understanding
Sexual Orientation
what is sexual orientation?

Sexual orientation is all about who you’re sexually attracted to, and want to have a relationship with. It may or may not include romantic attraction. For some people, who they have romantic attraction to may be different from who they have sexual attraction towards.
what is sexual orientation?

Sexual orientation is different from gender identity. Gender identity is about who you are. Sexual orientation is about who you are attracted to.

So, being of a particular gender identity, is different from being attracted to a particular gender.

For example, let's say A identifies as a woman. That is her gender identity.

Now let's say A is asexual. That is A's sexual orientation.
kinds of sexual orientation

Those who’re attracted to a different gender (for example, women who are attracted to men or men who are attracted to women) often call themselves heterosexual.

Those who’re attracted to people of the same gender often call themselves gay or lesbian. Biology and science uses the term "homosexual."
kinds of sexual orientation

People who are romantically and physically attracted to members of both sexes call themselves bisexual.

People who are asexual do not feel sexual attraction towards others, and are not interested in sexual relations. They may or may not be romantically attracted to others. If they do not feel romantic attraction, they call themselves aromantic.
kinds of sexual orientation

People whose attractions span across many different gender identities (male, female, transgender, genderqueer, intersex, etc.) may call themselves pansexual or queer.

People who’re unsure about their sexual orientation may call themselves gender questioning or curious.
labels, labels

It’s important to note that some people don’t think any of these labels describe them accurately.

Some people don’t like the idea of labels at all. Other people feel comfortable with certain labels and not others.

It's up to you to decide how you want to label yourself, if at all. When you meet someone for the first time, ask them how they want to be referred to, and use the pronouns and labels they prefer.
The rainbow flag is commonly known as the LGBTQIA+ pride flag. It is a symbol of lesbian, gay, bisexual and transgender (LGBT) pride and LGBT social movements. The colors reflect the diversity of the LGBTQIA+ community.

It originated in Northern California’s San Francisco Bay Area, and is used worldwide. It was devised by San Francisco artist Gilbert Baker in 1978. The flag is typically flown horizontally, with the red stripe on top, as it would be in a natural rainbow.
finding your sexual orientation

When you grow up, in your teen years, you might find yourself having sexual thoughts and attractions. It can be confusing and intense: especially when you have such thoughts about people of the same sex.

XOXO

It is common to be attracted to or have sexual thoughts about people of the same and the opposite sex. This is one way of sorting through your sexual feelings as they emerge. Some may just think about it, some may act on it and experiment. Finding your sexual orientation can be a journey that may take time.
do we choose our sexual orientation?

Most medical experts believe that, in general, sexual orientation is not something that a person voluntarily chooses. Instead, sexual orientation is just a natural part of who a person is.

Experts believe that sexual orientation involves a complex mix of biology, psychology and environmental factors. One's genes and hormones play an important role, too.
what is LGBTQIA+?

Commonly used, the term LGBTQIA is an abbreviation for a range of sexualities and gender identities.

L stands for Lesbian (Girls attracted to girls)
G stands for Gay (Boys attracted to boys)
B stands for bisexual (one attracted to both sexes)
T stands for transgender (a person who identifies with a gender different from what their sex is)
Q stands for Queer / Questioning (a person who is still exploring their sexual identity)
I stands for Intersex (a person born with reproductive anatomy that doesn't fit into the typical definition of male or female).
A stands for Asexual

The + is indicative of all the many identities that the spectrum includes, but are not specifically named with the current abbreviations.
why are LGBTQIA+ people discriminated against?

Most often, people discriminate against LGBTQI people because of ignorance, fear and even misinterpretation of religious or cultural tools.

Any other sexual orientation aside of heterosexuality is often seen as "abnormal", which then becomes the basis on which discrimination, violence and hate occurs.
no matter what...

sexual orientation is never a basis to discriminate or harm anyone. Every sexual orientation is natural, normal and with respect to every other, equal.

It takes all kinds of people to make the world what it is, and life can be beautiful if we live and let live.
references

www.kidshealth.org
www.plannedparenthood.org