

# Types of Gender Dysphoria



## Childhood onset (highly correlated with homosexuality)

- Obvious signs of gender-nonconformity from about age 3
- Strong desire to be the opposite sex, or believe they are in fact the opposite sex
- Occurs in both boys and girls
- 60-90% of kids desist by or through adolescence without intervention
- Factors contributing to persistence: lower socio-economic status, intensity of cross-sex identification, autism, homosexuality, homophobia

## Autogynephilia (Late onset)

An inversion of heterosexuality by which a natal male becomes attracted to the idea of themselves as female. Like a sexual orientation, this can have erotic and/or romantic love and bonding dimensions. It's related to Transvestic Fetishism (DSM-5) but involves the physical body and functions, not just cross dressing.

- It's been estimated that about 75% of trans women have AGP
- Seen almost exclusively in non-homosexual natal boys/men (straight, bi, asexual)
- Not typically gender-non-conforming as children
- Intensifies in adolescence or adulthood

## Other types (needing further study)

- Autohomoerotic - Straight/bi natal females attracted to idea of being gay men
- GD related to having a Difference of Sex Development (rare)
- GD related to psychosis (rare)
- Rapid Onset GD - Not a formal diagnostic term but a name of a recent social phenomenon reported by parents, clinicians and some youth. Mostly impacting sensitive, highly intelligent teen girls with social difficulties, no history of childhood gender non-conformity. Firm and intense focus on gender ideology and subculture.



For more information, visit:

**Gender Dysphoria Alliance**

[www.genderdysphoriaalliance.com](http://www.genderdysphoriaalliance.com)

