



SEXUAL ORIENTATION & GENDER IDENTITY *For Youth*

everyone has them

FAST FACTS

- Everyone has a sexual orientation and gender identity whether they think about them a lot or never.
- Thinking about gender identity and sexual orientation is a normal part of growing up.
- It's important for you to have safe spaces and relationships in which you can process your feelings and questions.

The Gender Unicorn

Graphic by: **TSER**
The Trans Student Education Resource

DEFINITIONS

This graphic offers some helpful vocabulary for understanding sexual orientation and gender.

Gender Identity (Rainbow)

- Female/Woman/Girl
- Male/Man/Boy
- Other Gender(s)

Gender Expression (Green)

- Feminine
- Masculine
- Other

Sex Assigned at Birth (Blue)

- Female
- Male
- Other/intersex

Physically Attracted to (Orange)

- Women
- Men
- Other Gender(s)

Emotionally Attracted to (Red)

- Women
- Men
- Other Gender(s)

To learn more, go to: www.transstudent.org/gender
Design by Landyn Pan and Anna Moore

TEENS: LET'S TALK

Where are you in the process? Are there certain words you would like me to use to describe your sexual orientation or gender identity?

Are your parents supportive? If so, we can work together to connect them with resources.

Who are the other supportive adults in your life? We can work together to identify your supportive adults.

Would it help to connect with an LGBTQ+ youth group? We can find a supportive group for youth at school or in your community to connect with others.

Who can you tell if you experience discrimination, bullying, or harassment? We can talk about a plan if this would be helpful for you.

Do you experience troubling thoughts, worries, or emotions that get in the way of your daily life? If so, we can talk about finding a therapist who is familiar with LGBTQ+ experiences.

GREAT RESOURCES

Great resource to find community and support: itgetsbetter.org

Gender identity and sexual orientation terms and definitions: transstudent.org/about/definitions

Great list of LGBTQ+ youth resources: cdc.gov/lgbthealth/youth-resources.htm

Crisis support for LGBTQ youth (the Trevor Project): 1-866-488-7386 OR Text "START" to 678-678