

If you're asking yourself "Am I Bisexual?" then here's a handy checklist:

1. Thinking about the people you've been sexually attracted to, so far in your life, were they all of the same gender?
2. Looking ahead, do you expect that will always continue?

If you answered "No", to either or both, you are bisexual. It doesn't matter how attracted you are to either - you're bisexual as soon as you stop being exclusively attracted to one sex.

### **It's More About Hearts Than Parts**

You don't have to have had sex with more than one gender to be bisexual - after all, no-one would say you had to have sex to be gay or straight. It's about attraction. You can be bi and

monogamous, bi and celibate, bi and married with children.

Don't worry about not being a 'proper' or 'true' bisexual - there's no such thing. It's okay to have a preference or to only be attracted to one gender at a time for parts of your life.

The dictionary definition does not say "currently", or "equally", or "simultaneously" or "solely".

A bisexual is someone who is sexually attracted to more than one gender. You might care about the gender of your partner a lot, a little, or not at all - but their gender doesn't prevent you from being attracted to them.

### **One Size Fits None**

How you chose to self-identify is up to you - you can call yourself bi-curious, or questioning, or omnisexual if you feel more comfortable with those terms.

Some people identify as straight and have same-sex intercourse, some identify as gay and have opposite-sex. How you label *yourself* is a matter of personal choice, but no matter what you add into the definition of gay, straight, or how you define bi-curious or pansexual, the definition of *bisexual* as a sexuality remains very simple.

### **Bisexuality Is Overlap**

The definitions of heterosexual and homosexual don't reference how many genders there are, just that some people are attracted to *similarity* and others to *difference*. Bisexuality is not an attempt to box gender into two options, it's just the realisation that you're into more than one option.

## ***Bisexual - Sexually Attracted To More Than One Gender***

*Maybe you've never  
had sex with a woman  
yet, but know that  
you're attracted to  
more than just guys?*

**Or you've heard  
bisexuals are all  
"50:50", or are really  
gay but in denial?**

*But what do we mean  
by "bisexual" and if it's  
very complicated then  
how can anyone be  
certain?*

**And does saying  
you're "bi" mean you  
think there's only two  
genders?**

For more information  
about what bisexuality is  
and what it isn't, and for  
details of bisexual events  
around the UK:

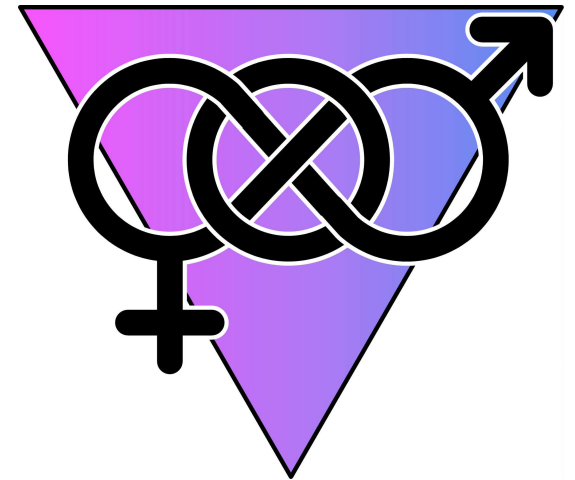
Bi Community News  
*The UK's Bisexual Magazine*  
[www.bicommunitynews.co.uk](http://www.bicommunitynews.co.uk)

BiCon  
*The National Bi Convention*  
[www.bicon.org.uk](http://www.bicon.org.uk)

BiFest  
*Regional Bisexual Festivals*  
[www.bifest.org](http://www.bifest.org)

The Bisexual Index  
*Bisexual Visibility and Activism*  
[www.bisexualindex.org.uk](http://www.bisexualindex.org.uk)

# **Am I Bisexual?**



*Some Answers From  
'The Bisexual Index'*