



Coming Out As Bisexual

Bisexuality is a valid sexual orientation, and bisexual (bi) people are important and valuable members of the LGBTQ community. Historically, bisexuality has meant an attraction to both men and women however, one bisexual person's experience can be very different from another's.

It is normal to be attracted to someone of the same gender as well as another gender, but not identify as bisexual. It is equally as normal to identify as bisexual and be attracted to not only male and female identified people but also people whose gender identity is different from those two categories (transgender, genderqueer, gender-non conforming, etc.). Though this is commonly referred to as "pansexuality" only you can decide what feels comfortable to you. There is not just one definition for either identity!

You may feel equally attracted to someone of the same gender as well as another gender, or you may feel more attracted to one gender over the other. These feelings can shift over time. It's important to know that you don't necessarily have to identify as "more straight than bi," or "more gay/lesbian than bi," or feel pressured to identify as straight or gay/lesbian depending on who you like.

It is also very normal to be attracted to both men and women, or people with other gender identities, but not identify as bisexual. Only you know what those feelings mean for you at any given time. Sexuality, and bisexuality in particular, can be very fluid.

Being bisexual can be exciting and empowering, but can also come with a special set of obstacles. People might assume that you can choose one gender over others, or assume that you can never be totally happy romantically.

Some people may think that if you are bi you are also promiscuous, or that if a bi person settles down or gets married, they become straight or gay/lesbian. Another challenge you might face as a bisexual person is that people may make assumptions about your sexuality based on your behavior rather than how you feel or identify: these are all stereotypes about bisexual people that are not necessarily true.

It can be extremely frustrating to hear these things. Keep in mind that you're the only one who knows what your feelings mean at any given time. Check out biresource.net or bisexual.org for more resources and information.

If you need help finding a specific resource or have more questions, The Trevor Lifeline (866-488-7386) is here for you 24/7.