Easy Read Edition

Proud and Supported:
Definitions and Beyond

Part 3: If you are questioning your gender or sexuality
Words to Know in Part 3
Gender

How you feel and see yourself and what you call yourself. For example, “man,” “woman,” “non-binary,” and “genderqueer” are all genders.

Questioning

Someone who doesn’t know their gender or sexuality.
Sexuality

Who you are attracted to. Some people are attracted to men. Some people are attracted to women. Some people are attracted to non-binary people. Some people are attracted to more than one gender.
If you are questioning your gender or sexuality

It is okay to question your sexuality.

It is okay to question your gender.

Sometimes people say you shouldn’t question your sexuality or gender.

They say it makes you a bad person.

That is wrong.
You are not a bad person for thinking about your gender or sexuality.

It is a natural, normal thing.

Some people question their gender all their lives.

Some people question their sexuality all their lives.

It is okay to question and never really figure it out.
It is okay not to know.
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