



# Questioning your sexuality?



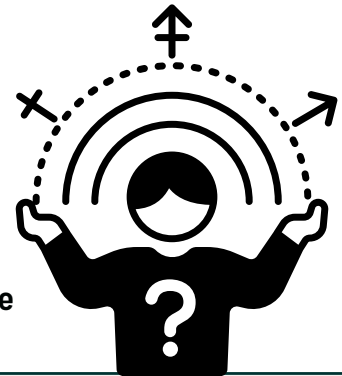
## What is sexuality?

Sexuality is centred around who you're attracted to. It can include anything which would make you drawn to another person, including your sexual or romantic feelings and thoughts towards other people.

You may be attracted to people of the opposite sex, the same sex or not be attracted to anyone at all. It is important to remember that there is no 'correct' or 'incorrect' sexuality. It is something very personal to an individual and everyone's journey is different.

Sexuality is on spectrum, and how someone identifies doesn't have to fit into a single definition. It can also change over time!

Below are some examples of common sexualities, there are plenty more examples on other SAYiT resources.



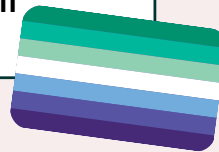
### Heterosexual / Straight



Being attracted to someone of the opposite or a different sex

### Homosexual / Gay

Men who are attracted to other men



### Homosexual / Lesbian

Women who are attracted to other women



### Bisexual / Bi

Anyone who is attracted to more than one gender



### Pansexual / Pan

Anyone who is attracted to someone regardless of their gender identity



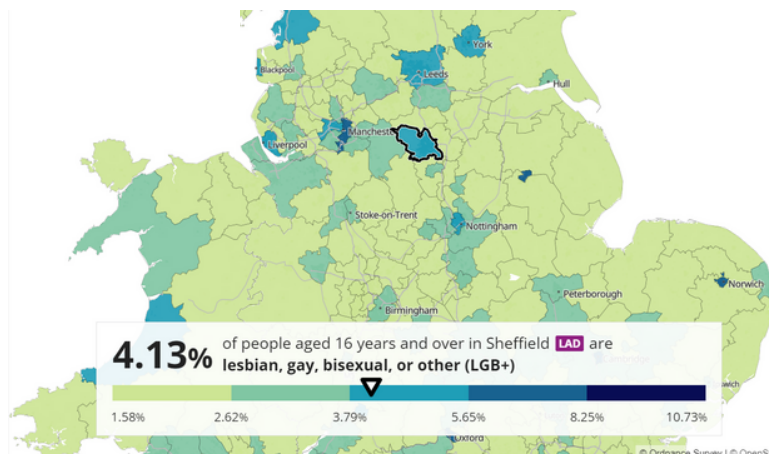
### Asexual

Someone who doesn't feel attraction towards another person, be it sexual or romantic



## Facts and Figures:

- The 2021 census reported that 4.13% of over 16 year olds in Sheffield identified as either lesbian, gay, bisexual or other.
- In the UK as a whole, around 43.4 million people (89.4%) identified as straight or heterosexual.
- Around 1.5 million people (3.2%) identified with an LGB+ orientation ("Gay or Lesbian", "Bisexual" or "Other sexual orientation").
- The remaining 3.6 million people (7.5%) did not answer the question.



# IT'S OKAY TO BE UNSURE!

## Peer pressure

It can be frustrating if you're experiencing **name calling** or people making **assumptions** about your sexuality before you're sure of it yourself. If you feel you have been victim to a **hate crime**, don't be afraid to **report it**.

## Family

You may not know how your family would **react** to you debating your sexuality, but there are others you can go to **seek advice**. If you ever feel **unsafe** in your home don't be scared to **seek help**.

## Sense of identity

Your sexuality is a great part of your **individual identity**. Feeling like you don't know yourself can be a daunting feeling but this **journey** is something that can be aided by **counselling** or talking it through with **someone you trust**.



## Questioning does not mean...

- ... that you have to redefine your sexuality or sexual preferences.
- ... that you have to "come out" or make a public announcement. If you speak to others and ask how you identify, feel free to say you're unsure. You don't need to make it work for anyone else.
- ... that there is something wrong with you.
- ... that you need to break up with your partner.
- ... that you've been lying about who you are.
- ... that you have to explore this on your own.
- ... that you have a certain amount of time to "figure it out".

## Positive questions to ask yourself if you're questioning:

- Forget about what's 'right' or 'wrong'. Does who you are attracted to change?
- How do you feel when you identify as straight?
- How do you feel when identifying as bi, lesbian, gay, or pansexual?
- Do you feel envious or hopeful when you see same-gender couples?
- Imagine your perfect partner. Do they identify with a specific gender or sexual identity? If so, are they different from the people you've had relationships with previously?
- Do you feel like it's safe (emotionally or physically) to make a change?

### Useful Resources:

- <https://www.sayit.org.uk/young-people-resources>
- <https://www.verywellmind.com/what-to-do-when-youre-questioning-your-sexuality-5112793>
- <https://www.unomaha.edu/student-life/inclusion/gender-and-sexuality-resource-center/lgbtqia-resources/queer-trans-spectrum-definitions.php>
- <https://www.choosingtherapy.com/questioning-your-sexuality/>