



What does non-binary mean?

Most people (including most transgender people) identify as either male or female. However, some people do not fit neatly into these categories.

A non-binary person may:

- Feel like a mix of male and female
- Identify as neither male nor female
- Have a gender that changes over time



Common Gender Identity Terms

- **Non-binary (or nonbinary):** A person whose gender is not only male or female.
- **Genderqueer:** A person whose gender does not follow traditional ideas of male or female.
- **Agender:** A person who does not identify with any gender.
- **Bigender:** A person who identifies as two genders, either at the same time or at different times.
- **Genderfluid:** A person whose gender changes over time.

Why is it called non-binary?

- Many societies recognise only two genders: male and female.

This is known as the “gender binary” (binary = two parts).

- “Non-binary” describes any gender identity that does not fit into these two categories.



Did You Know?

- Non-binary people have always existed.
- Gender diversity has been recognised in cultures around the world for thousands of years.
- Non-binary identity is not a trend or confusion.
- It is a real and valid way people experience gender.
- Some non-binary people choose medical support. – This may include treatments to help their body better match their identity.
- Not all transgender people are non-binary.
- Non-binary is not the same as intersex. – Intersex relates to physical traits (such as anatomy or genetics), while non-binary relates to gender identity.

International Non-Binary People's Day

International Non-Binary People's Day is held every year on **14th July**.

The day aims to:

- Raise awareness of non-binary identities
- Celebrate non-binary people and their contributions
- Highlight the challenges non-binary people may face
- It sits between International Women's Day (8th March) and International Men's Day (19th November), symbolising identities beyond the traditional gender binary.



Famous Non-Binary People

Some well-known non-binary people include:



Sam Smith (they/them)

Singer and Songwriter



Emma D'Arcy (they/them)

Actor (House of the Dragon)



Bella Ramsey (they/he/she)

Actor (The Last of Us)



Alok Vaid-Menon (they/them)

Writer and Performer



Kehlani (she/they)

Singer and Songwriter

Visibility of non-binary people in media, sport, and public life helps increase understanding and acceptance.

How to be respectful and supportive:

You do not need to fully understand non-binary identities to treat people with respect.

Use the correct name

Always use the name a person asks you to use. Do not ask for their old name.



Use the right pronouns - If you are unsure, ask politely. Some people use:

- They/them
- He/him
- She/her
- Other pronouns

Listen and learn

There is no single way to be non-binary.

Listening to people's experiences is the best way to understand.



Avoid assumptions

You cannot tell someone's gender by how they look.



Support inclusive environments

Encourage workplaces, schools, and public spaces to respect all gender identities.



Be mindful of gendered spaces

Places like toilets can feel unsafe for some non-binary people. Respect their choice of where they feel safest.