





DO I LIKE BOYS OR GIRLS OR BOTH?



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DO I LIKE GIRLS OR BOYS OR BOTH?

Dr Melissa Barnaschone



Are you struggling to figure out your sexual orientation?

Take this quiz:

Are you a ...

- a) Male
- b) Female
- c) Other

Guess what? We're going to be completely honest with you... it is rather impossible for anyone to be able to predict your sexuality without asking you. Your personality, interests, views and even your appearance ultimately have nothing to do with your sexual preferences.

There is an entire spectrum of sexual orientations out there, from heterosexual to homosexual – with a lot of other preferences in between. Figuring out your sexual orientation can be a very exciting time in your voyage of self-discovery, but it can be a scary and confusing process too.





It is also a journey that differs for each individual, as some are aware of their sexuality as children or teens, whereas others question this as adults. As a student, you are working on becoming your own person and being more independent while, at the same time, you may be struggling to fit in. Here are some tips to consider while exploring:



BE OPEN WITH YOURSELF

Really open.

Once you are open to altering your life, you can discover who you truly are.



EDUCATE YOURSELF

Take a course on sexuality and gender-related topics or do your own research. Firstly, it is helpful to learn more about sexuality and gender in order for you to better understand yourself. Secondly, you will learn that you are not alone in your questioning and exploring - there are others out there like you.



YOU ARE NOT OBLIGATED TO PLACE A LABEL ON YOURSELF

If you're questioning your sexuality, do not be ashamed to say that you are not sure. You do not need to pick a label to satisfy other people.



CONNECT WITH OTHERS LIKE YOU

Meet and speak to people who have similar thoughts, questions and experiences to you. Take advantage of LGBTQI groups on campus.



SEEK COUNSELLING & SUPPORT

Not yet comfortable talking to friends and family? Seeking professional support can really help. Remember, counselling does not suggest that you have a mental-health problem – it is a confidential, non-judgemental and safe space for you to continue to explore and gain support.



THE CONFUSION WILL NOT LAST FOREVER

It may take longer than you would like, but you will figure out who you are. Do your best to enjoy the process.



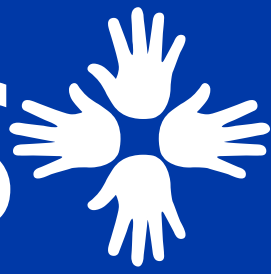
EXPLORE, WITH NO REGRETS

As you start to explore your gender and sexuality, you might find yourself being interested in and doing new things. Be safe, be respectful to yourself and be respectful to others. As long as you follow these principles, you have nothing to regret and no self-judgement is required.





RESOURCES



WEBSITES

au.reachout.com

www.optionsforsexualhealth.org

APPS

Lovesmart

CONTACT US AT:

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BOOKS

"Oranges Are Not the Only Fruit"

by Jeanette Winterson

"The ABC's of LGBT+"

by Ashley Mardell

"This is a Book for Parents of Gay Kids:
A Question and Answer Guide to Everyday Life"

by Dannielle Owens-Reid and Kristin Russo

"The Velvet Rage: Overcoming the Pain of Growing up Gay
in a Straight Man's World"

by Alan Downs

"This Book is Gay"

by James Dawson