

Understanding Gender & Sexual Orientation:

**How we feel, what we do and
who we are**

What is “Sexual Orientation”?

- Sexual orientation is about who you’re attracted to and who you feel drawn to romantically, emotionally, and sexually.
- Can include more than one gender
- Includes love: can know one’s orientation without necessarily doing something sexual with another person

What Names Do We Have

Heterosexual

Lesbian or Gay

Bisexual

Queer

Others?

Sexual Orientation Has Three Parts To It

- **Orientation – Who we're attracted to**
- **Behavior – How we behave sexually**
- **Identity – What we call ourselves**

In most cases, these “match”

- If I'm attracted only to people of a different sex (Orientation)
- Chances are I'll only be sexual with people of a different sex (Behavior)
- Chances are I'll call myself “heterosexual” (Identity)

But when they don't match...

- **Identity “wins.”**
- **People have the right to call themselves whatever they wish – even if it may not make sense to others.**

Gender

- What does “gender” mean?

Cisgender

- A person's gender (how they feel on the inside) identity corresponds to the person's biological sex assigned at birth.

Transgender

- A person's gender identity (how they feel on the inside) does not correspond to the biological sex assigned at birth.

Gender Identity

- Is about who you *ARE*.
 - how you feel inside
 - how you express your gender through clothing, behavior, and personal appearance.
 - It's a feeling that begins very early in life.
- Not who you are attracted to.

Bottom Line?

- No matter who you are attracted to or sexual with, you have a **RESPONSIBILITY** to both you and your partner to practice safer sex in order to stay healthy.