TITLE: Sex, Gender Expression, and Gender Identity: Embracing Variability, Ending Discrimination, and Enhancing Psychological Well-Being

Susan A. Nolan, Ph.D., Seton Hall University

ABSTRACT: A recent Pew survey found that although about 90% of people in the U.S. report that they know someone who is gay, lesbian, or bisexual, only 20% report knowing someone who is transgender. The percentage of people who report knowing someone who is intersex seems to be even lower. As psychology instructors, we can expand our discussions of the variability among humans in terms of sex, gender expression, and gender identity in introductory psychology as well as a number of other courses. This presentation will explore ways in which instructors might incorporate research, as well as stories of people from underrepresented groups, with the goal of reducing stigma and increasing understanding, awareness, and empathy. There is an urgent need for discussions of these and related topics due to the far-reaching psychological repercussions of prejudice and discrimination.

BIO

**Susan A. Nolan**is a Professor in the Department of Psychology at Seton Hall University in New Jersey. She earned her Ph.D. from Northwestern University in Illinois. Susan studies the stigma associated with psychological disorders and the role of gender in STEM fields, the latter funded in part by the National Science Foundation. Her favorite classes to teach are introductory psychology, abnormal psychology, international psychology, and statistics, and she co-authors statistics and introductory psychology textbooks. Susan is the 2021 President of the Society for the Teaching of Psychology (STP), a past President of the Eastern Psychological Association (EPA), and a former representative from the American Psychological Association (APA) to the United Nations. Susan is a Fellow of EPA, APA, and the Association for Psychological Science, and was a 2015-2016 U.S. Fulbright Scholar in Bosnia and Herzegovina. She received the 2020 Fukuhara Award for Advanced International Research and Service from the International Council of Psychologists.