

“Why do I feel this way about her?”

“Am I abnormal for feeling this way about the same sex?”

“Why am I supposed to only like the opposite sex?”

These are some of the questions I asked myself three years ago. At that time, I had fallen in love, but it was with a girl instead of a boy! However, my next crush was a boy, and that was followed by another girl. At this point, I felt like I was losing my mind. I began to question my sexual identity, even to the point of taking quizzes online! Only to get different results each time, further confusing me!

As time went by, my confusion turned into angst. One day, I overheard a couple of my classmates talking about the LGBTQ+ community. I heard them throw out words like, “weird,” “disgusting,” “worthless,” to name a few. I now felt ashamed and horror-struck by the thought of not being accepted by my peers, of being alienated from friends and classmates. I had no one to talk to, and I didn’t want people to think I’m not normal, or even worse, different from the rest of society!

With no one to turn to, I was forced to turn towards the Internet for answers. There I found out about the various types of human sexuality: heterosexuality, homosexuality, and bisexuality.

I also discovered that many people in the LGBTQ+ community struggle with issues similar to mine. Continuing my research, I learned that the official resources available to young Japanese people are very limited. This angered me, it's my life, so why can't I have access to information and support to help better understand myself? Additionally, is the Internet really the best place for a young person to learn about these topics? Especially, when one feels like there is no one to offer them guidance. I don't want others to experience the same negative emotions as I did. Japan is still very close-minded on subjects of this nature. For others' sake and mental wellness, I would like to see this change in the future.

Towards this end, what can be done to promote inclusivity for a greater variety of people? My goal is to make them feel like they are supported and accepted, regardless of sexual orientation or preference. In my opinion, Japanese society needs to acquire a more worldly perspective. In order to accomplish this goal, we need to take educational measures to help improve the awareness and understanding of human sexuality in the youth of Japan; because they are the future of this country! I believe that Japanese youth need opportunities to learn about their own individuality in a non-judgmental environment. Additionally, the youth of Japan need access to more resources, in order to come to a decision on their sexuality. The ultimate goal, is for the youth to recognize their shared humanity, despite their uniqueness. Doing this would help create a more supportive and resilient society; which would be beneficial for everyone, not just those in the LGBTQ+ community!

I had to face many obstacles and misunderstandings during my journey to figure out my sexual identity. Now, with the support of my friends and the people around me, I stand proud as a bisexual! However, I don't want other people to feel the same way I did. My greatest dream is to be able to help others to discover their sexual identity in a positive, supportive environment.

Consequently, I would hope those in the public eye would become advocates for a greater understanding in society. By offering information, counseling, and greater acceptance to those, who are searching to understand and accept their true identity. I hope I can pave the way for all people to feel comfortable with their own sexual identities, and to express who they truly are without fear, uncertainty, or retaliation. I believe that together, we can lead Japan to becoming a more open-minded, and supportive society for all!

18 番 駒澤 杏梨

天童市立第四中学校

Identity Crisis