



FEELING CONFUSED ABOUT
YOUR RELATIONSHIP?

LET'S TALK ABOUT IT

UNDERSTANDING YOUR EMOTIONAL WELLBEING

Have you recently participated in sexual activities for the first time?

Has this experience left you feeling confused about your sexual orientation, as you may be interested in a person who identifies as a different sex?

This situation may be causing you stress and confusion; however, it is not uncommon.

WHAT CAN YOU DO?

Questioning who you are, including your sexual orientation, is extremely common and can change throughout your life. Prioritizing your emotional well-being on this journey is paramount.

The first step you can take is to understand what sexuality is:

THE DIFFERENCE BETWEEN GENDER IDENTITY AND SEXUAL ORIENTATION

Sexual orientation
is a person's identity in relation to the gender(s) to which they are sexually attracted to

Gender
is the social construct of how someone identifies

Sex
is characteristics that are biologically determined

Your sexual orientation is how you feel emotionally and does not necessarily have to align with how you look, dress, or behave. Do not try to guess someone's sexual orientation, as you may be using stereotypes to do so, which can be hurtful to other people's feelings.

STEPS TO TAKE TO UNDERSTAND YOUR SEXUAL ORIENTATION

1 Talk to someone you trust about your feelings, such as a family member, friend, sex educator, or counsellor.

2 Take some time to reflect on your own personal preferences. Ask yourself:

- When I look at photos of other couples, what resonates with me?
- When I envision my perfect partner, are they a specific gender?

3 Understand that you should never feel pressured to identify yourself with a specific label. Your sexual orientation may shift depending on your experiences, your age, or throughout your entire lifetime.

GOOD CONVERSATIONS LEAD TO GREAT RELATIONSHIPS!



Have further questions?
Looking for protection?
Ask your sex educator.

References:

1. <https://www.verywellmind.com>

2. <https://www.plannedparenthood.org>

3. <https://www.cdc.gov/healthyyouth>

4. <https://www.uofmhealth.org/health-library/te7288>

5. <https://www.euro.who.int>