

## SEXUAL ORIENTATION AND GENDER

# Do LGBT+ people have sex differently than heterosexual people?

KEY WORDS

consent | preferences | communication | respect



Whether you're a part of the LGBT+ community or you identify as heterosexual, there's no secret handshake or special preferences exclusive to one group or the other. This means we need to debunk a common myth: there's no one-size-fits-all when it comes to how people of different sexual orientations engage in intimacy. **Just like heterosexual (or straight) people, the way LGBT+ individuals have sex varies widely because, surprise, we're all unique!**

Any claims otherwise (especially ones that try to link sexual orientation with certain sexual behaviours) just **reinforce harmful stereotypes** about minority groups or create unnecessary confusion about non-heterosexual identities.



So, the most important takeaway is to recognise that **the way people have sex is deeply personal, and not related to a community that they're a part of**. The diversity within the LGBT+ community, just like in the straight community, means that there's no universal script on how to be intimate or have relationships. Some may enjoy exploring various aspects of their sexuality, while others may prefer **more traditional expressions of intimacy**.

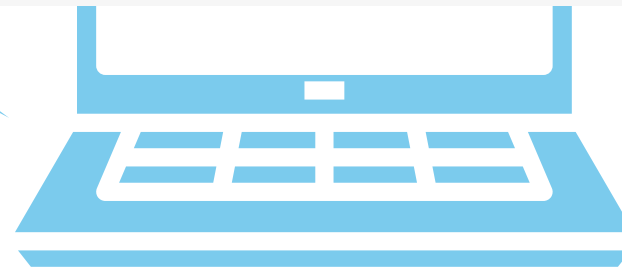
The way people, of all sexual orientations, have sex boils down to a few factors:

### Consent

Consider this the Golden Rule: no matter who you're attracted to, the first and most important requirement is to have consent. So, make sure you're always on the same page!

### Communication

Before the magic happens, talk it out with your partner. What are you into? What are they into? It's like deciding what movie to watch together – communication makes everything smoother.



## Respect of boundaries and safety

Just like putting on a helmet for a bike ride, use protection (like condoms) to stay safe from infections and unplanned babies (if you're heterosexual). And always remember to respect each other's comfort zones. If someone says, "I'm not into that," respect it.

## Having the same expectations

Sex can be emotional, or it can be more casual. Whatever works for you and your partner is cool if you're both on the same page about your expectations.

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To conclude, no matter the stereotypes or myths, there's no "right" or "expected" way to do it, regardless of your sexual orientation.

Having sex is about finding what works for you and your partner, and that might take some **experimenting and learning along the way.**

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