

Am I Gay?

Being gay or lesbian or bisexual is just as normal as being straight.

Are you wondering if you're gay?

- Maybe you're a guy who's noticing how attractive some male celebrities are – you're not interested in the female celebrities your friends are always going on about.
- Maybe you're a girl who's got a huge crush on one of your female teachers.
- Or, are you a guy or a girl who's feeling attracted to both your male and your female friends?
- Maybe you've always felt different from your friends, and you've just realised that the word 'gay' might fit how you feel.
- Maybe you've always known you were gay – and you've been feeling alone -- now you're looking to meet other young people who are like you.

Being gay or lesbian or bisexual is just as normal as being straight. It's really great that you're starting to understand your own feelings – that's the most important thing. Take your time, there's no need for you to be under any pressure to make decisions about this.

Coming out: This is the process of understanding your own feelings about who you're attracted to. For some young people coming out can be confusing at first. Or you can be sure of your own feelings, but nervous about being different.

Sexual orientation: Who we feel attracted to, whether it's people of the same sex, another sex, or both.

Sexual identity: The group or community we feel part of, based on our sexual orientation, either Gay, Lesbian, Bisexual or Heterosexual.

Bisexual: Someone who is emotionally and sexually attracted to both males and females.

Gay: Someone who is emotionally and sexually attracted to people of the same gender. Gay is usually used to refer to males, lesbian to refer to females.

Lesbian: A female who is emotionally and sexually attracted to other girls/women.

Heterosexual/Straight: A person who is attracted to someone of another gender.

Note: Being gay, lesbian or bisexual is different from being transgender (see our section on Transgender). Being gay, lesbian or bisexual is about who we're attracted to – being transgender is about how we feel about our own gender (being male or female).

What's it like to be Lesbian, Gay or Bisexual?

There's now a lot more people who are openly gay, lesbian and bisexual (LGB) who are living happy and fulfilled lives. Some live in long-term relationships with their partners. Some are bringing up children in families that are very like the majority of families. Human rights laws mean that lesbian, gay and bisexual people now have the right to equality and cannot be discriminated against. There are more and more services and groups created by and for gay people – everything from sports groups to religious groups. Each year, during the summer, parades and parties are held all around to celebrate Lesbian, Gay, Bisexual and Transgender Pride.

Being Young and Gay

For young people who are, or think they might be gay, there are fantastic youth groups where you can meet other people of your own age. You can make friends, have fun, and hear how other young people are doing.

You don't have to identify as gay to join, they're open to young people who are exploring, or who just want to find out more information for themselves or a friend.