

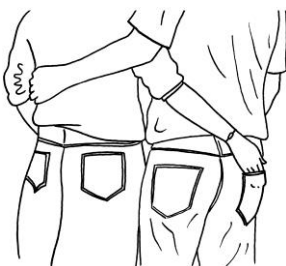
Sexual orientation and gender – easy read

Information about sexual orientation and gender

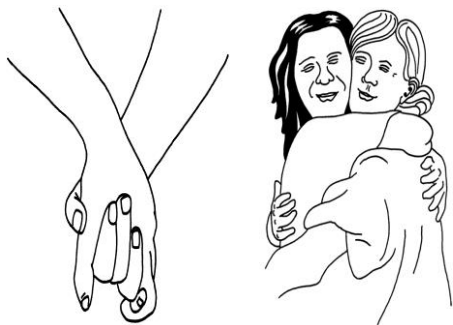


Relationships

There are lots of different types of relationships that you can have



You might behave differently depending on the type of relationship you have with someone.



You might

- hold hands
- kiss or hug.



You could be friends.



You could be romantic partners.

Sexual orientation



If a man likes women in a sexual way, this is called straight.

If a woman likes a man in a sexual way, this is called straight.



If a man likes other men in a sexual way, this is called gay.



If two men hug and kiss each other in a sexual way this is called a gay relationship.



Some women like other women in a sexual way.

- this is called lesbian.



If two women hug and kiss each other in a sexual way.

- this is called a lesbian relationship.



Some people like men and women in a sexual way



- this is called bisexual.



A man and a woman can get married.

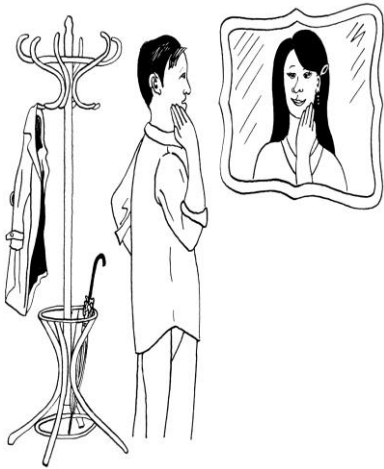


Two men can get married.



Two women can get married.

Gender



A person's **gender identity** is whether they feel inside that they are a

- boy / man
- girl / woman
- or neither

A **transgender person** is someone whose gender identity or gender expression does not match their body.

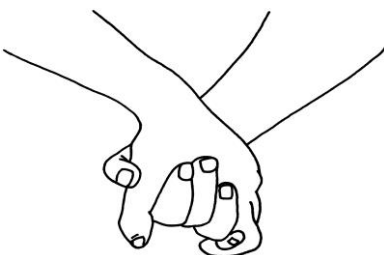
A person's **gender expression** is the way they choose



- to dress



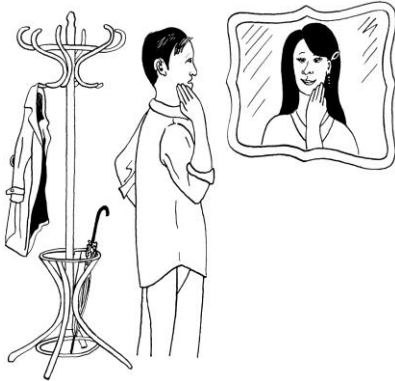
- to talk



- to behave.



A **transsexual** person is someone who has a strong desire to live completely and permanently as the gender opposite to the gender they were born with.



- a female-to-male **transsexual** man is someone who was born female at birth but has a male gender identity and changes to live completely and permanently as a man
- a male-to-female **transsexual** woman is someone who was born male but has a female gender identity and changes to live completely and permanently as a woman.

Gender is about who you are, while **sexual orientation** is about who you are attracted to.

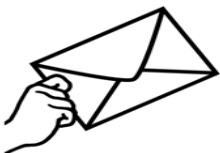
Transgender people can be straight, gay/lesbian or bisexual just the same as everyone else.



People who cross-dress wear clothes associated with the opposite gender. They may cross-dress for emotional satisfaction, sexual pleasure, or just because they feel more comfortable.

Cross-dressing people are generally happy with the gender they were born with at birth and do not want to permanently alter their bodies or change their legal gender.

If you need any more information or have something you want to ask or tell us, please contact us:



There are independent services that can help you think about your sexual orientation and gender identity and expression.



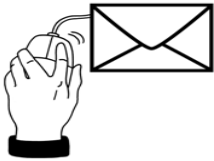
Teesside Positive Action



on **01642 254598**



Teesside Positive Action Ltd
15 Baker Street
Middlesbrough
TS1 2LF



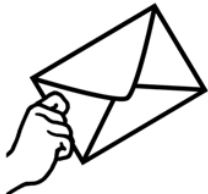
www.teessidepositiveaction.org.uk



Gay Advice Darlington/Durham



on **01325 252522**



Gay advice Darlington/Durham
9 Duke Street
Darlington
Co Durham
DL3 7RX



www.gayadvisedarlington.co.uk



Hart Gables



on **01429 236790**



**Hart Gables Centre
220 York Road
Hartlepool
TS26 9EB**



www.hartgables.org.uk

Discrimination

It is important to us that we offer equal care to all.



It is against the law to discriminate against anyone because of their sexual orientation or gender identity or expression



If you feel you have been discriminated against because of your sexual orientation, gender identity or expression, religion, race,

age or ability there are things you can do.



If you are unhappy about our services...



Please tell a member of staff.



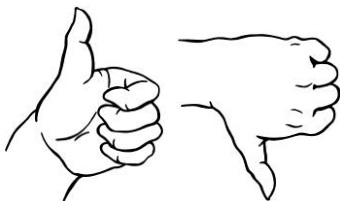
Freephone 0800 052 0219 or



Email tewv.pals@nhs.net.

Feedback

We'd like to know if you thought this information was



- good or bad
- if anything was missing you wanted to know
- if there was anything you didn't understand. Let a member of your care team know.

Find this information

Staff:

T:\Patient and Carer Information\Forensic services\health and justice\LD

Service users and carers:

<https://www.tewv.nhs.uk/services/the-way-we-work-sexual-orientation-and-gender/>