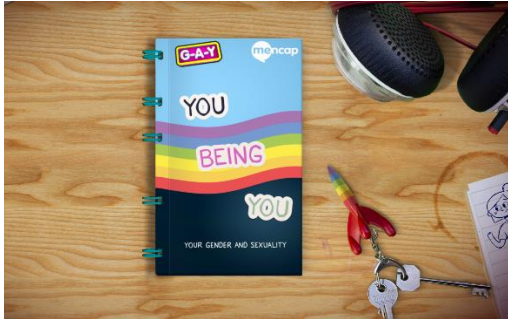


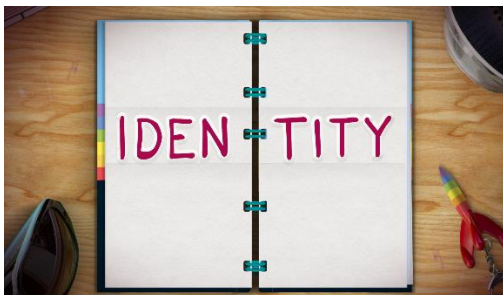
You Being You



This is an Easy Read handout to talk about gender and sexuality.

You can read this with a supporter to talk about what is in this film.

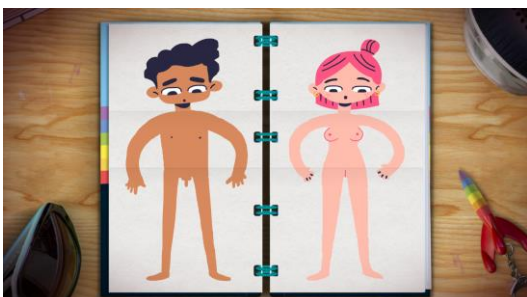
Our identity



Identity means:

- who we are,
- how we feel
- how the world sees us.

One part of our identity is our gender identity.



Gender identity can be linked to the private parts you're born with.



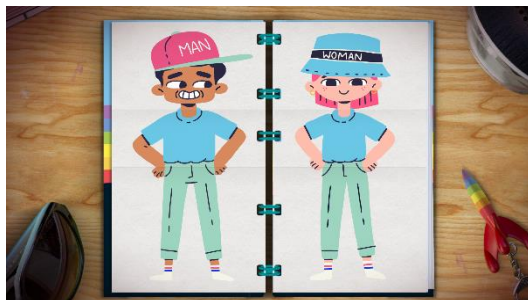
But it doesn't have to be.

What is most important is how you feel inside

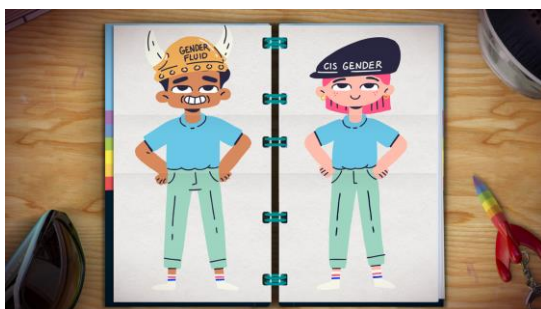


People with a learning disability are just like anybody else.

We can identify in lots of different ways.



We can use different words to help us to describe how we feel.



Male, female, both, neither, or somewhere in between.

Expression



“**Gender expression**” is how we show our gender to the world.



Gender expression is how we dress, how we behave, and how we want our bodies to look.



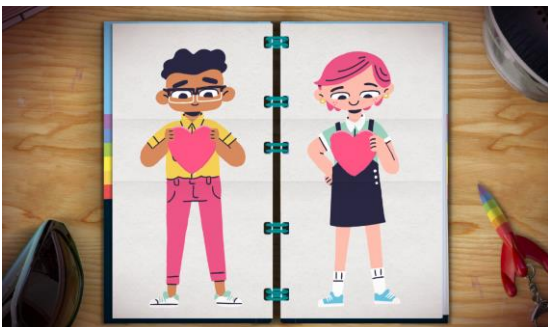
Gender expression can also include the words we want people to use - words like ‘he’, ‘she’ or ‘they’, and our name.”

It is **your right** to say who you are and how you want to express that!

Sexuality



Your '**Sexual Orientation**' is another really important part of who you are.



Sexual orientation means who you are attracted to.



Your sexual orientation might be connected to your gender identity and gender expression, or it might not.



Just like gender, there are different words we can use to express who we are.

Acceptance and getting support



Sometimes people in our lives don't know or understand how we feel about our gender and sexuality.

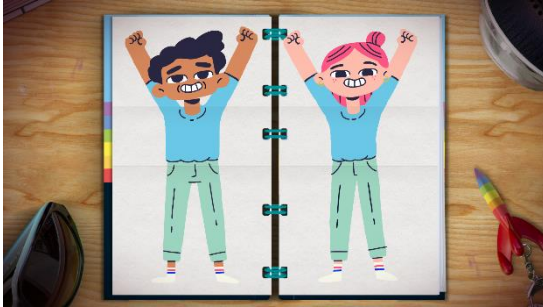
So, they don't see the whole picture of who we are.



It is good to talk to someone you trust about how you feel, if you want to.

It might help you understand yourself better too.

You can ask for their help to find more information if you want that.



It is a good thing to understand who you are and how you feel.

Let's celebrate you being you!

For more information you can look at [Mencap's website](#)