

SEXUALITY: WHAT IS IT?

A person's sexuality is something that impacts them throughout their lives. It's not just about having sex. It's a combination of many puzzle pieces that are unique to each person. Even if a person doesn't feel sexually attracted to anyone, that's part of their sexuality too!

THE CULTURE

AROUND US...

impacts what we think

of as right or wrong,

sexual or not sexual.

HOW WE SEE OURSELVES

PERSONAL VALUES
What's important

What's important to us, and what we feel is right PAST EXPERIENCES

People might have past experiences or trauma that affect their sexuality.

EXPECTATIONS

Our culture creates expectations based on who we are.

GENDER IDENTITY

SEXUAL ORIENTATION

ROMANTIC FEELINGS

HOW WE RELATE TO OTHERS HOW WE EXPRESS OUR FEELINGS

SEXUAL BEHAVIOR

HOW OUR BODIES WORK

Our sex assigned at birth, our abilities, our anatomy

scan here for more info!



There are so many things that have an affect on each person's unique sexuality. Learning more about this can help us understand one another better and have compassion for each other—and for ourselves!

it's all amazing

