

## FORMATION OF YOUR SEXUAL AND GENDER IDENTITY

This exercise is designed to help you explore the formation of your sexual and gender identity and your sexual personality, using your personal experiences to describe the psychological, emotional, cultural, religious, and social aspects of sexual identity formation. This will give you a chance to look at both conscious and subconscious behaviors and beliefs, and both positive and negative experiences that have directly or indirectly influenced your personal sexual identity.

- Social/educational experiences and/or teachers
- Peers or friends
- The media (music, TV, magazines, movies, etc.)
- Parents and family (involvement, education, family life)
- Religious upbringing
- Cultural or ethnic background (including travel)