

El Camino

Sexual identity

Sexual identity is about who you are attracted to or whether you're attracted to anyone at all. Most people are raised with the assumption that they are straight. If they aren't, it can take people different amounts of time to figure out their sexual identity. The way you identify can change over time, and you can try out different labels to see which one matches your experiences best or decide you don't want to use a label at all.

Coming out

When people are in a safe environment, they may choose to share their sexual identity with their friends, family, and/or community. This is called coming out. The right time to come out is whenever you feel ready and safe. It can be hard to wait, especially when you want to share that part of yourself. Your identity is real regardless of who knows or doesn't know about it.

Finding community

If you're exploring your sexual identity, it can be helpful to connect with LGBTQ+ community. Finding community can offer a sense of belonging and connect you to other LGBTQ+ young people, adults, and community resources that can help you understand your identity and navigate any questions or challenges you have.

Exploring sexual identity

- **I Think I Might Be Asexual** ([English](#), [Spanish](#)): frequently asked questions about asexuality with guidance on coming out, safer sex, and healthy relationships
- **I Think I Might Be Bisexual** ([English](#), [Spanish](#)): frequently asked questions about bisexuality and pansexuality with guidance on coming out, safer sex, and healthy relationships
- **I Think I Might be Gay** ([English](#), [Spanish](#)): frequently asked questions about being gay with guidance on coming out, safer sex, and healthy relationships
- **I Think I Might be Lesbian** ([English](#), [Spanish](#)): frequently asked questions about being a lesbian with guidance on coming out, safer sex, and healthy relationships

- [Imi Queerness Guide](#): interactive activities and community resources to help youth explore their sexual identities.
- [Coming Out Handbook](#): guidance on coming out in various settings, figuring out which identity works for you, healthy relationships, and mental health.
- [Becoming Out](#): guidance on planning for and navigating coming out conversations.
- [CenterLink LGBT Community Center Member Directory](#): national directory of LGBTQ+ centers