

CELEBRATING PRIDE MONTH - GENDER AND SEXUALITY



STUDENT COUNSELLING UNIT
MENTAL HEALTH AWARENESS
SERIES

WHAT IS GENDER?

Gender refers to the socially produced characteristics of women and men, whereas sex refers to biologically determined characteristics.

This concept is intimately related to the concept of gender roles, which is defined as the outward manifestations of personality that reflect the gender identity.

WHAT IS SEXUALITY?

Sexuality is about your sexual feelings, thoughts, attractions and behaviours towards other people. You can find other people physically, sexually or emotionally attractive, and all those things are a part of your sexuality.

Sexuality is diverse and personal and it is an important part of who you are. Discovering your sexuality can be a very liberating, exciting and positive experience.

Some people experience discrimination due to their sexuality. If someone gives you a hard time about your sexuality, it's good to talk to someone about it.

The messages that we are taught about sex play an important role in how we grow into our sexual selves and express (or not express) our sexual motivations.

TYPES OF SEXUALITY

Human sexuality has evolved over time, and sexuality is now increasingly viewed as a dimension of life that everybody can define and mould according to their own unique desires.

You can define yourself as heterosexual, homosexual, lesbian, bisexual, auto-sexual, asexual, pansexual, demi-sexual, queer, and more.

Discovering your sexuality is a journey and like any journey worth taking, it is a winding road towards self-discovery.



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Department of
Student Affairs

Departement Studentesake
Kgoro ya Merero ya Balithuti

- For more info or self-help resources, check the Student Counselling Unit's website <https://www.up.ac.za/student-counselling>
- For 24 hr support, call the UP Careline 0800 747 747
- For academic support consult with your Faculty Student Advisor: <https://www.up.ac.za/teaching-and-learning/article/2494904/faculty-student-advisors-fsas>
- For therapy/counselling, email: studentcounselling@up.ac.za

UP CARELINE - CALL 0800 747 747/ SMS 31393
SOUTH AFRICA SUICIDE CRISIS HELPLINE - 0800 212 223 OR 0800 121 314
PEOPLE OPPOSED TO WOMAN ABUSE (POWA) - HELPLINE: 083 765 1235/ TOLL-FREE HELPLINE: 0800 150 150/ WEBSITE :WWW.POWA.CO.ZA
LIFELINE SOUTH AFRICA - 0861 322 322
CHAIFM HELPLINE - 0800 242 436
CENTRE FOR SEXUALITIES, AIDS & GENDER - 012 420 4391
UP TRANSFORMATION COMMITTEE - EMAIL SARAH MATSEKE (SARAH.MATSEKE@UP.AC.ZA) OR NONTSIKELELO LOTENI (NNTSIKIE.LOTENI@UP.AC.ZA).

Gender definitions (2022). Retrieved 25 January 2022, from <https://www.euro.who.int/en/health-topics/health-determinants/gender/gender-definitions/sexuality/#/tab/sexuality>
Psychology (2022). Retrieved 25 January 2022, from <https://courses.lumenlearning.com/boundless-psycho/chapter/sexuality/>