



# Understanding Sexual Orientation and Gender Identity

## What is Sexual orientation?

Typically understood to be who we are attracted to emotionally, physically, romantically and sexually

## What is Gender Identity?

Gender Identity is a person's innermost concept of self. for example, man, woman, both, neither or along the spectrum

## Sexual Orientation and Gender Identity are not the same

Sexual orientation is about who you want to be with emotionally, physically, romantically and sexually

Gender identity is an internal sense of your gender

## Remember...

Sexual Orientation & Gender Identity can evolve as your child's sense of who they are/want to be/are becoming evolves.

