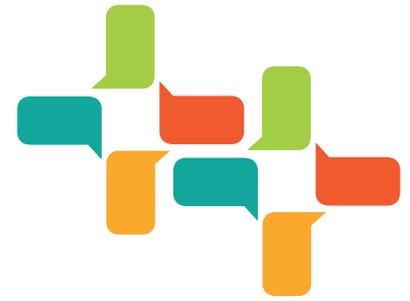


Fact Sheet

Bisexual



Some people are attracted to both men and women. They are called bisexual.
It is OK to be bisexual.

A bisexual person has sexy thoughts and feelings about other men and women. Some people may like both men and women but are not sure if they are bisexual. That is OK.



In this picture the man is thinking about a man and a woman he is attracted to. He is bisexual.

Coming out

Some people tell other people that they are bisexual

Some people tell their family and friends that they are bisexual. This is called 'coming out'. It is up to a person to decide if they want to tell other people. They should only tell another person if they are comfortable to. Coming out is an important step for some people to feel good about being bisexual.

Some people might find it hard to come out

Some bisexual people find it hard to come out to their family and friends. They might keep their feelings about being bisexual a secret. They might worry that other people will not understand or will not be supportive. Some people might worry that people will treat them differently if they know they are bisexual.

It is up to a person to decide who they want to tell. Some bisexual people decide to only tell people they trust. Most people will be very accepting and happy that they have been told. If a person needs support with being bisexual or coming out they should talk to someone they trust. There are services that can provide support.

For more information go to the fact sheet called 'Where to go for help or advice'.

Relationships

Bisexual people may have different types of relationships in their lives.

There are different ways to meet others

Some bisexual people like to go places to meet other people. There are different types of groups for bisexual people to meet other people. These groups include:

- Social groups for bisexual people
- Support groups for bisexual people
- Sports groups
- School groups
- Festivals such as Mardi Gras and Pride Week

These groups can help people to make new friends. It is also a way to feel supported within a community. For more information about support services, go to the fact sheet called 'Where to go for help and advice'.

Some people want a close relationship with another man or woman

Sometimes a person meets another person they really like. They might ask another person to go on a date. After getting to know each other they might start a close relationship together. This is different to a friendship as they both have sexy feelings about each other.

Some bisexual people live together in a close relationship with either a man or a woman. People can only have someone as their boyfriend, girlfriend, husband or wife if both people want it.

Relationships can change over time. A bisexual person may choose to have a relationship with a man, and then later on choose to have a relationship with a woman.



In the picture on the left a young woman is in a relationship with a man. In the picture on the right the same woman is older and in a relationship with a woman. She is bisexual.

Some bisexual people want to get married

Some bisexual people in a close relationship want to get married. In some countries people of the same sex can not get married. In Australia they can.

Getting married is a big decision. Both people should think about whether they want to get married. Both people must say 'yes'.

Some bisexual people want to have a family

Some bisexual people want to have children. That is OK. There are different ways that bisexual people can have children. Having children can be wonderful but it can also be hard work.

Some people choose not to have children. That is OK. People also have happy lives without having children.

Sexual Health

Having sex

For a bisexual person, there are many different ways to have sex:

- When people make each other feel good by touching each other. This is called sexy touch
- When a man puts his hard penis into the woman's vagina
- When a man puts his hard penis into the other person's anus. This is called anal sex
- When a person kisses and sucks another person's penis or vagina. This is called oral sex

It is OK to have sex in these ways if both people want to. A person should only have sex the way that they want to.

For more information go to the fact sheet called 'Having sex'.

Safe sex

When people have sex, it is important that they protect themselves from catching a sexually transmissible infection (STI).

HIV is a serious STI that can make a person very sick. HIV stands for Human Immunodeficiency Virus. It is very important for bisexual people to use condoms when having sex to prevent getting HIV and other STIs. It is important to use water based lubricant to help stop the condom from breaking when having anal sex. Using lubricant can also make anal sex more comfortable.

A person can get condoms and lubricant from a chemist, supermarket, Family Planning clinic or sexual health clinic.

For more information go to the fact sheet called 'Safe sex and sexually transmissible infections'.

Sexual health check-ups

It is important for bisexual people who have sex to go to their doctor, a Family Planning clinic or sexual health clinic for regular sexual health check-ups. A person who is worried about whether they have an STI should also get an STI test. It is important for a person to find a doctor that they are comfortable with.

For more information go to the fact sheet called 'Private body parts – keeping them healthy'.



In this picture a man is talking to his doctor. He is getting a sexual health check.

Discrimination

Some bisexual people have bad things happen to them

Some people have had bad things happen to them because they are bisexual. They might get called names, left out of things, or hit. This is called discrimination. Discrimination can really make a person feel bad about themselves. It is wrong to bully a person for being bisexual.

Some people think that it is wrong to be bisexual. This is not true.

What to do about discrimination

If discrimination happens to a bisexual person and they feel bad about it, they can:

- Tell someone they trust
- Call a counselling service
- Report it to the Police or the Anti-Violence Project

For more information go to the 'Lesbian, gay, bisexual and transgender support services in NSW' section of the fact sheet 'Where to go for help and advice'.



In this picture a woman is on the phone. She is speaking to a support service for bisexual people.

The rainbow community

Some bisexual people do not know other bisexual people to talk to. They might feel alone and that they are the only bisexual person. This is not true. There are lots of other bisexual people. This is called the 'bisexual community'. The community also includes lesbian, gay and transgender people. Some people call this community the 'rainbow community'.



In this picture people from the rainbow community are walking down the street with rainbow flags. They are also holding signs saying 'Pride', 'Love is love' and 'Equal rights now'.

The symbol of the rainbow community is the rainbow flag. This flag represents the rainbow community coming together and feeling good about who they are.

For more information go to the fact sheets called 'Lesbian', 'Gay' and 'Transgender'.