

## Self-Help Resources for

# EXPLORING SEXUALITY

### What is sexual orientation?

Sexual orientation is defined as "an individual's enduring physical, romantic, emotional, and/or spiritual attraction to members of the same and/or different sex and/or gender" (The Trevor Project).

Sexuality is complex and attraction can manifest very differently for different people. Although some people tend to use labels or categories to describe their sexuality (i.e. lesbian, asexual, demiromantic, queer, straight, bicurious, gay, two spirit, etc), human sexuality is vast, unique, and can be expressed in a variety of different ways .

### Exploring sexual orientation

Sexuality exists on a spectrum, and it is normal for our sexual identity to evolve and change over time. Whether you are questioning your sexuality, considering coming out to others, or supporting a friend, understanding sexuality and our own sexual identity is an important part of getting to know ourselves and forming healthy relationships with others (JED). Some questions you may consider:

- What are my experiences of sexual/physical attraction?
- Are there people I want to experience relationships or romantic behaviors with?
- How do I feel when I use different labels to describe my sexual identity?



## Helpful Tips

### Exploration



Read about different labels and terms, and reflect on your personal experiences, interests, and beliefs.

### Establish Community



Consider talking to others in the queer community who can provide a safe space to be honest about your sexual identity exploration. Identify safe spaces and people you feel comfortable with.

### Representation Matters



Representation matters: research and follow LGBTQ+ affirming content and local and/or national social media accounts.

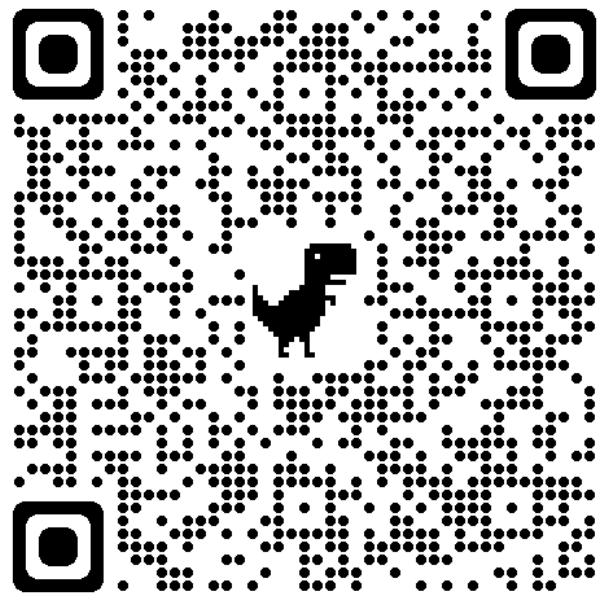
### Move At Your Own Pace



You may not want to come out just yet, or feel ready to use certain labels. Make choices that feel safe, empowered, and right for you.

## Resources

**Check out our full resource list via QR code!**



## Counseling Center Services

The AppState Counseling Center offers a variety of services including short-term individual counseling, group therapy, workshops, self-help resources, referral coordination, and more! To get started, schedule an initial consultation at 828-262-3180.

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