



## Lesbian Sexual Orientation



### Overview

A lesbian is a woman who is attracted to other women. This is a deeply-held feeling. It can be physical. It can be emotional or romantic. Lesbians are also called "gay," or "gay women." Some prefer these labels.

### Sexual orientation

Why are some women attracted to other women? Well, the type of people you are attracted to is called your "sexual orientation." A same-sex attraction is just one possible kind. An opposite-sex attraction is another. We don't fully understand the factors that shape these feelings. They're part of who we are.

### Diversity

Lesbians are a diverse group. They express themselves in different ways. Some are private. For others, being a lesbian is a public part of who they are. Deciding how to identify and how to live is personal and complex. Every person must decide what's right for them.

### Conclusion

For more info, reach out to a local LGBTQ organization. For help with issues involving sexual orientation, talk to your healthcare provider. You can also contact a support group.