



The Sexuality Wheel

The Sexuality Wheel gives an idea of the many elements that make up or influence a person's sexuality. It shows that our understanding and experience of our sexuality and how we express it in the world is a core part of who we are as human beings.



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Values

A collection of ideas that people see as important; a set of assumptions about how things are.

Relationships

The way people are connected and how they act toward one another.

Sexual Activity

One way people experience or express their sexuality. Sexual activity includes kissing, sexual touching, and sexual intercourse (e.g. oral, anal, vaginal).

Communication

The way people connect and share information, goals, ideas and create understanding.

Socialisation

Learned behaviors that include customs, attitudes and values that are acceptable to a social group, community, or culture.

Self-Image

How a person thinks about or sees themselves, including their personality, their appearance and their values.

Experiences

What people have done, gone through, or been exposed to in their life. Personal experience help form people's values.

Sex

Categories (male, female) to which people are typically assigned at birth based on physical characteristics (e.g. genitals). Some people may be assigned intersex, when their reproductive, sexual or genetic biology doesn't fit the traditional definitions of male or female.

Sexual Orientation

A person's emotional and sexual attraction to other people. It can be fluid and may or may not reflect sexual behaviors.

Gender Expression

How a person presents their gender. This can include appearance, name, pronoun and social behaviour.

Gender Identity

A person's internal sense of identity as female, male, both or neither, regardless of their sex assigned at birth.

Personality

A combination of traits or characteristics that make up a person's unique character.

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