



Sexuality (including GLBQA+)

While the 'Puberty Power Up' course focuses on puberty and anatomy learning for children, the PLUS topics or add ons offer extra learning experiences across a number of topics. Some families find they need more information in other areas of learning; perhaps because their child is asking more questions about friendships, body safety, keeping happy online, gender identity or sexuality. We offer these extra topics for those parents/caregivers who wish to scale up their child's learning at home.

'**Sexuality (including GLBQA+)**' talks about the idea of sexual attraction and how humans – if they are attracted to other people – can have different attractions, called orientation. Most people are heterosexual, and some people are same-sex attracted, bisexual or queer. Others identify as asexual – meaning in its simplest sense that they have no interest in sexual activity with another person. In this section we also cover how having a diverse sexual orientation (being bisexual, gay, queer or asexual) might shape someone's experiences of puberty.

Related Puberty Plus topics we recommend:

- Gender identity
- Crushes and sexual feelings
- Friendships

Terms we work with

Heterosexual: A person who is sexually and/or romantically attracted only to people of the opposite sex.

Same sex attracted: A person who is sexually and/or romantically attracted only to people of the same sex.

Lesbian: a woman who is sexually and/or romantically attracted only to other women.

Gay: A term used by some people who are same-sex attracted: a person who is sexually and/or romantically attracted only to people of the same sex.

Bisexual: A person who is sexually and/or romantically attracted to more than one gender.

Queer: Queer is an umbrella term for anyone who identifies as being LGBTQ+ as well as a term for the community as a whole. 'Queer' can mean different things for different people, but it generally can refer to anyone who is not both cisgender and heterosexual.

Asexual: Also known as 'Ace' or 'Aces', being asexual is when a person experiences little to no sexual attraction. Asexual people might experience romantic attraction, non-sexual physical attraction and other forms of attraction.

This isn't a complete list of sexuality variations. Parents may wish to discuss other attractions with their children in addition to this online learning.

