

### ***What is a bisexual?***

A bisexual is someone who is sexually and/or emotionally attracted to people of both genders.

Sexual identity is a personal thing – many people engage in sexual activity with people of both genders, but do not call themselves bisexual. People may call themselves straight, gay, lesbian, bisexual, transgender, or just plain sexual, and enjoy or desire sex with both women and men. People may identify as bisexual because of the feelings they have for both genders, but engage in sexual activity or have relationships with people of only one gender.

### ***So I can sleep with both genders and not be bisexual?***

Yes. Each person can decide which labels they want to apply to themselves. Bisexual support groups do not force people to “come out” as bisexual.

### ***Are bisexuals really just gay or straight but haven't made up their minds yet?***

Bisexuality is an option in its own right. A lack of information about Bisexuality is probably the cause of most confusion. It can be a painful process to identify as bisexual because there is generally little support for people trying to assert a bisexual identity. Hence some people may opt to use a more easily understood label.

### ***Are bisexuals "fifty-fifty"?***

Not necessarily. Some bisexuals are attracted equally to both genders, but many are attracted more to men than women, or vice-versa. For instance a person may be attracted to men for sex but feel more comfortable having social relationships with women.

### ***Do bisexuals cheat on their partners? Are they promiscuous?***

Bisexuals are no more or less promiscuous than any other group. Because most bisexual people have had to think deeply about their sexuality, they also may have had to seriously consider the sorts of relationships that work for them. Contrary to myth, a bisexual does not need to be involved with both a man and a woman at the same time. Some may cheat on or deceive their partner, as occurs in other groups, but many are faithful and honest to their partner.

### ***So I can be married and bisexual?***

Yes. Many bisexuals have long-term monogamous relationships, even though others may have a greater number and range of partners. One thing all the best arrangements or relationships have in common is a commitment to honesty. Additionally, your sexuality may have altered over time so just because you're attracted to the same sex now doesn't mean that you were hiding something when you committed to your relationship.

### ***How common is bisexuality?***

According to various surveys and studies, at least thirty per cent of sexually active people admit to some form of bisexual behaviour. The older the person, the more likely they are to experience a same-sex encounter, and to admit to such behaviour. Social attitudes inhibit many people from admitting bisexual or homosexual behaviour, and this can lead to under-reporting of the number of bisexually-active people in society.

### ***Don't bisexuals spread HIV/AIDS?***

Bisexual men are often scapegoated as the method of HIV getting from the gay community to the heterosexual population. Lesbians are also concerned that bisexual women may pose a threat to their community because bisexual women have sex with men. However, it is unsafe sexual behaviour, rather than sexual orientation, that puts people at risk of infection. Everyone - bisexuals, as well as straights, gays and lesbians - must continue to educate themselves about safer sex practices. Quite simply – no matter who you have sex with, make sure it is “safer sex”.

### ***Where do I get health advice?***

NSW is blessed with free Sexual Health Services. They are quite used to dealing with situations that require discretion and tact. Refer to the Local Government section of the White Pages for contact details.

## **Where can I get more information?**

You can phone or write to either the Sydney Bisexual Network or the Australian Bisexual Network – contact details are on the last page of this leaflet.

However, the internet is the best place to find both more information and a means of contacting others in a similar situation to yourself.

Some useful web sites:

Sydney Bisexual Network  
[sbn.bi.org](http://sbn.bi.org)

Australian Bisexual Network  
[www.rainbow.net.au/~ausbinet/](http://www.rainbow.net.au/~ausbinet/)

Sydney Bifem Social Group  
[sydneybifem.freesevers.com](http://sydneybifem.freesevers.com)

Reachout  
[www.reachout.asn.au](http://www.reachout.asn.au)

Chicks4Chicks  
[www.shine.net.au/c4c/](http://www.shine.net.au/c4c/)

Bisexual Resource Centre  
[www.biresource.org](http://www.biresource.org)

Bisexual.org  
[www.bisexual.org](http://www.bisexual.org)

Some IRC channels (for online chatting):

On the [aussie.sydney.oz.org](http://aussie.sydney.oz.org) server using port 6667 you'll find:

#Bisexual  
#bifemsex  
#bi-married-men  
#bicurious

## **Support Services & Bisexuality**

In general if you contact any support service that indicates it is for Gay & Lesbian issues they should also be able to help you with issues you have about your, your partner's, or another person's bisexuality. But be aware that some individuals in these organisations may

have a negative attitude towards bisexuality. If you encounter this let the management know and please contact SBN with details so that we can follow up to prevent it happening again.

### Sydney Bisexual Network

SBN is a social and support group, based in Sydney. It has regular social activities and members undertake various activities to raise the awareness of bisexuality. The best way to keep up with our activities is via the internet – we have both a web page and an email list.

Web: <http://sbn.bi.org>  
Email: [sbn-admin@yahoogroups.com](mailto:sbn-admin@yahoogroups.com)  
Info line: (02) 9565 4281  
Address: SBN, PO Box 281,  
Broadway, NSW 2007

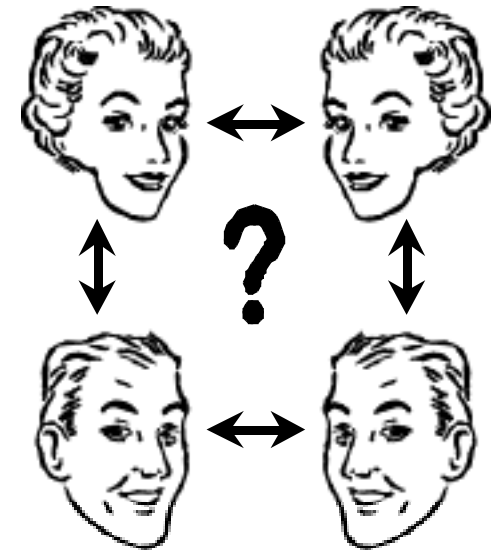
### Australian Bisexual Network

The Australian Bisexual Network is a national body for bisexual men, women and their partners. It has affiliates including the Sydney Bisexual Network and other Australian bisexual groups.

Web: [www.rainbow.net.au/~ausbinet/](http://www.rainbow.net.au/~ausbinet/)  
Email: [ausbinet@rainbow.net.au](mailto:ausbinet@rainbow.net.au)  
Phone: (07) 3857-2500  
Address: ABN, PO Box 490, Lutwyche,  
QLD 4030.

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# Am I Bisexual?



Some Information

presented by the

Sydney Bisexual Network