

Think about ...

**Sexual**

**Identity**



**Who I am is  
important  
to me**



**Accept me  
for who  
I am**



***CONFUSED.....  
YOU'RE NOT  
ON YOUR OWN***



**It felt right  
for me**

Think about ...

**Sexual**

**Identity**



A natural part of growing up is exploring your sexual identity and which sex (boys or girls) you feel most attracted to.

It's quite normal to think sexually about both sexes while exploring your own sexuality. Some people feel sure about their sexual identity, while others may

not be so sure. It may take time to figure out and make sense of who you are.

Everyone has a sexual identity. Don't let opinions stop you from being yourself.

**Bisexual** (bi) means you are attracted to both sexes

**Heterosexual** (straight) means you are attracted to the opposite sex

**Homosexual** (gay/lesbian) means you are attracted to the same sex

**Transgender** means you may feel you have been born into the wrong body - you may have been born into a male body but feel more like a woman or the other way around - Transgender people may feel they are either bisexual, heterosexual or homosexual (gay/lesbian).

You have every right to be comfortable with who you are but it can be difficult to talk to others about your feelings and sexuality. If you feel you cannot speak to a parent. You should speak to a doctor or school counsellor.

**There are a number of organisations which offer you free information and confidential support.**

Helplines:

Childline 0800 1111

Samaritans 0845 790 9090

Lifeline 0808 808 8000

Gay Helpline 028 9032 2023

Lesbian Helpline 028 9023 8668

SAIL (Family Gender Support)  
075 1022 8411

Useful Websites:

[www.nidirect.gov.uk/index/information-and-services/young-people/health-and-relationships/concerned-about/sexuality.htm](http://www.nidirect.gov.uk/index/information-and-services/young-people/health-and-relationships/concerned-about/sexuality.htm) - information on sexual identity

[www.glyni.org.uk](http://www.glyni.org.uk) - advice and support for anyone who is LGBT or exploring their sexuality

[www.transgenderni.com](http://www.transgenderni.com) - gives help and support to those who want to explore gender and identity and who are transgender

[www.brook.org.uk/sex-and-relationships/sexual-identity](http://www.brook.org.uk/sex-and-relationships/sexual-identity) - information about sexual identity

[www.rainbow-project.org](http://www.rainbow-project.org) - information and links for young men who are gay or bi-sexual