

## What is sexuality?



Sexuality is how you feel about yourself and your body.

It is about finding out and knowing what feels right for you



Your sexual orientation is about whether you are attracted to men, women, both, or neither.

## What is sexual orientation?



It is about who you want to be with romantically, emotionally, and sexually.



There are different sexual orientations that a person can be.

This includes gay , lesbian , straight, bisexual and asexual.



People should not be treated differently because of their sexual orientation.



Straight means you are attracted to someone of the opposite sex.

It is OK to be straight.



Lesbian means a woman who is attracted to other women.

It is OK to be a lesbian.



Gay means a man who is attracted to other men.

Some women prefer to use the word gay to describe themselves if they are a lesbian.

It is OK to be gay.



Bisexual means a person who is attracted to both men and women.

It is OK to be bisexual.

A person who is pansexual can be attracted to anyone of any gender or sex.

It is OK to be pansexual.



A person who is asexual is someone who is not sexually attracted to anyone, male or female.



A person who is asexual might want a partner but will not have sexual feelings for them.

It is OK to be asexual.



A person who is unsure about their sexual orientation can call themselves curious.

It is OK to be curious and not know how you feel.



A person who is unsure about their sexuality could also call themselves questioning.

This means they are asking questions about their identity.



Some people choose to not label their sexual orientation at all.

This is OK.