### BREAKING IT DOWN

Sexual Orientation (who you like)

Sexual orientation is about who you're attracted to and who you feel drawn to romantically, emotionally, and sexually. Examples of sexual orientations include gay, lesbian, pansexual, straight, bisexual, queer, and asexual.

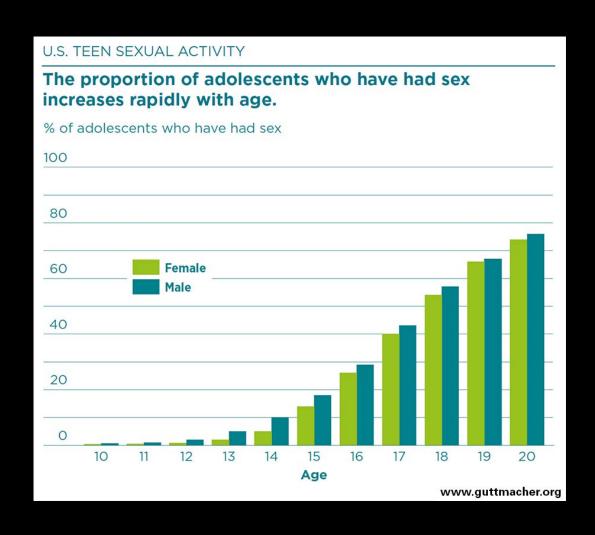
Gender Identity (who you are)

Gender identity isn't about who you're attracted to, but about who you ARE — male, female, transgender, genderqueer, etc.

Gender identity is how you feel inside. Gender expression is how you represent your gender identity through clothing, behavior, and personal appearance. Sexual Behavior (what you do)

Sexual behavior is the kind of sexual activities that people choose to (or not to) engage in. Sexual behavior pertains to what kinds of sex or sexual practices you like.

## 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.

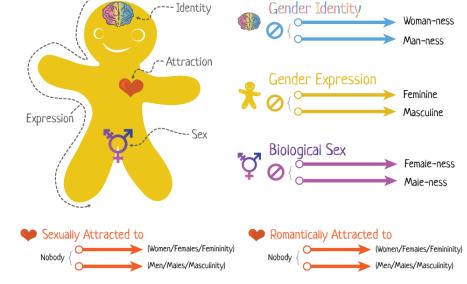


Sex can be a good sleep aid.



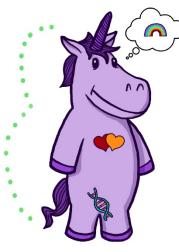
Sex can help relieve pain, such as headaches.

#### The Genderbread Person v3.2 by its pronounced METROSEXUAL ON



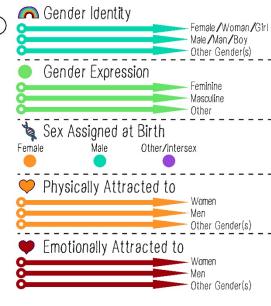
## The Gender Unicorn





To learn more, go to: www.transstudent.org/gender

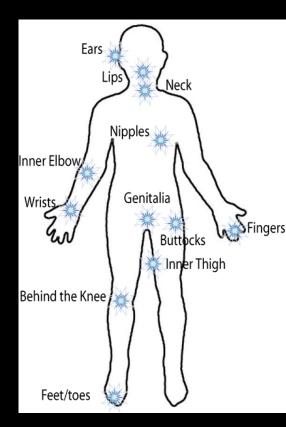
Design by Landyn Pan and Anna Moore



# 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.



## HOW DO WE MAKE SEXUAL DECISIONS THAT ARE RIGHT FOR US?

#### 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-resourcecenter
- LGBT Resource Center
  - dos.cornell.edu/lgbt-resource-center
- Planned Parenthood of the Southern Finger Lakes
  - plannedparenthood.org/plannedparenthood-southern-finger-lakes

#### <u>Other</u>

- Planned Parenthood
  - plannedparenthood.org/
- Scarleteen
  - scarleteen.com
- American Sexual Health Association
  - ashasexualhealth.org/
- Sexuality Information and Education Council of the United States
  - siecus.org
- Guttmacher Institute
  - guttmacher.org

maybe so a sexual inventory stocklist

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.