



iGIANT® Roundtable: Gender Neutral Clothing

Virtual - August 5, 2021

Host List

Rhea Kaw

Youth Ambassador

Aliza Lopez

Lead Youth Ambassador

Vedant Sharma

Youth Ambassador

Emily Park

Youth Ambassador

Dr. Saralyn Mark

Founder of iGIANT® , President of SolaMed Solutions LLC

Pamela Barnes

Member of the Board of Directors at iGIANT®

Notable Points

- Gender neutral clothing breaks the conformities/norms of genders
 - i. Promotes more inclusion and defies the idea that clothing is supposed to be "binary" in a sense; increased flexibility and consideration to those whose expression is not defined by “female” or “male” on a gender spectrum.
 - ii. Style should not have to be conformed to societal norms and should instead reflect personal preferences and comfort.

- Color seems to shape the idea of "gender-specific" clothing (e.g. pink <> girls, blue <> boys)
 - i. With the addition of gender neutral clothing, this idea of color belonging to a specific gender is being broken down.
 - ii. It is becoming more and more common that people wear any color they desire, regardless of what gender it correlates to.

- Encourages individuals to be more expressive; are not limited to a certain set of gendered clothing or expectations
 - i. Self-expression is amplified through gender neutral clothing, as people have more options of what they wish to wear and are not limited by traditional ideas of clothing.
 - ii. Though dresses / skirts are typically attributed with female fashion, as with suits with male fashion, it is ultimately up to the wearer's comfort to wear each article of clothing → gender neutral fashion also tackles this idea.

- Breaks the construct of gender stereotypes (traits that are attributed to being more feminine or masculine) - can freely wear what they best identify with
 - i. Regardless of their gender, people can take on the traits they desire through clothing, whether it be feminine or masculine.
 - ii. Individuals do not feel compelled to conform to what is expected / more inclined to express their true selves through their clothing.

- Point of emphasis may be for gender neutral clothing to combat the stigma around strict conformities; conveys the message that one's identity should not be constricted
 - i. Conventional female and male clothing may promote the image that women / men / individuals are expected to be more feminine, masculine, or generally possess a certain set of characteristics - nonbinary clothing tackles this notion.
 - ii. Consequences of expression-related restrictions may include a lack of confidence, despondent mood, reluctance to be seen, etc.
 - iii. Gender neutral fashion enables one to have more liberty with their clothing selections, especially by providing a wider range of options → higher satisfaction with themselves / their identity.

- More sustainable - increased flexibility in designs, can be comfortably worn by more people, uses more "environmentally-friendly material," etc.
 - i. If a standard size for gender neutral clothing can be created that accurately caters to the physique of both men and women, then less materials and energy can be expended.
 - ii. This size range can be expanded to fit all body types (i.e. multiple sizes) and different functions (i.e. athletic or leisure).

Calls-to-Action

- Engage / host more challenge competitions to foster and stimulate more thought processes for gender-inclusive designs - notably in modern-day fashion.
- Amplify campaigns and promote awareness on the importance / relevance of gender neutral clothing, especially in the age of Generation Z's viewpoints of expression with fashion → may be done through articles, infographics, and word-of-mouth techniques & networks.
- Recognize the positive environmental, mental, biological, etc. factors and impacts that are attributed to the augmented use of gender neutral fashion; this may serve as a means of promotion / tackling the stigma for other groups.
- Conduct supplemental research on well-fitting gender neutral designs, as clothing should tailor to a broad range of body types, diverse populations, and resonate with the general wearer; advocate for representation and consideration in this sector.