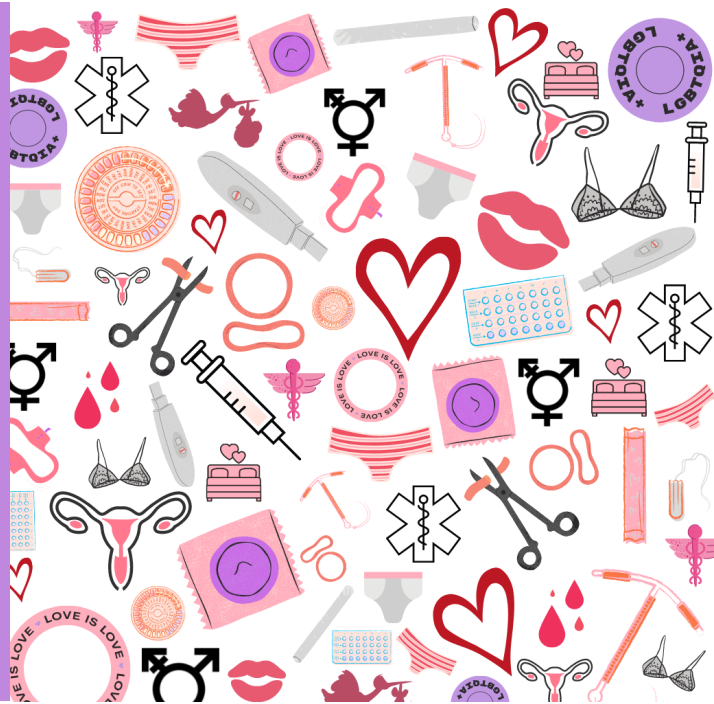




womens health
& family services

Sex, Identity and Sexuality

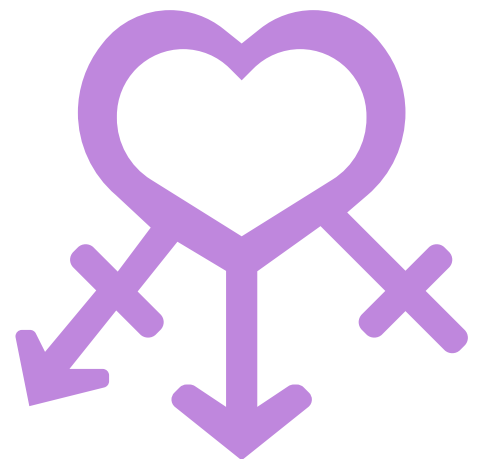


Sexual Health

Sexual Health is defined by the World Health Organisation as physical, mental and social wellbeing in relation to sexuality. It depends on age, hormones, personal history, and cultural influences. Being sexually healthy requires a positive and respectful approach to sexual relationships and the opportunity to engage in safe and pleasurable experiences.

Sex

Based on external genitalia at birth. Terms such as 'Assigned Female at Birth' (AFAB) and 'Assigned Male at Birth' (AMAB) are commonly used. However, these terms are not representative of a persons identity, or of intersex variations where internal genitalia, hormones and chromosomes may vary.



Gender Identity

How you see yourself in relation to gender and sex. For some people, their sex assigned at birth represents them accurately, but for others, it does not. You can identify as the sex you were assigned, the opposite sex, both, or neither. There is no right or wrong way to express yourself, and you should feel free to do so without fear of abuse.

Sexuality

Sexuality relates to who you are romantically interested in (or not!). Sexuality is a massive spectrum, and is nothing to be ashamed of. It can be expressed through: thoughts and feelings, fantasies and desires, behaviours, values and beliefs. You can identify as:

- Straight
- Gay
- Bisexual
- Pansexual
- Asexual
- And many more...



If You Need Support

Q Life

www.qlife.org.au

Living Proud

www.livingproud.org.au

Freedom Centre

www.freedom.org.au

PFLAG Perth

www.pflagwa.org.au

Transfolk WA

www.transfolkofwa.org

Pride WA

www.pridewa.com.au