

Sexuality

Sexuality has to do with the way you identify, how you experience sexual and romantic attraction (if you do), and your interest in and preferences around sexual and romantic relationships and behaviour. Sexuality is about your sexual feelings, thoughts, attractions and behaviours towards other people. Sexuality is diverse and personal, and it is an important part of who you are.

Sometimes, it can take time to figure out the sexuality that fits you best, and your sexuality can change over time. It can be confusing; so do not worry if you are unsure.

You might be drawn to men or to women, to both or to neither. There is no right or wrong – it is about what's right for you and while there are common terms to describe different types of sexuality, you do not have to adopt a label to describe yourself.

It is natural to be confused about your sexuality or to need time to work out who you are. It's okay not to be sure.

Some people know whom they are attracted to from a young age. For other people it's not so simple and can take a while to work out.

If you're not sure about your sexuality, you might:

- not be sure what it means if you 'like' someone
- be scared about how other people will react
- worry about what it means for your community or religion
- want to come out and tell people
- try to find a sexuality that 'fits' how you feel.

It might take some time to work out what your sexual orientation is. Remember there's no such thing as normal and you don't have to feel pressured or rushed to give yourself a label.

5 things to remember about your sexuality:

1. Sexuality is not a choice.
2. It takes different people different amounts of time to understand their sexuality.
3. 'Coming out' is different for everyone, but it can get easier as you start to tell more people.
4. There are many different types of sexuality.
5. Sexuality can change over time - this is OK.

Resources:

The Circles of Sexuality

Understanding sexuality and sexual identity

Sexuality explained

<https://www.betterhealth.vic.gov.au/health/healthyliving/Sexuality-explained>

Different Types of Sexuality

<https://www.healthline.com/health/different-types-of-sexuality>

Sexual Identity and Sexual Orientation

<https://www.childline.org.uk/info-advice/your-feelings/sexual-identity/sexual-orientation/>