

# Adult Sexuality and Gender Diversity

## What You Should Know



Sexuality involves sex, gender, sexual orientation, intimacy, desire, pleasure and reproduction. Sexuality may involve thoughts, fantasies, behaviors, roles and relationships.

### Adult Sexuality and Gender Diversity

Sexuality in gender diverse and cisgender (cis) adults may be very rich and complex. A cisperson's gender identity and expression may align with social expectations based on their sex. A gender diverse person's gender identity and expression may be other than that predicted by social expectations based on their sex.

### What is Sexual Orientation?

Many adults, both cis and gender diverse, develop a sexual orientation, form intimate bonds with partners and seek a happy, healthy sexual life. Sexual orientation may be expressed with words to help describe attractions, behaviors and relationships. Gender diverse people may have any sexual orientation. Gender diverse people may identify as straight, gay, lesbian, bisexual, pansexual, queer, asexual or something else. People may have words they prefer to use for their intimate body parts and using those terms may help people feel more in touch with their bodies and enjoy sexual actions more.

### What is Gender Dysphoria?

Gender dysphoria may impact adult sexuality with negative feelings about one's body not matching their gender identity. If a person has gender dysphoria, they may have depression, anxiety or feelings of suicide. These feelings may get worse when a person feels pressured to act like a particular gender or when they are touched or referred to in ways that conflict with the way they think about their body. To lower dysphoria, some gender diverse people tell partners not to touch certain body parts or that some sexual actions are not okay for

them. Respecting these boundaries may help sex feel more safe and easier to enjoy for gender diverse people. Some people with gender dysphoria may seek gender affirmation. Gender affirmation is the social, legal and medical steps involved in supporting a person's expression of their gender identity. People may choose to affirm their gender in many ways.

### Are there Medical Choices for Gender Diverse Adults?

Some adults consider gender-affirming choices to help reflect their gender identity. Some options are:

- **Gender-affirming hormones**, which may be used to change some bodily traits to more closely reflect gender identity.
- **Masculinizing hormones**, which may be used to stop menstruation and make the body look more masculine.
- **Feminizing hormones**, which may help the body look more feminine.
- **Gender-affirming surgery** may be an option for those who want their body to be more in line with their gender identity. For example, a trans woman may choose to have surgeries to add to the feminine look of her body. A trans man may choose to have surgeries to add to the masculine look of his body. There are many choices when considering gender-affirming surgeries.

People are unique, so talking with a doctor about what is right for each person is urged. Also, gender diverse people, their partners and their loved-ones may benefit from support as they explore questions about sexuality. Local centers, groups, mailing lists and personal contacts in the gender diverse community may be a helpful place to start.

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### About the Urology Care Foundation

The Urology Care Foundation is the world's leading urologic foundation –and the official foundation of the American Urological Association. We provide information for those actively managing their urologic health and those ready to make health changes. Our information is based on the American Urological Association resources and is reviewed by medical experts. To learn more, visit the Urology Care Foundation's website, **UrologyHealth.org/UrologicConditions** or go to **UrologyHealth.org/FindAUrologist** to find a doctor near you.

### Disclaimer

This information is not a tool for self-diagnosis or a substitute for professional medical advice. It is not to be used or relied on for that purpose. Please talk to your urologist or health care provider about your health concerns. Always talk to a health care provider before you start or stop any treatments, including medications. For more information, visit **UrologyHealth.org/Download** or call 800-828-7866.