



Sexual Orientation refers to an individual's emotional, romantic and/or sexual attraction to another person.

Gender Identity is your internal and psychological sense of yourself as a woman, a man, both, in between or neither. Only you can determine your gender identity.

Coming Out

Young people coming out may worry about different things. For example, one young person may be worried about the reactions of those around them, and another that things will be different in their life as a result of being lesbian, gay, bisexual or trans.

When a young person comes out it is important to reinforce that they can be themselves and encourage them to feel positive about who they are.



Not everyone identifies as 'male' or 'female.' Sometimes, people assume that being trans is about feeling you are the 'opposite' gender. This is true for some trans people, but not for others. A non-binary person may identify outside of the 'gender binary,' in other words, outside of 'male' and 'female.'

Not every trans young person will want to transition.

Language is important. Teachers, school staff and adults who work with young people sometimes worry about using the correct language when talking about gender identity and are often concerned about 'getting it wrong.' A young person may change the term they use to describe their identity, or use a new term which is unfamiliar to staff. It's important to make sure that the words a young person uses to describe their identity are respected by others.

Transition

A transition describes the steps a person may take to live in the gender they identify as. A trans person may take social steps to transition, for example changing their name and pronouns, telling friends and family, dressing differently or changing official documents. Coming out is sometimes seen as the first of these social steps.

Some may wish to change their pronoun from 'he' to 'she' or vice versa, while others, for example a non-binary young person, may prefer a pronoun that doesn't relate to male or female gender, such as 'they.'