

My Intersex Self





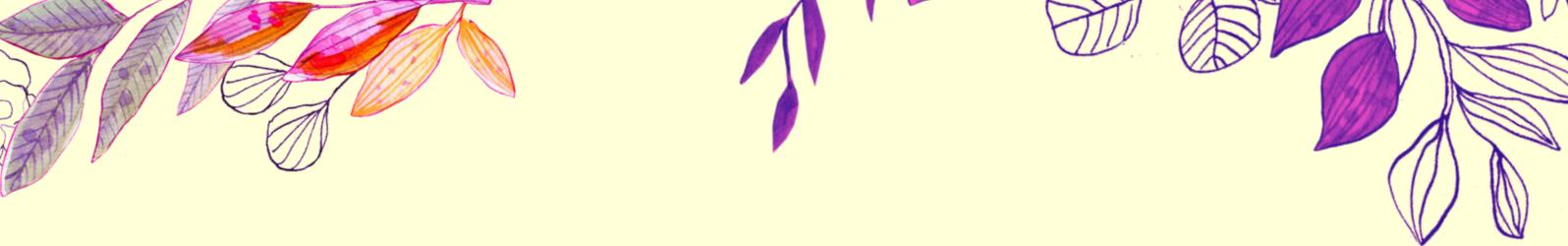


As intersex folks, we can have vastly different experiences of what it's like to be in our bodies.

This resource will explore embodiment; who we are in our bodies, and what that feels like. Can we gain a better relationship with the body we are in?

This resource provides an opportunity to explore and unpack some of the external and internal influences that affect our relationship with our body, and invites us to re-imagine, reclaim, and celebrate our diversity.



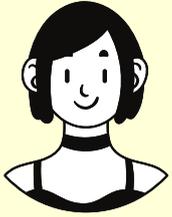


Intersex is an umbrella term used to describe variations of sex characteristics. These variations are innate. There are many different ways these variations in genitalia, hormones, internal anatomy or chromosomes can show up; there are up to 40 different intersex variations. Everyone, not just intersex people have a journey to go on to learn how to be comfortable in their own bodies. But, to do so, it is helpful to make a commitment, and explore different ways that you can begin that journey. In this section we will hear about some of the ways that intersex folks have found their bodies beautiful.

It's interesting to consider for a moment what intersex bodies provide to the world, by being their diverse, abundant, expansive and experimental selves. Can we invite ourselves, and the world, to change perspective of how intersex has been portrayed - as disordered, broken, wrong and in need of changing, to a new perspective that cultivates differences as joyful and positive! We live in a world bombarded by concepts of beauty, and all sorts of ideas that form "what is normal". And, whether you notice or not, these ideas affect us all in little and big ways. They also drive the social norms that influence people's ideas of sex and gender.

Embracing intersex bodies as they are, and where they are right now is a wonderful thing! Some of us have had to grieve the body we did not get to know, if it was changed when we were young. Some of us have had to adjust a lot to a body that has been altered in ways that have left us both physically and mentally scarred. So let's explore how some intersex folks have been through that journey of self acceptance, and found a way to love their bodies as they are!

Beautiful ways that some intersex people think about their bodies

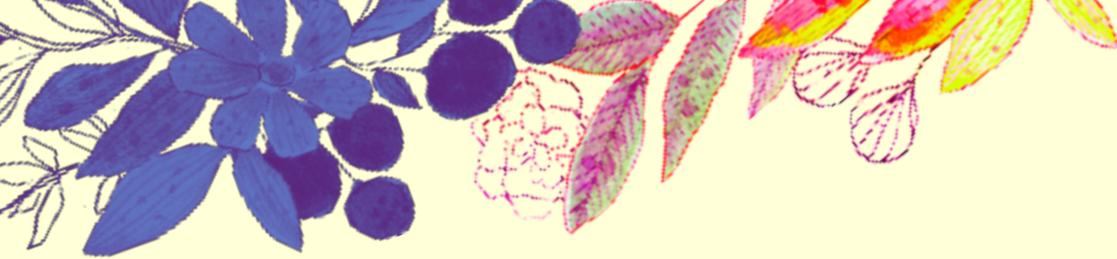


Reject the noise of social norms and embrace your body as a gift!

Remember - Your body is yours, and no one else's to change. Reclaim your body by practicing building a relationship with it. Say 'hi' to your body, welcome it as it is. Get to know your toes, say 'hi' to your belly in loving ways, acknowledge your scars for what they are, and make a new relationship with them that invites words of warmth, forgiveness and adoration for all your body has been through.



Recognise any self-talk that might have snuck into your thinking about your body that is not helpful, or nice. Life is too short to be mean to your body. Instead, practice saying nice things to those parts that feel neglected, that have been talked down to. Even if you don't feel it at the start, every relationship has got to begin somewhere. Practice being loving to your body.



Share your joy of your body, your differences and your budding positive relationship with others. It is infectious! Being proud of your body, especially one that challenges social norms is that best weapon against discrimination. And no one can get in the way of that.

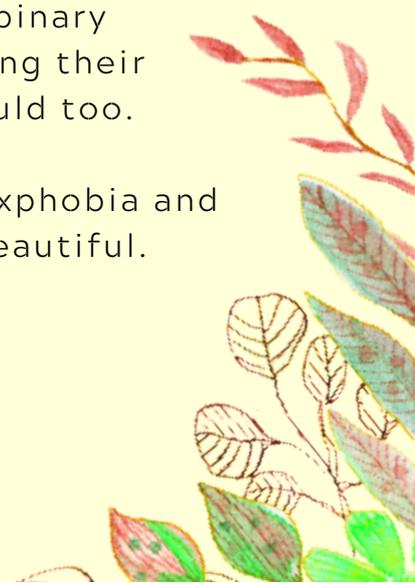
Again, start small... you could tell a friend you like your hands, your eyes, your butt. Maybe one day you might even say you feel proud of your body and its unique style! Intersex bodies are beautiful!



Intersex bodies are a gift. They remind all of us that difference is possible, that diversity is natural. Intersex bodies challenge all those boring norms that say things have to be a certain way.

Intersex movements are in alignment with and celebrate bodies that are fat, that are disabled, that are trans and non binary because all these wonderful bodies and people are living their authentic beautiful truth out in the world. And we should too.

The best thing we can do to fight back against intersexphobia and endosexism is to love ourselves. Intersex bodies are beautiful.

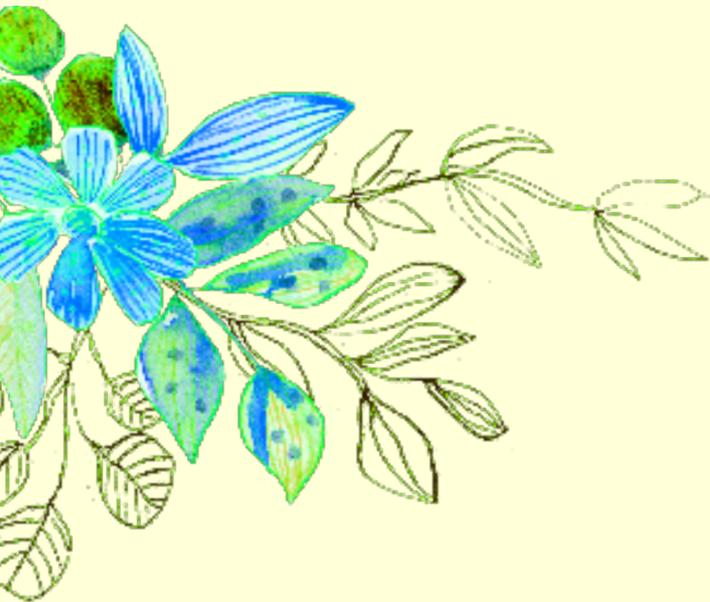




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