



# 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**

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

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**Gender Expression**

- Feminine
- Masculine
- Other

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**Sex Assigned at Birth**

- Female
- Male
- Other/intersex

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**Physically Attracted to**

- Women
- Men
- Other Gender(s)

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**Emotionally Attracted to**

- Women
- Men
- Other Gender(s)

To learn more, go to: [www.transstudent.org/gender](http://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](http://itgetsbetter.org)

Gender identity and sexual orientation terms and definitions: [transstudent.org/about/definitions/](http://transstudent.org/about/definitions/)

Great list of LGBTQ+ youth resources: [cdc.gov/lgbthealth/youth-resources.htm](http://cdc.gov/lgbthealth/youth-resources.htm)

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