

**INTERNATIONAL**

**NON-BINARY**

**PEOPLE'S DAY**

***RESOURCES + GUIDE***

# About

International Non-Binary People's Day is observed each year on 14 July and is aimed at raising awareness and organizing around the issues faced by non-binary people around the world.

The day was first celebrated in 2012.



# What is Non-Binary?

People whose gender is not male or female use many different terms to describe themselves, with non-binary being one of the most common.

Other terms include genderqueer, agender, bigender, and more. None of these terms mean exactly the same thing – but all speak to an experience of gender that is not simply male or female.



# Why “Non-Binary”?

Some societies tend to recognize just two genders, male and female. The idea that there are only two genders is sometimes called a “gender binary” because binary means “having two parts” (male and female).

Therefore, “non-binary” is one term people use to describe genders that don’t fall into one of these two categories, male or female.



# Basic Facts about Non-Binary People

INTERNATIONAL NON-BINARY PEOPLE'S DAY



# Basic Facts about Non-Binary People

## Fact #1

Non-binary people are nothing new. Non-binary people aren't confused about their gender identity or following a new fad – non-binary identities have been recognized for millennia by cultures and societies around the world.



# Basic Facts about Non-Binary People

## Fact #2

Some, but not all, non-binary people undergo medical procedures to make their bodies more congruent with their gender identity. While not all non-binary people need medical care to live a fulfilling life, it's critical and even life-saving for many.



# Basic Facts about Non-Binary People

## Fact #3

Most transgender people are not non-binary. While some transgender people are non-binary, most transgender people have a gender identity that is either male or female and should be treated like any other man or woman.





# How to Be Respectful and Supportive of Non-Binary People



# How to Be Respectful and Supportive of Non-Binary People

You don't have to understand what it means for someone to be non-binary to respect them.

Some people haven't heard a lot about non-binary genders or have trouble understanding them, and that's okay. But identities that some people don't understand still deserve respect.



# How to Be Respectful and Supportive of Non-Binary People

Use the name a person asks you to use. This is one of the most critical aspects of being respectful of a non-binary person, as the name you may have been using may not reflect their gender identity.

Don't ask someone what their old name was.



# How to Be Respectful and Supportive of Non-Binary People

Try not to make any assumptions about people's gender. You can't tell if someone is non-binary simply by looking at them, just like how you don't know if someone is transgender just by how they look.



# How to Be Respectful and Supportive of Non-Binary People

If you're not sure what pronouns someone uses, ask. Different non-binary people may use different pronouns. Many non-binary people use "they" while others use "he" or "she," and still others use other pronouns.

Asking whether someone should be referred to as "he," "she," "they," or another pronoun may feel awkward at first, but it is one of the simplest and most essential ways to show respect for someone's identity.



# How to Be Respectful and Supportive of Non-Binary People

Advocate for non-binary friendly policies. It's important for non-binary people to be able to live, dress and have their gender respected at work, at school, and in public spaces.



# How to Be Respectful and Supportive of Non-Binary People

Understand that, for many non-binary people, figuring out which bathroom to use can be challenging. For many non-binary people, using either the women's or the men's room might feel unsafe because others may verbally harass them or even physically attack them.

Non-binary people should be supported by being able to use the restroom that they believe they will be safest in.



# How to Be Respectful and Supportive of Non-Binary People

Talk to non-binary people to learn more about who they are. There's no one way to be non-binary. The best way to understand what it's like to be non-binary is to talk with non-binary people and listen to their stories.





# How to Be Respectful and Supportive of Non-Binary People

Use your humanity. Using the best parts of your humanity goes a long way. Kindness can make all the difference.



# Additional Resources



# Video

[5 Non-Binary People Explain What “Non-Binary” Means To Them](#)

# Articles

[Interviews with three of HRC's Youth Ambassadors](#)

[Resources for Allies to Trans and Non-Binary Folks](#)

[Non-Binary Inclusion](#)

REFERENCES: <https://transequality.org/>



# Join Us

for a dynamic panel that dives into a non-binary discussion designed to create dialogue, give insights, and share stories.

**Wednesday, July 20th @ 12 pm ET**

Join Zoom Meeting

[https://us02web.zoom.us/j/84918102316?  
pwd=endpcWhRWnVJOFYwdzhKTWVJTG5FQT09](https://us02web.zoom.us/j/84918102316?pwd=endpcWhRWnVJOFYwdzhKTWVJTG5FQT09)

Meeting ID: 849 1810 2316

Passcode: 853174



**HAPPY INTERNATIONAL**

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***JULY 14TH 2022***