

Firstly

Have you ever thought about your sexuality? Some of you may not have thought much about it. Others may have thought more about it. For example, one may feel more comfortable living as a different gender than their sex assigned at birth, or one may be attracted to someone of the same gender.

How much do you know about sexuality? You may have heard of the terms “LGBT+” or “SOGI(E).” Some may know that gender equality is included in the SDGs.

Sexuality is essential when thinking about yourself and others, and when developing comfortable relationships and environments. Let’s think about sexuality together.



On-campus consultations

Center for Counseling and Disability Services



Counseling Office

TEL 022-795-7833

Disability Services Office

TEL 022-795-7696

<http://www.ccds.ihe.tohoku.ac.jp/>

Student Health Care Center



Mental Health

TEL 022-795-7829

<https://www.health.ihe.tohoku.ac.jp/>

Off-campus consultations (Japanese only)

Yorisoi Hotline

(specialized hotline for sexual minorities)

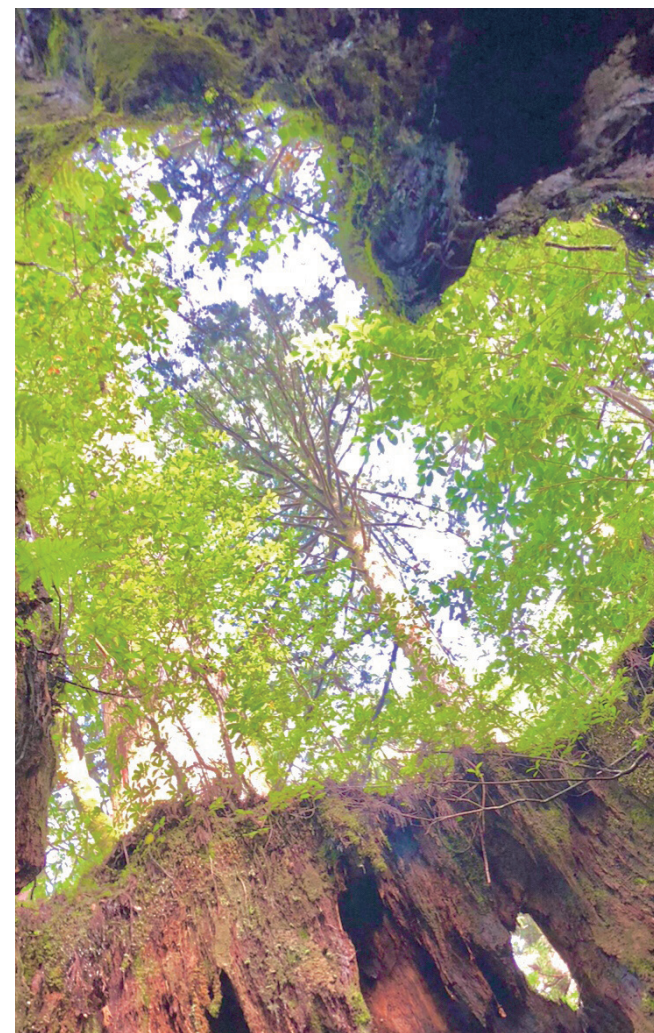
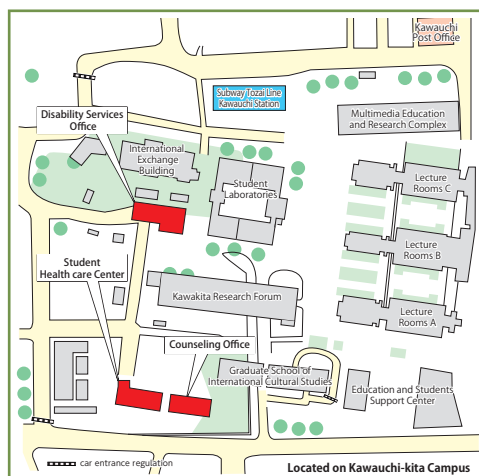
<https://www.since2011.net/yorisoi/n4/>

Miyagi Gender Equal Opportunity Consultation Office “LGBT (sexual minority) Consultation”

<https://www.pref.miyagi.jp/soshiki/kyosha/jigyuu-soudan.html>

Consult when you want to where you want to

LGBT+ Consultation



EMPOWERMENT Series ⑪

Sexuality

about us

Center for Counseling and Disability Services
Tohoku University

Sexuality

Sexuality is a term used to describe the way we are sexually, and we recognize sexuality from a combination of the following four elements.

- ① **gender identity**
perception of our own gender
- ② **gender expression**
preferences in clothes, actions, and behaviors
- ③ **sexual orientation**
romantic interests and physical attractions
- ④ **sex assigned at birth**
biological makeup of the body: sex chromosomes, sexual organs, hormone levels, etc.

Each element is viewed as a spectrum or a gradation. Some people who “are neither,” “not decided/won’t decide,” “don’t know” do not feel fit with any of these categories, and there are people who change along the way.



gender identity

×



gender expression

×



sexual orientation

×



sex assigned at birth

LGBT+ and SOGI(E)

LGBT+ is a term referring to Lesbian who are women attracted to women, Gay who are men attracted to men, Bisexual who are people attracted to both men and women, Transgender who are people living or wanting to live a gender different from their sex assigned at birth, and + for various sexualities not referred to within the term LGBT. Since not all of us fall into this term, LGBT+ people are often viewed as minorities.

SOGI, on the other hand, is an acronym for Sexual Orientation and Gender Identify, which is an inclusive term that applies to everyone. And it represents equality regardless of what gender you identify yourself. Sometimes the term SOGIE is also used which includes gender Expression.

Developing comfortable relationships and environments by understanding each other

Please take this opportunity to think about your sexuality. By doing so, you may gain a better understanding of yourself.

At the same time, try to see that there are various sexualities. This may help deepen your understanding of others.

Together, let’s build comfortable relationships and environments for all.

If you are struggling with your sexuality

It may not be easy to talk about certain things, but we encourage you not to keep things to yourself and to consult someone you trust when necessary. When you feel troubled about your sexuality, please use the on-campus counseling services, too. We will think with you about how to make your university life more comfortable.

If someone you know is struggling with their sexuality

Let’s start by trying to learn and to understand. If someone tells you about their sexuality, say “thank you” for letting you know, and value what they have told you.

Since one told you about something he/she/they cares about because he/she/they cares about you and trusts you, care for what he/she/they told you in the same way as he/she/they would. Don't tell others without permission.

