another person. It is a natural feeling.

21

03:55min



Romantic Attraction does not necessarily have to match our sexual attraction. It is based on personality, values, opinion and support. It is a natural feeling.

22

04:13min



Wasabi is using a cellphone with the dating application '**Grounder**'. A heart signifies a 'Yes' - I'd like to date, while 'X' signifies a 'No' - I don't want to date.

For more information please see: Glossary of Terms

23

04:18min



Gingo is a cisgendered **gay man** and is looking to match other men. On the floor you can see a gay pride flag.

For more information please see: Glossary of Terms and Pride Flag Guide

24

04:26min



Sweetie Pot is a cisgendered **lesbian woman** and is looking to match other women. On the wall you can see a lesbian pride flag.

For more information please see: Glossary of Terms and Pride Flag Guide

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04:36min



Tumerica is a transgender **bisexual woman** and is looking to match other Gender Roots of two or more genders, but not all. On the wall you can see a bisexual pride flag.

For more information please see: Glossary of Terms and Pride Flag Guide

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04:45min



Turner is a non-binary **pansexual root** and is looking to match any other Gender Roots regardless of gender or sexual orientation. Bisexuality and Pansexuality is closely related but not the same.

On the wall you can see a pansexual pride flag.

For more information please see: Glossary of Terms and Pride Flag Guide

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05:23min



Arti and Radysh figured out their relationship around their sexual orientations and romantic attraction. Even though Arti is asexual, they still want to be in a **committed relationship** with Radysh. They get married.

For more information please see: Glossary of Terms

28

05:24min



In reference to a fruit/vegetable getting a price tag (market scene), Tumerica takes off the **labels** put on by society and picks up the label she actually identifies with.

For more information please see: Pride Flag Guide

29

05:57min



Not everyone needs to be in the LGBTQIA+ community to be a supportive ally. **Allyship** is the action of working to end oppression through support and advocacy of groups other than one's own.

For more information please see: Glossary of Terms

30

06:06min



We hope this video has helped us all to recognise the **broad spectrum of differences and similarities** of what it means to be our authentic selves.

The Caribbean beach scene is inspired by **Grand Anse beach** in Grenada. The same couple from the market is enjoying the view, while the woman sits nearby with her newly purchased ginger.

Pride Flag Guide



Lesbian pride flag. The colors stand for (top to bottom): gender non-conformity, independence, community, unique relationships to womanhood, serenity and peace, love and sex, femininity.



Gay pride flag. This flag also often represents the entire LGBTQIA+ community. It is based on the original Gilbert Baker pride flag from which two shades were removed in order to better reproduce the flag commercially. The colors stand for (top to bottom): life, healing, sunlight, nature, harmony and spirit. (Removed are pink: sex and turquoise: magic)



Bisexual pride flag. The colors stand for (top to bottom): same-sex attraction, attraction to both sexes, opposite-sex attraction.



Transgender pride flag. The colors stand for (top to bottom): traditional color for baby boys, traditional color for baby girls, white for those who are transitioning. The repetitive pattern was chosen, so that it always displays correctly, whichever way the flag is being displayed.



Genderfluid/genderflexible pride flag. The colors stand for (top to bottom): femininity, lack of gender, combination of femininity and masculinity, all genders, masculinity.



Intersex pride flag. The flag utilizes non-gendered colors. The circle represents wholeness of intersex people and is a reminder that they are perfect the way they choose to be.



Asexual pride flag. The flag represents the different ace-identities, including graysexuals and demisexuals.



Adjusted progress pride flag. The flag is an adaptation of the progress pride flag, which is an adaptation of the gay pride flag. Representation of marginalized communities has been added (left to right): intersex community, transgender community, people of color and persons living with or lost to HIV/Aids).



Pansexual pride flag. The colors stand for (top to bottom): women, nonbinary/gender-nonconforming and men.

Glossary of Terms

Allyship. The action of working to end oppression through support and advocacy of groups other than one's own.

Anatomical Sex. A medically constructed categorization. Sex is often assigned based on the appearance of the genitalia, either in ultrasound or at birth. However, the development of our anatomical sex is dependent on the chromosomes we were born with and the expression of our hormones.

Aromantic. Romantic orientation generally characterized by not feeling romantic attraction or a desire for romance. Aromantic people can be satisfied by friendship and other non-romantic relationships. Many aromantic people also identify with a sexual orientation, such as asexual, bisexual, etc.

Asexual. A broad spectrum of sexual orientations generally characterized by feeling varying degrees of sexual attraction or a desire for partnered sexuality. Asexuality is distinct from celibacy, which is the deliberate abstention from sexual activity, despite sexual desire. Some asexual people have sex and experience varying levels of sexual attraction, as there are many ways of being asexual. A person who does not experience sexual attraction can experience other forms of attraction such as romantic attraction, as physical attraction and emotional attraction are separate aspects of a person's identity. These may or may not correlate with each other. For instance, some people are physically and romantically attracted to women, however, others might be physically attracted to all genders and only emotionally attracted to men.

Bisexual. A person whose primary sexual and affectional orientation is towards two or more genders (often includes one's own gender), but not necessarily all genders.
(For all genders see: pansexual)

Cisgender. A gender identity, or performance in a gender role, that society deems to match the person's assigned sex at birth. The prefix cis- means "on this side of" or "not across."

Gay. A sexual and affectional orientation toward people of the same gender.

Gender. A social construct used to classify a person as a man, woman, or some other identity. Fundamentally different from the sex one is assigned at birth.

Gender Expression. It is about how we choose to express ourselves. We can express ourselves through our actions, our looks and how we walk and talk. All of this is seen in relation to how our expression is gendered and interpreted in the societal context of where we live. Individuals may embody their gender in a multitude of ways and have terms beyond these to name their gender expression(s).

Gender Fluid/Genderfluid. A person whose gender identification and presentation shifts, whether within or outside of societal, gender-based expectations. Being fluid in motion between two or more genders.

Gender Identity. It is about who we know ourselves to be, despite the body we were born in or how we choose to dress. It is about how we feel like we align or do not align with what we were taught to be the options for gender. It is a sense of one's self as trans, genderqueer, woman, man, or some other identity, which may or may not correspond with the sex and gender one is assigned at birth.

Heterosexuality/Straight. A sexual orientation in which a person feels physically and/or emotionally attracted to people of a gender other than their own.

Intersex. An umbrella term to describe a wide range of natural body variations that do not fit neatly into conventional definitions of male

or female. Intersex variations may include, but are not limited to, variations in chromosome compositions, hormone concentrations, and external and internal characteristics. Many visibly intersex people are mutilated in infancy and early childhood by doctors to make the individual's sex characteristics conform to society's idea of what normal bodies should look like. Intersex people are relatively common, although society's denial of their existence has allowed very little room for intersex issues to be discussed publicly. Hermaphrodite is an outdated and inaccurate term that has been used to describe intersex people in the past.

Lesbian. Usually, a woman whose primary sexual and affectional orientation is toward people of the same gender. However, some nonbinary people also identify as lesbians, often because they have some connection to womanhood and are primarily attracted to women.

Non binary/Nonbinary/Non-binary. A gender identity and experience that embraces a full universe of expressions and ways of being that resonate for an individual, moving beyond the male/female gender binary. It may be an active resistance to binary gender expectations and/or an intentional creation of new unbounded ideas of self within the world. For some people who identify as non binary there may be overlap with other concepts and identities like gender expansive and gender non-conforming.

Pansexual. A person who has a romantic, sexual or affectional desire for people regardless of gender identity, expression or anatomical sex (often referring to all genders). Has some overlap with bisexuality.

Pronouns. They/them/theirs, she/her/hers, he/him/his. In English pronouns have been tied to gender and are a common site of misgendering (attributing a gender to someone that is incorrect). People who do not identify with the gender binary may prefer the neutral they/them/their pronouns or a combination of pronouns.

Queer. One definition of queer is abnormal or strange. Historically, queer has been used as an epithet/slur against people whose gender, gender expression and/or sexuality do not conform to dominant expectations. Some people have reclaimed the word queer and self identify in opposition to assimilation (adapted from "Queering the Field"). For some, this reclamation is a celebration of not fitting into social norms. Not all people who identify as LGBTQIA use "queer" to describe themselves. The term is often considered hateful when used by those who do not identify as LGBTQIA.

Questioning. The process of exploring one's own gender identity, gender expression, and/or sexual orientation. Some people may also use this term to name their identity within the LGBTQIA+ community.

Spectrum. A range or sliding scale. Aspects of one's identity like sexual orientation, gender identity, and gender expression exist on a spectrum. For example, with sexual orientation, the attraction to men, women, or someone of another gender all exist on separate spectrums. Someone might feel a little attracted to men, very much attracted to women, and moderate attraction to people outside this binary. Please also see the Gender Root worksheet to learn more about these aspects of identity.

Transgender. An adjective used most often as an umbrella term and frequently abbreviated to "trans." Identifying as transgender, or trans, means that one's internal knowledge of gender is different from conventional or cultural expectations based on the sex that person was assigned at birth. While transgender may refer to a woman who was assigned male at birth or a man who was assigned female at birth, transgender is an umbrella term that can also describe someone who identifies as a gender other than woman or man, such as non binary, genderqueer, genderfluid, no gender or multiple genders, or some other gender identity.

Anatomical Sex Guide

a.k.a Biological Sex Characteristics

Chromosomes

Female sex chromosome 

Male sex chromosome 

One can have the following **variations** of sex chromosomes:



Hormones

Our bodies' chromosomes inform our **glands** what **hormones** to produce.

A hormonal imbalance during **fetal development** can lead to intersex characteristics of the genitals.

A hormonal imbalance during **puberty** influences the development of secondary sex characteristics such as: body hair, chest, hips, shoulders, voice pitch).

Estrogen. Helps develop and maintain female reproductive system and characteristics.

Progesterone. Helps stabilize menstrual cycles and prepares body for pregnancy.

Testosterone. Helps develop and maintain male reproductive system and characteristics.

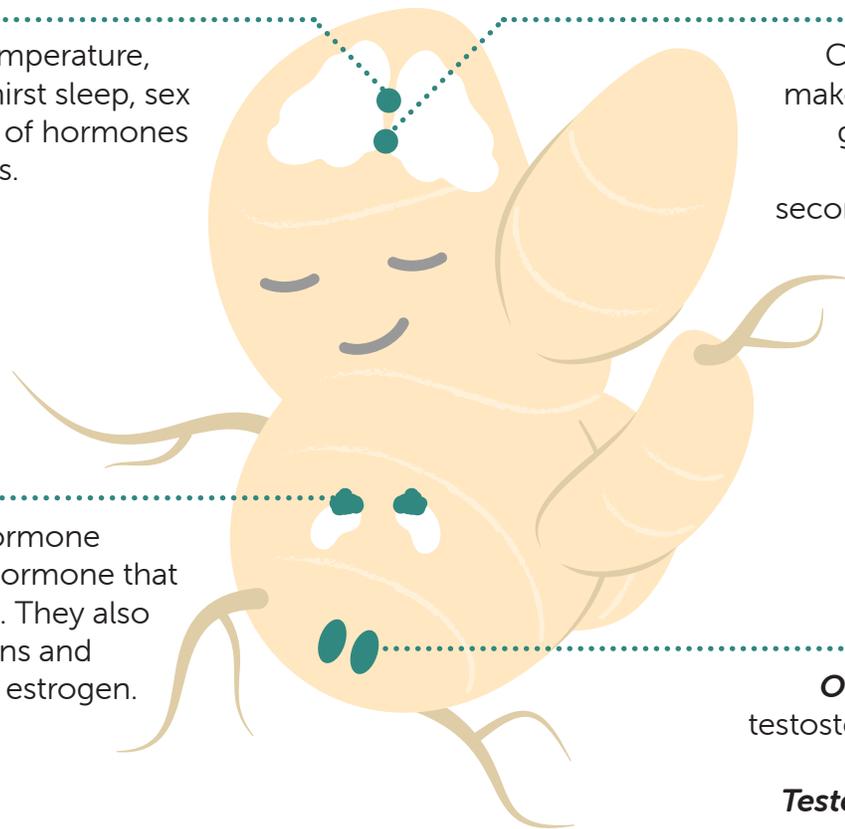
Hypothalamus. Controls body temperature, hunger, mood, thirst sleep, sex drive and release of hormones from other glands.

Pituitary gland. Controls other glands and makes hormones that trigger growth. During puberty it initiates development of secondary sex characteristics.

Adrenal glands. Produce stress hormone cortisol and the hormone that controls sex drive. They also produce androgens and small amounts of estrogen.

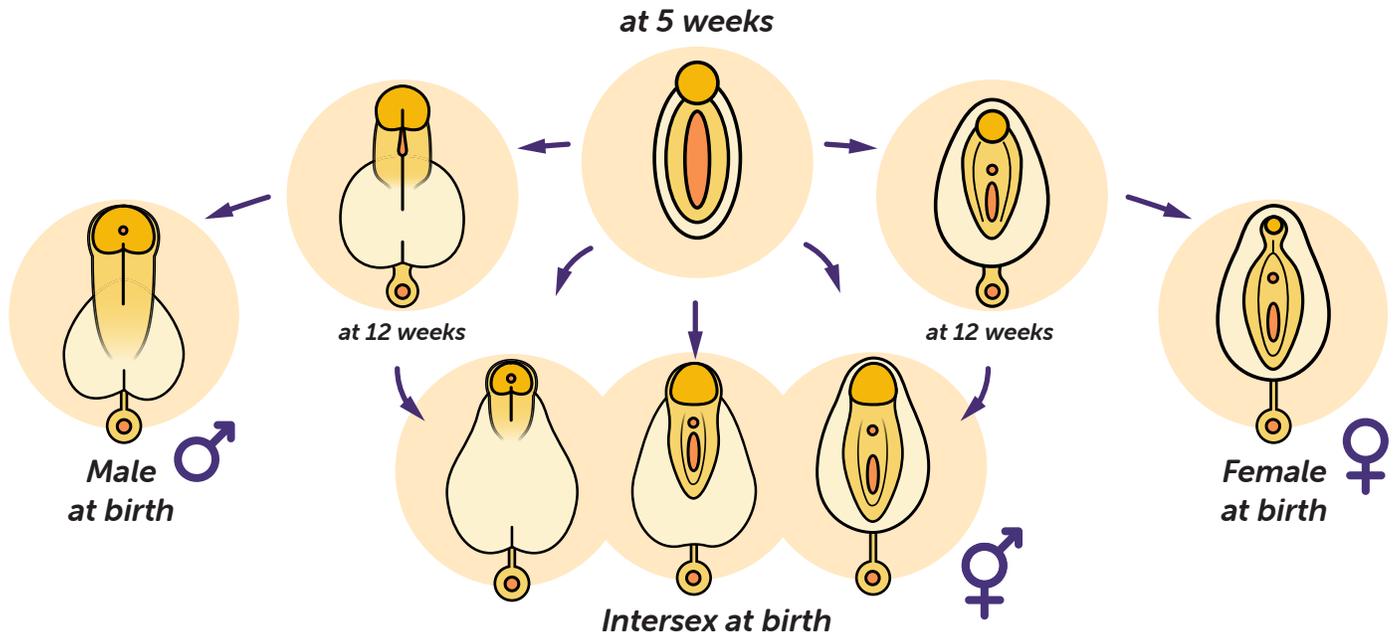
Gonads.
Ovaries. Secrete estrogen, testosterone and progesterone.

Testes. Produce testosterone and sperm.



External Genital Characteristics

At 5 weeks during the fetal development genitals start to differentiate into female, male or intersex.



Various conditions can cause a spectrum of genital appearances including, but not limited to, hormone imbalance.

Glossary of Symbols



Transgender. A mix of female (Venus), male (Mars) and androgyne. (Mixed)



Female. The Venus symbol for women. Depicts a handmirror or distaff of the Roman goddess of love.



Male. The Mars symbol for men. Depicts a the shield and spear of the Roman god of war.



Demiboy. A Mars symbol with half of the extending arrow removed. Designed for a group of non-binary Brazilians in 2014.



Travesti. Symbol for a person who has been assigned male at birth and who has a feminine, transfeminine, gender identity. (South America)



Androgyn. A mix of the male and female gender symbols.



Genderqueer. Represents people who do not fit the mainstream ideals of gender.



Neutrois. Represents a non-binary gender identity. The symbol has both identifying markers removed.



Agender. There are multiple version of the Agender symbol. Including both of these symbols. The in the center of the circled represents the virtual crossing out of the gender construct.



Demigirl. A Venus symbol with half of the mirror grip removed. Designed for a group of non-binary Brazilians in 2014.



Genderfluid. The Mercury symbol for genderfluid/gender nonconforming individuals. Depicts the Roman messenger god, based on caduceus.



Demigender. Represents a non-binary gender identity. The symbol has partially removed identifying markers of the Venus and Mars symbol as well as utilized the crossed line of the Agender symbol.

Gender Root

Gender ≠ Identity ≠ Expression ≠ Attraction ≠ Sex

None of us are the same! There are many more options to clarify gender and attraction than we may be used to. Take your time to review how you feel about each of the aspects of your own identity.

Feel free to use the scales to mark how you identify.

Remember: Others do not define us. We get to define ourselves and we can reevaluate how we feel, label or don't label ourselves at any time.

Being part of or supporting the **LGBTQIA+** community doesn't mean we have to fit into one of the letters. We all can be an ally and accept and respect others for expressing who they are and how they feel.



Gender Identity

Gender Identity is about who we know ourselves to be, despite the body we were born in or how we choose to dress. It is about how we feel like we align or do not align with what we were taught to be the options for gender.

Personality traits, jobs, hobbies, likes, dislikes, roles, social expectations

- —————▶ **Woman-ness**
- —————▶ **Man-ness**



Gender Expression

Gender Expression is about how we choose to express ourselves. We can express ourselves through our actions, our looks and how we walk and talk. All of this is seen in relation to how our expression is gendered and interpreted in the societal context of where we live.

Style, grooming, clothing, appearance, hair, make-up, mannerisms, affection

- —————▶ **Femininity**
- —————▶ **Masculinity**



Attraction

Sexual Attraction is defined by who we are aroused by physically. **Romantic Attraction** is defined by who we have an emotional connection with. Our romantic attraction can match or not match who we find sexually attractive.

Sexual: realizing we would like to have sex with a person

Romantic: based on personality, values, opinion or support

- —————▶ **To Women/ Feminine/ Female people**
- —————▶ **To Men/ Masculine/ Male people**



Anatomical Sex

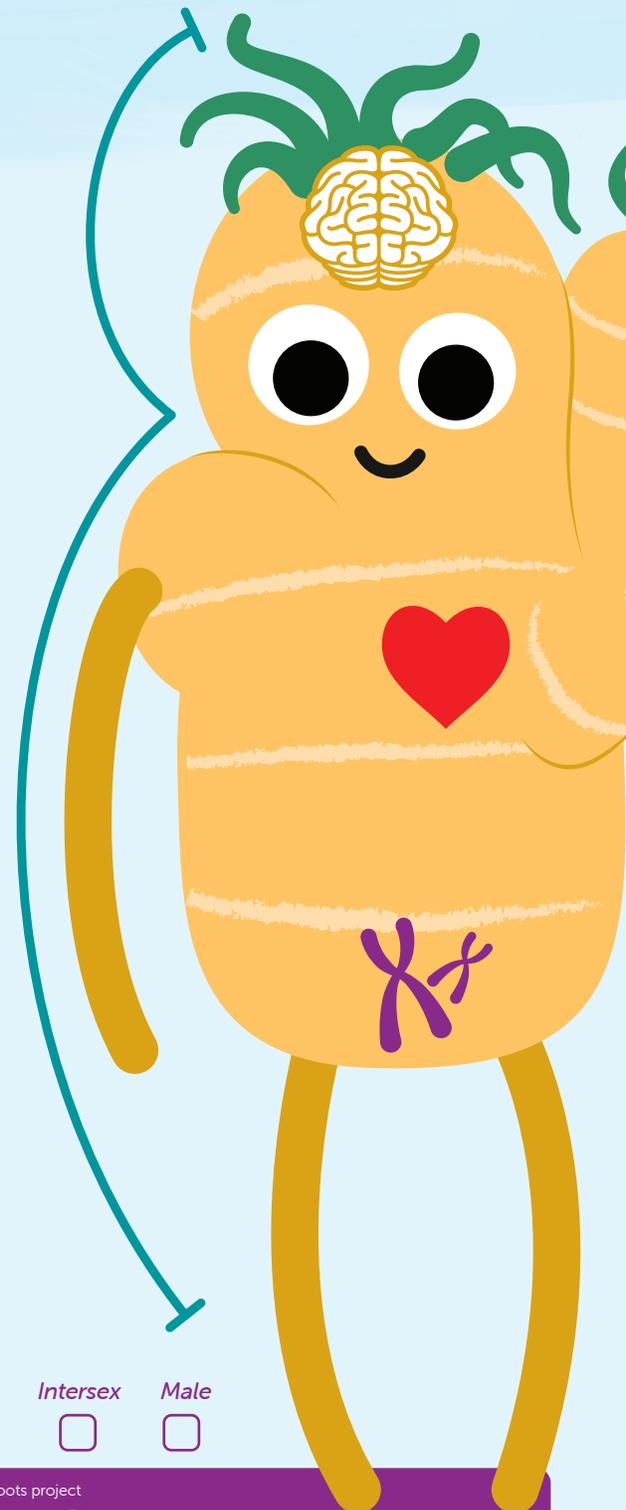
The development of our **anatomical sex** is dependent on the chromosomes we were born with and the expression of our hormones. We can be born with female genitalia, male genitalia or a variation of characteristics from either, also known as intersex.

Genital organs (penis, testicles, vulva, vagina, uterus, ovaries), chromosomes, hormones, body hair, chest, hips, shoulders, voice pitch

- —————▶ **Female-ness**
- —————▶ **Male-ness**

The sex we are **assigned at birth**, is primarily based on our external genital characteristics and does not necessarily reflect how our bodies develop later in life.

Female **Intersex** **Male**



An adaptation of genderbread.org, reimagined for the Gender Roots project

About the JAM initiative

The **Justice, Art & Medicine** (JAM) initiative was created in response to the COVID-19 pandemic and the disproportionate impact it has on **vulnerable populations**, including those with medical conditions and disability, Black, Indigenous, and People of Color (BIPOC), and Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual, and other (LGBTQIA+) individuals. By using the gifts of justice, art, and medicine, JAM aims to **create a growing community** that is **committed to learning more** about oneself and others so that we can better support one another. Overall, it is the vision of JAM that we learn to see the fullness of our **collective humanity** to bring about deeper healing and connection throughout the world.



The International House **Davis Projects for Peace** Adjudication Committee and the Davis United World Scholars Program awarded **Matthew Argame**, Columbia University & International House NYC 2020 alumnus, a 2021 Davis Projects for Peace grant to develop the project titled “Bridging the Gaps Between Justice, Art & Medicine (JAM) to Resolve Global LGBTQ+ Health Disparities” in Grenada, West Indies. Each year, US\$1 million is used to fund 100 global projects, each with US\$10,000, that are chosen from 100 college campuses and International Houses Worldwide. Projects for Peace is the vision of late **Kathryn Wasserman Davis**, Columbia University & International House NYC 1931 alumna, who launched this program on her 100th birthday in 2007 to inspire young people to bring new energy and ideas to the prospects of peace in the world. It is with her vision and generosity that the Justice, Art & Medicine (JAM) initiative has taken root and continues to grow in Grenada.

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