## BREAKING IT DOWN

<table>
<thead>
<tr>
<th>Sexual Orientation</th>
<th>Gender Identity</th>
<th>Sexual Behavior</th>
</tr>
</thead>
<tbody>
<tr>
<td>(who you like)</td>
<td>(who you are)</td>
<td>(what you do)</td>
</tr>
<tr>
<td>Sexual orientation is</td>
<td>Gender identity isn’t</td>
<td>Sexual behavior is the kind of</td>
</tr>
<tr>
<td>about who you’re</td>
<td>about who you’re</td>
<td>sexual activities that people</td>
</tr>
<tr>
<td>attracted to and who</td>
<td>attracted to, but about</td>
<td>choose to (or not to) engage in.</td>
</tr>
<tr>
<td>you feel drawn to</td>
<td>who you ARE — male,</td>
<td>Sexual behavior pertains to what</td>
</tr>
<tr>
<td>romantically,</td>
<td>female, transgender,</td>
<td>kinds of sex or sexual practices</td>
</tr>
<tr>
<td>emotionally, and</td>
<td>genderqueer, etc.</td>
<td>you like.</td>
</tr>
<tr>
<td>sexually. Examples of</td>
<td></td>
<td></td>
</tr>
<tr>
<td>sexual orientations</td>
<td></td>
<td></td>
</tr>
<tr>
<td>include gay, lesbian,</td>
<td></td>
<td></td>
</tr>
<tr>
<td>pansexual, straight,</td>
<td></td>
<td></td>
</tr>
<tr>
<td>bisexual, queer, and</td>
<td></td>
<td></td>
</tr>
<tr>
<td>asexual.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**The Average Age of First Sexual Experience in the U.S. is 17-Years-Old**

Many students arriving at college have not had sex. Despite popular media depictions of wild college sexual experiences, many college students choose not to have sex during their college years, especially their early college years.
BENEFITS OF SEX
(WITH YOURSELF OR A PARTNER)

• Sex can reduce stress.
• Sex can be a good study break.
• Sex can be a good sleep aid.
• Sex can help relieve pain, such as headaches.
SEXUALITY, GENDER, AND SEXUAL PLEASURE
WHAT ARE EROGENOUS ZONES?

- Some body parts have lots of nerve endings and make you feel excited or aroused when they’re touched. Those are your erogenous zones. The biggest erogenous zone for most people is their genital areas: the vulva, clitoris, labia, vagina, penis, scrotum, perineum, prostate, and anus.

- Usually the penis and clitoris are the most sensitive. Other common erogenous zones are the breasts, nipples, thighs, butt, mouth, ears, neck, and feet. But everyone’s different, so what feels good to you might not feel good to your partners — you have to ask them to find out.
Questions to ask yourself:

1. Do I want to have sex?
2. What kind of sex do I want to have?
3. Who do I want to have sex with?
4. Who am I attracted to?
5. How comfortable am I talking about sex with my partner or potential partners?
6. Do I want to be in a relationship before I have sex?
7. What kinds of safety measures do I want to take? What kinds of birth control and protection against STIs might be right for me?
8. Who do I feel comfortable going to for advice or to bounce ideas off of?
SEXUALITY, GENDER, AND SEXUAL HEALTH RESOURCES

Local

• Cornell Health
  • Sensitive and confidential sexual health care – including medical services, counseling, and consultation – for all Cornell students.
  • health.cornell.edu
• Women’s Resource Center
  • dos.cornell.edu/womens-resource-center
• LGBT Resource Center
  • dos.cornell.edu/lgbt-resource-center
• Planned Parenthood of the Southern Finger Lakes
  • plannedparenthood.org/planned-parenthood-southern-finger-lakes

Other

• Planned Parenthood
  • plannedparenthood.org/
• Scarleteen
  • scarleteen.com
• American Sexual Health Association
  • ahassexualhealth.org/
• Sexuality Information and Education Council of the United States
  • siecus.org
• Guttmacher Institute
  • guttmacher.org
Yes, No, and Maybe lists have been used for a long time by sexuality educators, sex therapists, communities, couples, and individuals, and can be useful tools.

• First, do it alone. Take your time, especially with areas or questions you haven't thought about before or haven't had experience with yet.
• When you're answering, figure your answer is about now: not right this very second, but in your life overall at this time and over the next few months.
• Decide if you want to only use it for self-evaluation and your own decision-making or whether you want to use it as a communication tool with a partner.