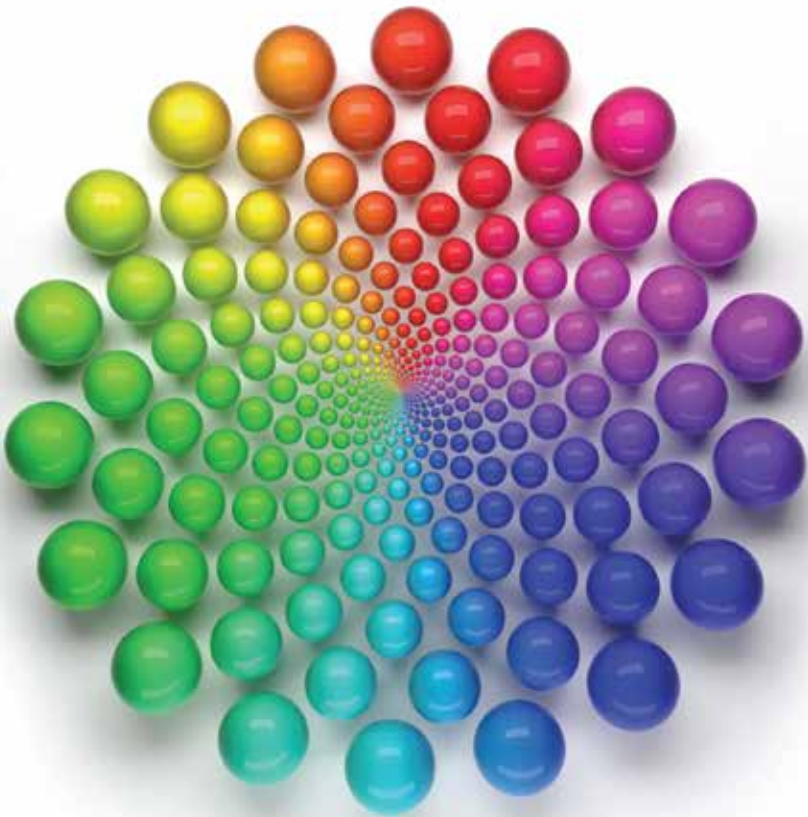




Self Help Journals



Sexuality

**It doesn't matter where
you are on the sexuality spectrum,
It matters that you are individual**



What is sexuality?

Sexuality is diverse, and deeply personal. Understanding our sexuality is about the sexual feelings and attractions we feel towards other people, not about who we have sex with. There are different types of sexuality, and it can take time to figure out what fits right with you.

Understanding sexuality

Everyone's sexuality is different, and it's not necessarily as simple as 'gay' or 'straight'. Some people are attracted to only one sex, and others are attracted to a diversity of people regardless of sex or gender, with a lot of different preferences in between. Some gay, lesbian or bisexual people say from an early age that they "felt different", and had crushes on friends of people of the same sex, only associating these feelings with being gay or bisexual later on. Many people don't discover their sexual attractions until much later into adulthood and it can be just as confusing then.

Sexuality can be confusing. Don't worry if you aren't sure. Being young is a time of figuring out what works for you and strong feelings and exploration are often part of that. In time, you'll find that you're drawn mostly to men or to women or to both or to neither, and you'll know then.



Types of sexuality

There are a few common labels people use to identify their sexuality. Your sexuality is not defined by who you have sex with – it's about how you feel and how you choose to identify yourself.

Straight. Attracted mostly to people of the opposite sex or gender.

Gay. Attracted mostly to people of the same sex or gender (used by guys, and often girls too).

Lesbian. Attracted mostly to people of the same sex or gender (used by women).

Bisexual. Attracted to both men and women. Some people use terms like pan or pansexual to say they're attracted to different kinds of people, regardless of their gender.

Asexual. Not really sexually attracted to anyone.

What you call yourself is up to you – some people choose labels like queer, pansexual, fluid – whatever. The important thing is that you choose what feels comfortable.

You don't have to label yourself today or ever.

'I am who I am'

I am who I am

Who else would I be

I wont change for you

So why change for me

I wont waste my life

Being someone I can not be

Because I am not a fake

Unwilling to break

Get used to what you see

I am going to be me

Dealing with people who don't like your sexuality

Some people in society have difficulty accepting people who are different, whether it's because of their race, their sex, their sexuality, their religion... the list goes on. They might discriminate against people, bully them, or even sometimes be violent. No matter the reason behind it, it should not be tolerated, and you don't need to deal with it by yourself. There's a bunch of people who can help you figure out how to respond.

For all of us, it's important to recognise that we are all different, and the things that are right for us are different to the things that are right for someone else. We should be respectful and positive about people's sexuality or sexual relationships, and support their right to explore their sexuality in a safe, consensual and responsible way.

In just the same way, we should understand that everyone has the right to make decisions about their sex or gender identity to suit the way that they feel inside. It is ok to have an identity that is different to what we were told to expect. Diversity of sexuality, sex and gender is a natural and normal part of the human experience, and a valuable part of who we are.

If someone calls you a name in relation to your sexuality in a negative or nasty way, such as queer, dyke, poofter, fag and many others this is **against the law** and is seen as homophobia and discrimination. If you feel confident then you can confront the people who are saying these nasty names and ask them to stop. If you would rather not confront them then discuss your experience with your teacher, parents, carers, friends or the police.

Be you tiful

SKETCH PAGES





For the future

The skies above,
The ground below,
What is this world,
We've come to know?

All the fighting,
All the hate,
What is this world,
We now habitate?

It has to stop,
Before it's too late,
In this beautiful world,
We must learn to tolerate.

We all must learn,
We all must cope,
In this beautiful world,
We must begin to live in hope.

It's time we all put away our anger,
It's time we all put away our hate,
In this beautiful world of ours,
It's time we make it great!

SKETCH PAGES



'Brave' by Sara Bareilles

You can be amazing
You can turn a phrase into a weapon or a drug
You can be the outcast
Or be the backlash of somebody's lack of love
Or you can start speaking up
Nothing's gonna hurt you the way that words do
And they settle 'neath your skin
Kept on the inside and no sunlight
Sometimes a shadow wins
But I wonder what would happen if you

Say what you wanna say
And let the words fall out
Honestly I wanna see you be brave

With what you want to say
And let the words fall out
Honestly I wanna see you be brave

Everybody's been there, everybody's been stared down
By the enemy
Fallen for the fear and done some disappearing
Bow down to the mighty
Don't run, stop holding your tongue
Maybe there's a way out of the cage where you live
Maybe one of these days you can let the light in
Show me how big your brave is

Innocence, your history of silence
Won't do you any good
Did you think it would?
Let your words be anything but empty
Why don't you tell them the truth?

I just wanna see you
I wanna see you be brave
I just wanna see you
See you be brave

Handwriting practice lines consisting of 18 horizontal black lines.





SKETCH PAGES







BE



YOURSELF!

SKETCH PAGES



SKETCH PAGES



I AM WHO I AM



Useful Contacts

Service Six - A charity which offers free support, advice and professional counselling to young people living in Northamptonshire.

www.servicesix.co.uk

Text: 07833 305273

Helpline: 03332 400716

Email: help@servicesix.co.uk

BullyingUK - Provides free advice and support about being bullied and bullying

Tel: 0808 800 2222

www.bullying.co.uk

Samaritans - Samaritans provides confidential emotional support 24/7 to those experiencing despair, distress or suicidal feelings

Tel: 0845 7909090

www.samaritans.org.uk

Childline - Childline is the free helpline and online service for children and young people in the UK.

Tel: 0800 1111

www.childline.org.uk

Young Minds - Young Minds is a charity committed to improving the emotional wellbeing and mental health of children and young people.

Tel: 02070895050

www.youngminds.org.uk

Other Self Help Journals Available

**Anger Management
Bullying
Emotional Abuse
Domestic Abuse
Physical Abuse
Self Harm
Self Image
Sexual Abuse
Sexual Exploitation**

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