

Sexuality is about who we are attracted to and is different for everyone. There is no right or wrong.

It's ok to get support or information.

Here are some websites to help:

**Young people**

- [www.headspace.org.au](http://www.headspace.org.au) – search for 'sexuality'
- [www.opendoors.net.au](http://www.opendoors.net.au)
- [www.minus18.org.au](http://www.minus18.org.au)
- [www.insideout.org.nz](http://www.insideout.org.nz) – see resources page
- [www.reachout.com.au](http://www.reachout.com.au) – search for 'sexuality'
- [www qlife.org.au](http://www qlife.org.au)

**Parents/carers**

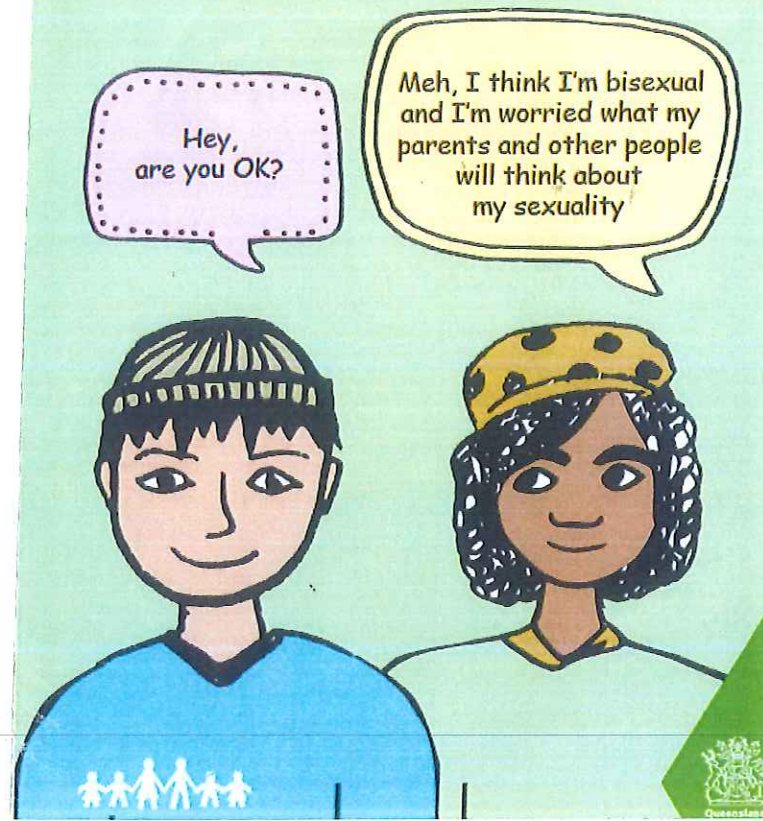
- [www.pflagbrisbane.org.au](http://www.pflagbrisbane.org.au)
- [www.raisingchildren.net.au](http://www.raisingchildren.net.au) – search for 'sexuality'
- [www.beyondblue.org.au](http://www.beyondblue.org.au) – search for 'families like mine'

**Contact us**

Queensland Children's Gender Service  
 Queensland Children's Hospital  
 Level 3, Clinic 3C, 501 Stanley Street,  
 South Brisbane Q 4001

07 3069 7377  
 CHQ Gender@health.qld.gov.au  
 www.childrens.health.qld.gov.au

# Sexuality



Gender identity is how you feel on the inside, this might be different to your sex assigned at birth.

It's ok to get support or information.

Here are some websites to help:

**Young people**

- [www.headspace.org.au](http://www.headspace.org.au) – search for 'gender'
- [www.opendoors.net.au](http://www.opendoors.net.au)
- [www.minus18.org.au](http://www.minus18.org.au)
- [www.insideout.org.nz](http://www.insideout.org.nz) – see resources page
- [www.reachout.com.au](http://www.reachout.com.au) – search for 'gender'
- [www qlife.org.au](http://www qlife.org.au)

**Parents/carers**

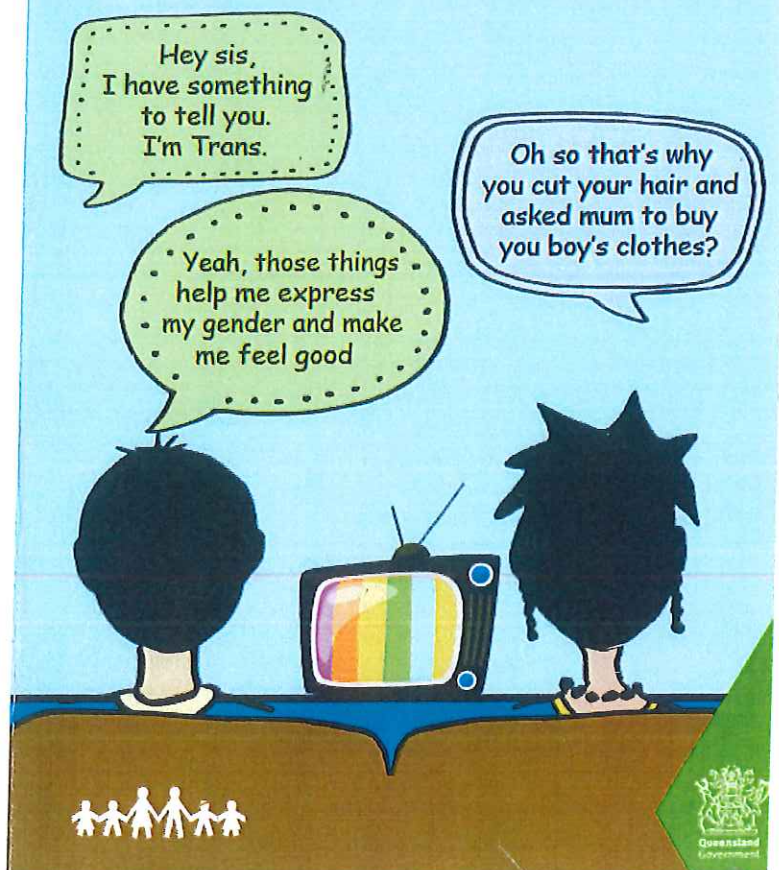
- [www.childrens.health.qld.gov.au/service-gender-clinic](http://www.childrens.health.qld.gov.au/service-gender-clinic)
- [www.pgdc.org.au](http://www.pgdc.org.au)
- [www.genderhelpforparents.com.au](http://www.genderhelpforparents.com.au)
- [www.pflagbrisbane.org.au](http://www.pflagbrisbane.org.au)
- [www.raisingchildren.net.au](http://www.raisingchildren.net.au) – search for 'gender'
- [www.beyondblue.org.au](http://www.beyondblue.org.au) – search for 'families like mine'

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# Gender identity







Oh, you mean you're gay

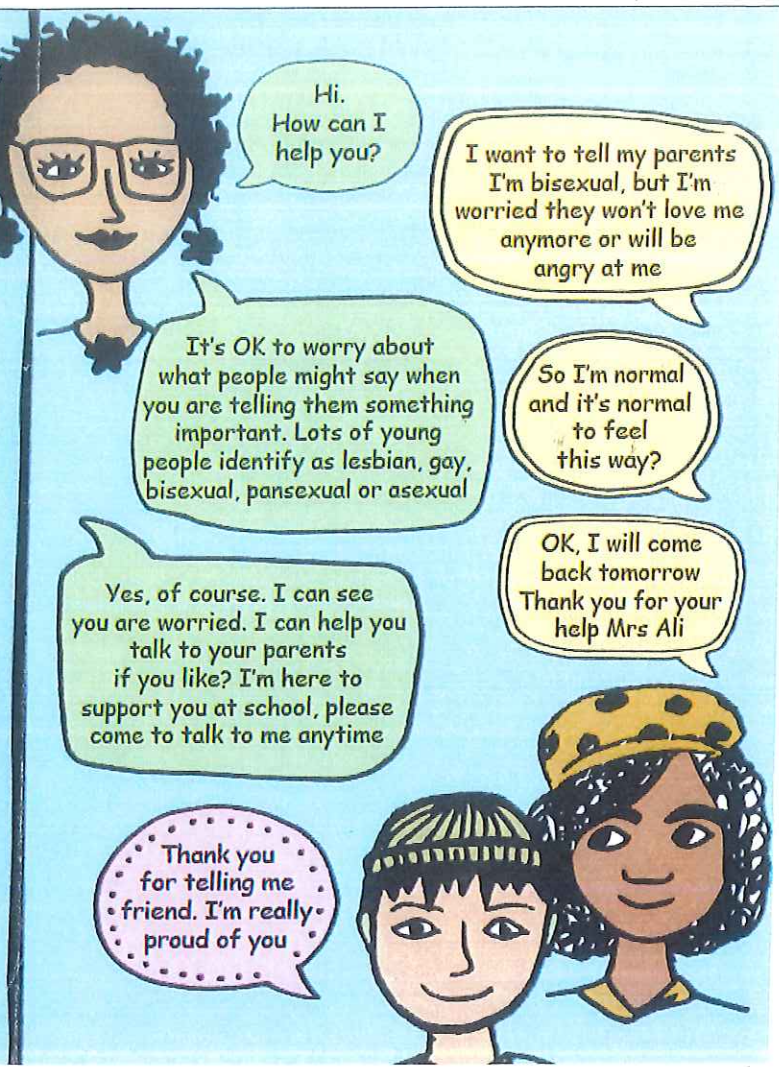
Nah, bisexual means I like boys and girls

Oh, that's cool with me. There is nothing wrong with being bisexual. Do you need support from your parents?

Yeah, I don't really know how to tell them

Why don't we go together to chat to Mrs Ali about it?

That'd be good thanks. Let's go



Hi. How can I help you?

I want to tell my parents I'm bisexual, but I'm worried they won't love me anymore or will be angry at me

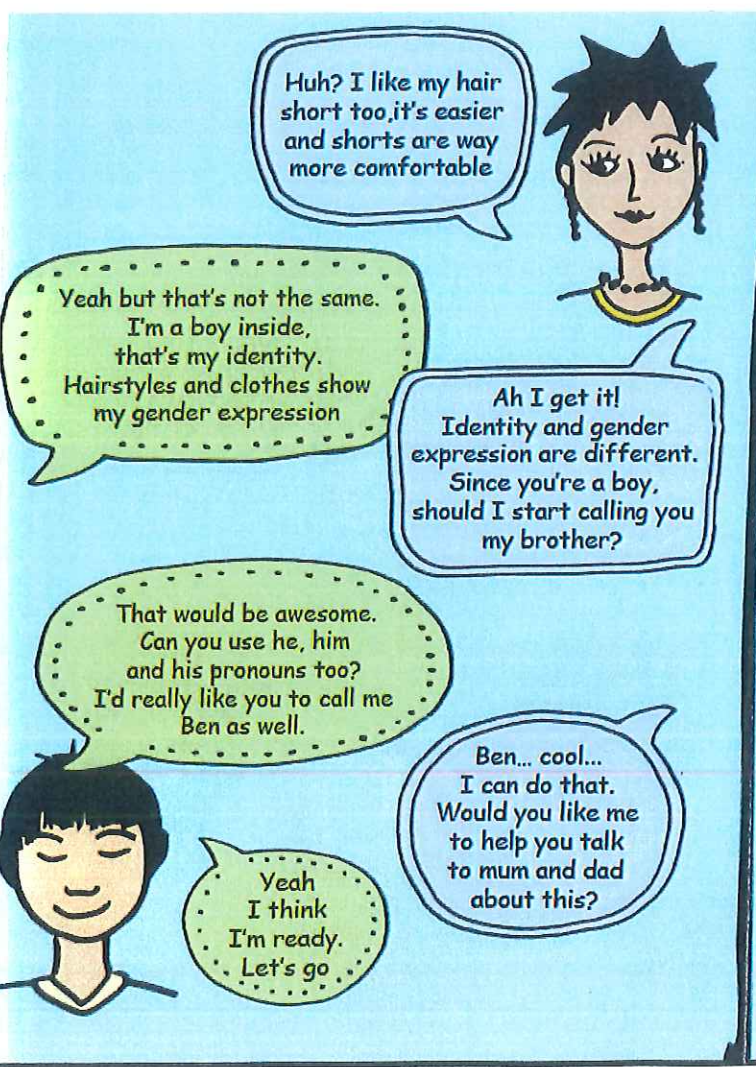
It's OK to worry about what people might say when you are telling them something important. Lots of young people identify as lesbian, gay, bisexual, pansexual or asexual

So I'm normal and it's normal to feel this way?

Yes, of course. I can see you are worried. I can help you talk to your parents if you like? I'm here to support you at school, please come to talk to me anytime

OK, I will come back tomorrow Thank you for your help Mrs Ali

Thank you for telling me friend. I'm really proud of you



Huh? I like my hair short too, it's easier and shorts are way more comfortable

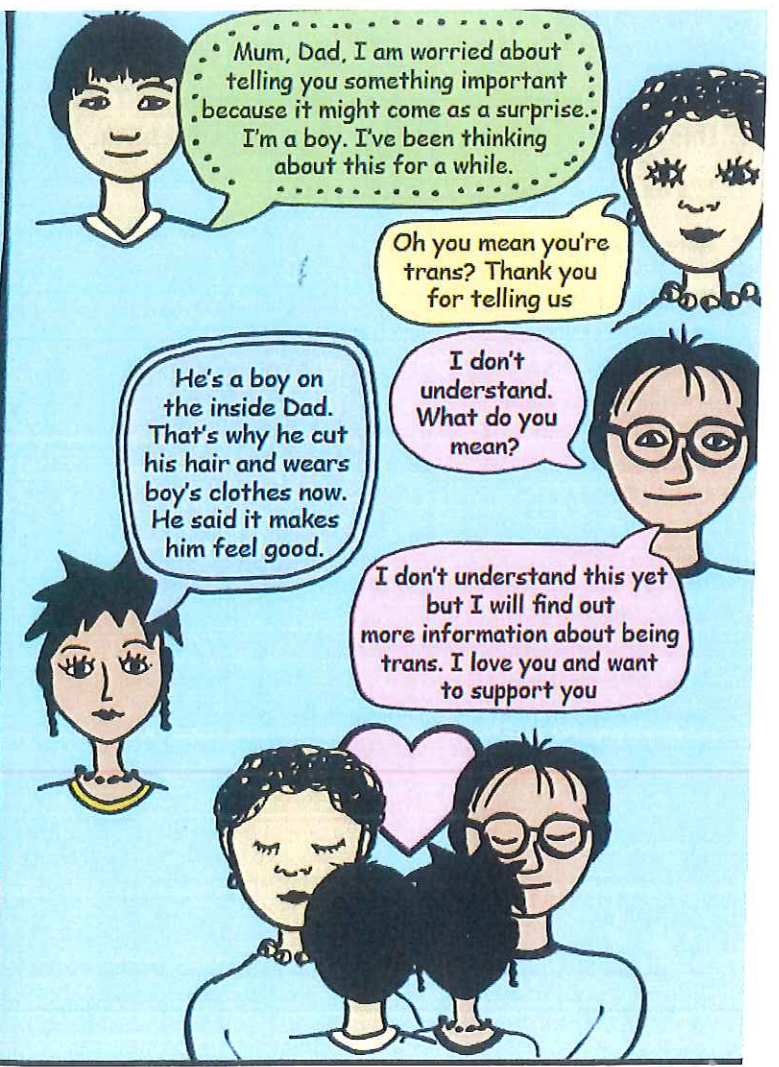
Yeah but that's not the same. I'm a boy inside, that's my identity. Hairstyles and clothes show my gender expression

Ah I get it! Identity and gender expression are different. Since you're a boy, should I start calling you my brother?

That would be awesome. Can you use he, him and his pronouns too? I'd really like you to call me Ben as well.

Ben... cool... I can do that. Would you like me to help you talk to mum and dad about this?

Yeah I think I'm ready. Let's go



Mum, Dad, I am worried about telling you something important because it might come as a surprise. I'm a boy. I've been thinking about this for a while.

Oh you mean you're trans? Thank you for telling us

He's a boy on the inside Dad. That's why he cut his hair and wears boy's clothes now. He said it makes him feel good.

I don't understand. What do you mean?

I don't understand this yet but I will find out more information about being trans. I love you and want to support you

