

What is bisexuality+?

Bisexuality+ might mean something different for each person who identifies that way. The easiest way to understand "bisexual+" is as a term that generally refers to a person who experiences romantic or physical attraction to people of the same gender and of other genders than themselves.

REMEMBER:

Everybody has the right to self-identify! No matter what definition you've learned, each person may define themselves differently.

The term "bisexuality+" is often used as an umbrella term to include anybody who is attracted to more than one gender. Bisexuality+ includes all people who aren't monosexual.

If you want to learn about bisexuality+, here are some words to understand:

MONOSEXUAL

a person who is attracted to only one gender; usually identifies as either gay, lesbian or straight

POLYSEXUAL

a person who is attracted to more than one gender

BISEXUAL

a person who is attracted to genders that are the same and different than their own





PANSEXUAL/OMNISEXUAL

a person who is attracted to all people, regardless of gender

BICURIOS

a person who is curious about engaging with genders that are the same or different than their own

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Things to know:

- Bisexual+ people are more at risk of suicide, depression and addiction than monosexuals.
- Who a bisexual+ person is in a relationship with does not affect their identity. If they are in a relationship with somebody of the same gender, it does not make them gay, and if they are in a relationship with somebody of a different gender, it does not make them straight.
- Bisexual+ people can be any gender. Bisexual+ people are diverse, and they can be transgender, cisgender, genderqueer, dyadic and intersex.
- Bisexual+ people make up the biggest portion of the queer and trans community, but are the least visible.

NOTE ON TERMINOLOGY:

When a word has an asterisk (*) or a plus sign (+) after it, it means that the word is being used as an umbrella term.

Am I bisexual+?

The important thing to remember is that you don't have to use certain words to describe yourself, just because that's the "box" you fit into. These are just some of the things that might apply to you if you're a part of the bi+ community:

- you're attracted to genders that are your own, and other genders;
- you're attracted to men, women, and genderqueer people;
- you're sexually attracted to all genders, but only romantically attracted to one gender; or
- you're romantically attracted to all genders, but only sexually attracted to one gender (some people call this being biromantic).

Discrimination & Oppression

Bisexual+ people tend to experience both biphobia and monosexism.

Biphobia is the fear, hatred, or intolerance of bisexual+ people.

Monosexism is the systemic oppression of people who are not monosexual.

Although people can experience both homophobia and biphobia at the same time or heterosexism and monosexism at the same time, they are not the same thing.

Biphobia is...

Biphobia is ways that individual people might act that perpetuates the idea that bisexuality+ is a bad thing.

An example of biphobia is when people say that they don't date bisexual+ people or when a lesbian woman is accused of being a "traitor" to the queer community because she has realized that she might be bisexual+.

Monosexism is...

Monosexism is ways that society has made monosexuality seem "normal", and everything else seem "bad" or "weird".

An example of monosexism is when there is a lack of bisexual+ representation in TV, movies or entertainment.

Another example is when people assume that a man who is dating another man is gay, rather than consider that he may be bisexual+.

RCYK 201:

"201" sections are meant to provide you with a bit extra. It's helpful if you have a little background on queer and trans issues.

Monosexism & Biphobia 201

Often, gay and lesbian people may be frustrated because they see bisexual+ discourse surrounding the discussion of monosexism it as being dismissive of heterosexism and homophobia.

Shiri Eisner, the author of "Bi: Notes for a Bisexual Revolution", explains that although gay and lesbian people may act in ways that are monosexist, they are not the oppressors of bisexual+ people, because it is heteronormativity that upholds monosexuality as the only appropriate way of having relationships.

If we want to get rid of monosexism and biphobia, we first have to be willing to talk about how it is a part of heteronormativity.

Support & Help

If you're a bisexual+ person and you need some support, don't hesitate to give us a shout.

We support all bisexual+ people, no matter the age, gender, race, or where they live in the NWT.

You can reach us by:

- calling us at 867-444-RCYK (7295)
- emailing us at info@rainbowcoalitionyk.org
- finding us online by searching "Rainbow Coalition of Yellowknife"
- visiting us in person at 5112 52nd Street in Yellowknife.