

Bisexuality

Bisexuals are people who are attracted to both sexes. This includes emotional, physical, mental and spiritual attraction.

This may seem confusing to you! How can I feel attracted to people of both sexes? It is natural for people who are coming to terms with a sexuality which is not society's norm to be feeling confused.

For some people, bisexuality is a phase between homosexuality and heterosexuality. But for many people bisexuality is a lifelong, committed sexual orientation. This is the same as people that identify as gay, lesbian or heterosexual.

An important thing to remember is that there is a difference between sexual identity, sexual behaviour and sexual orientation. Sexual orientation is who you are attracted to physically and emotionally. The sexual experiences you have make up your sexual behaviour. Sexual identity is about how you identify within yourself and with others. These different parts are intertwined to make up you and how you feel and act.

As a bisexual person, when you become part of a relationship you have not changed your identity to gay, lesbian or straight. If you are still attracted to people of the both sexes you are still bisexual. You have chosen a person to spend your time with not an orientation.

When and if you feel comfortable to tell people about your sexuality there are a few things that you might want to think about. Firstly it is your choice, who and whether you tell anyone. It's important that you tell people only when you are ready, and sometimes this means finding some support from other bisexual or even lesbian or gay people. This is personal information that you may feel comfortable only telling your friends and/ or family. Or perhaps you feel like telling everyone that you know. Remember you have probably given your sexuality a lot of thought, but it may be new to the people you tell. This may or may not be a shock to them. When people receive new information that they are not expecting they may experience shock, denial, guilt and anger. They also may respond with indifference or acceptance. It may be necessary to allow them time and space. For more information on coming out please have a look at the Coming Out sheet.

Helpful Services



Open Doors

Support and counselling for young lgbt people and their families.

Drop in every Wed 12-5

Ph. 3257 7660

<http://www.opendoors.net.au>

2QT2BSTR8

Young lgbt people 16-25 for chats & social nights. Twice a month on Monday nights.

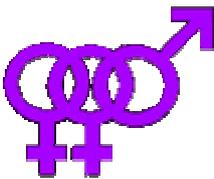
Ph.3208 8199 Ext 5

leisab@yfs.org.au

Australian Bisexual Network

A national network for bisexual men, women, transgender people, friends, family, bisexual groups and services.

<http://members.optusnet.com.au/~ausbinet/>



Famous Bisexuals

Shakespeare

Michael Stipe - REM

Frida Kahlo – Artist

James Dean - Actor

Anne Heche – Actress

Greta Garbo – Actress

Kurt Cobain - Nirvana

Socrates – Philosopher

Anjelina Jolie – Actress

D. H. Lawrence – Author

Drew Barrymore – Actress

Eleanor Roosevelt – UN Spokesperson

Ani DiFranco - Folk/rock singer and songwriter

Dave Navarro - guitarist for Red Hot Chilli Peppers