

God's Design: Male and Female

We live in a time when even asking, “What is a man?” or “What is a woman?” can stir controversy. Young people are growing up surrounded by messages that say gender is a feeling, not a fact. But science—and our design—tell a different story. Before we can talk about love, marriage, or even dating, we need to be grounded in the truth of who we are. This lesson helps us clear up confusion and begin with a firm foundation.

You Are Not a Mistake

There are two sexes that exist according to biology—male and female. This is determined at the moment of conception. No surgery or identity change can erase this biological truth.

Sex is not assigned at birth; it is observed and confirmed. There are only two sexes, and they are defined by the type of gamete, sperm or ova:

- **Male** – the body is designed to produce sperm.
- **Female** – the body is designed to produce eggs. ^{1,4}

There is no third option. There is no “spectrum.” While personality and preferences vary widely, your biological sex does not.

Real Science, Not Trends

Despite what culture says, science confirms the truth about male and female:

- The foundation of sex is binary—only two types of reproductive systems exist.
- Males and females have different hormone levels, brain structure, and muscle mass.
- A person's feelings about their gender do not change their biology.
- Gender identity confusion is often influenced by culture—some people have blurred the line or believe being a woman is a costume.

What About Gender Dysphoria?

Gender dysphoria is the feeling of distress from a mismatch between someone's internal sense of gender and their biological sex. It is real—but rare. Only about 3–4% of people experience it. ²

Most children and teens who feel confused about their gender grow out of it. Studies show that 80–90% of youth who experience gender dysphoria will accept their biological sex by adulthood—if left alone and not pushed toward drastic medical choices. ³

The Danger of Confusion

Many teens are being told by a confusing culture that their feelings are the most important truth, and that changing their body will fix their struggles. But the results are often heartbreaking:

- Young people are being fast-tracked into irreversible medical treatments.

- Hormone blockers and surgeries can cause permanent damage and infertility.
- Many later regret changing their bodies—but by then, it's too late.

Truth and Compassion Go Together

Loving someone does not mean agreeing with every feeling they have. True compassion offers truth—without hate, without shame, and without fear. This generation just wants to belong and feel a sense of community.

When we affirm someone's biological identity, we are protecting them from confusion and harm. Being a man or a woman is not about makeup, muscles, or clothing. It's about something deeper—something designed into us from the beginning.

Key Points to Remember

- There are only two sexes: male and female.
- Your sex is determined at conception and cannot change.
- Gender confusion is often temporary, especially in youth.
- Medical transition causes lifelong physical harm.
- Real love speaks truth—even when it's not popular.
- Manhood and womanhood looks different for everybody.

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