The purpose of this experiment is to see which sex has a better sense of direction and if age made a noticeable difference. Human brains have certain cells that help tell a person which direction they are facing. People are grouped into two categories when it comes to sense of direction. Either they have it or they don’t. Sense of direction is a trait you are born with or you’re not born with. Two age groups were tested. Ten to nineteen years of age and twenty to fifty years of age. Overall, the results varied and the conclusion seems to be that sex did not make a difference for sense of direction as much as the age group. That being said, age and experience of living gives the older group more of an advantage. Because of the advances in technology in our era, a sense of direction is really not needed by humans. Global Positioning Systems make it very difficult to get lost. There are even navigational systems in our vehicles, therefore, making it even easier not to get lost. In conclusion this study was interesting, but not necessarily informative as to which sex or age group’s sense of direction is really needed in our daily lives. With the advancement of technology it is far too easy to rely on technology than your own sense of direction when you have other means of telling you which way to go.