SerenaMente

U Report by UNICEF



GENDER IDENTITY AND SEXUALITY

A JOURNEY OF EMOTIONS, QUESTIONS AND DISCOVERING WHO YOU ARE

GROWING UP BETWEEN DIFFERENT CULTURES, TRADITIONS AND VALUES CAN MEAN FACING VERY DIFFERENT EXPECTATIONS MOLTO DIVERSE SU

WHO WE ARE "SUPPOSED" TO BE

For some people, this journey also includes discovering their sexual orientation or gender identity.

There is no right or wrong way to experience this.





It can be helpful to understand a few key concepts:

Gender identity

How a person understands and experiences their own gender.

Sexual orientation

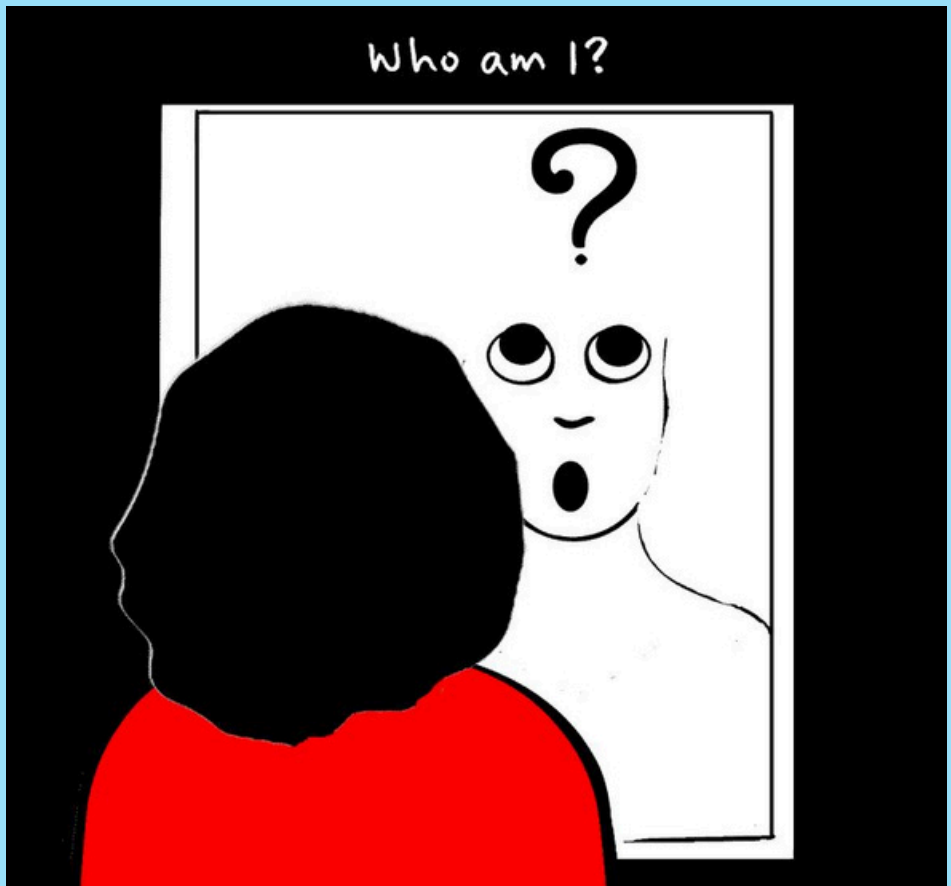
Who a person feels emotionally and/or sexually attracted to.



Sometimes, you may **feel caught** between:

- your family's or community's values
- what you truly feel
- the desire to belong
- the need to be yourself

These feelings **can exist at the same time**.
They **DO NOT mean** there is anything wrong with you.



In some cultural or religious contexts, talking about gender identity or sexual orientation

CAN BE DIFFICULT



This may lead some people to hide parts of themselves, avoid certain topics, or feel like they are constantly struggling inside.

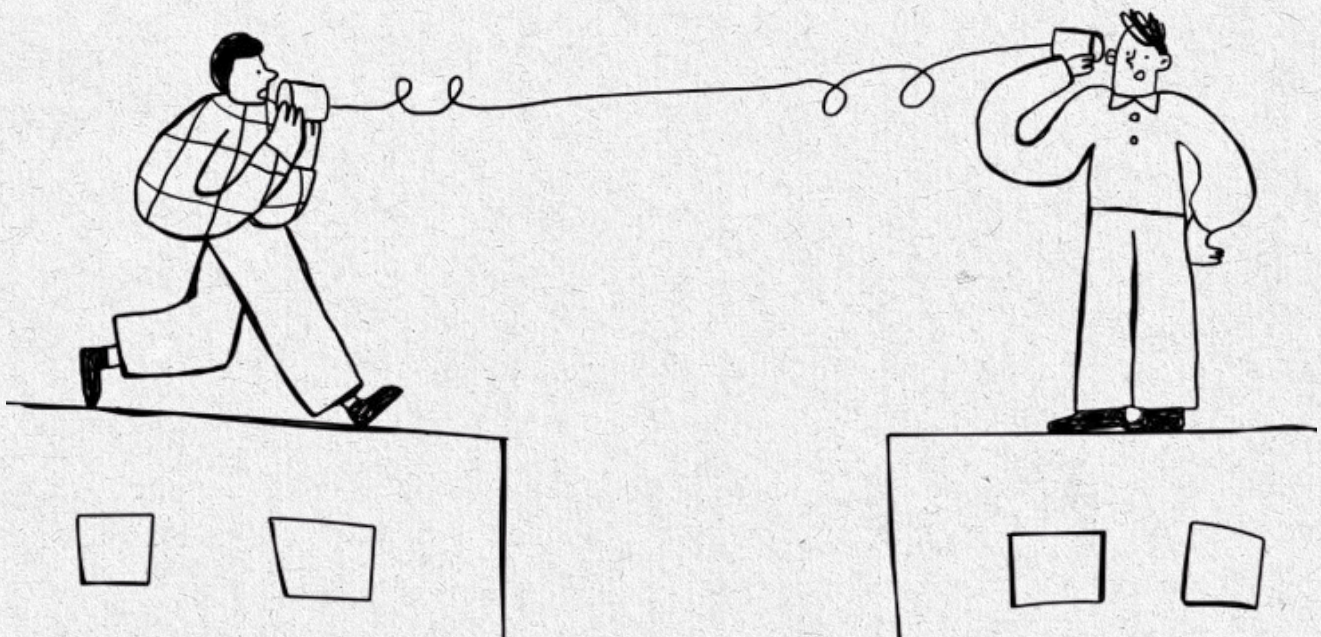
BUT, **PROTECTING YOURSELF** DOES NOT NECESSARILY MEAN **GIVING UP** WHO YOU ARE.

DURING THIS JOURNEY, YOU MAY EXPERIENCE:

- fear of being judged
- guilt
- confusion
- feeling isolated
- anxiety and relief when you start to understand and accept yourself



Every emotion tells us something about what we are going through, and every emotion deserves to be heard.



YOU CAN DEAL WITH THESE FEELINGS ONE SMALL STEP AT A TIME. FOR EXAMPLE, YOU COULD:

- talk to someone you trust
- look for inclusive groups or communities
- find information from reliable sources



how are you?
how are you?



And when these challenges feel too difficult to deal with on your own, you can **reach out to mental health professionals**

people with the right training to support you with these topics in a knowledgeable, sensitive and respectful way.



THE HERE4U PROJECT



Are you between
14 and 24 years old?

Here4U is a free and anonymous service offering legal assistance and psychological support, including in your own language.

MESSAGE US THROUGH U-REPORT ON THE MOVE

U-Report app

+39 320 248 0863

U-Report On The Move

Cofinanziato dall'Unione europea

FAMI FONDO ASILO MIGRAZIONE E INTEGRAZIONE 2021/2027

unicef per ogni bambino

MINISTERO DELL'INTERNO

FONDO ASILO, MIGRAZIONE E INTEGRAZIONE (FAMI) 2021-2027

Obiettivo Specifico "1. Asilo" - Misura di attuazione "1.a" - Ambito di applicazione "1.b" - Intervento "del programma nazionale. Servizi informativi per richiedenti e titolari"