

Some tips on better including bisexual people

1. The language we use has the power to include or exclude. So please choose your words carefully. ‘Gay’ is not short for ‘LGBT’ and ‘homophobia’ should not be used as a short version for ‘homophobia, biphobia and transphobia’. ‘HBTphobia’ is a better abbreviation. Please use the term ‘same sex marriage’ rather than ‘gay marriage’.
2. Avoid making assumptions about bisexuality or promoting hurtful stereotypes. Don’t assume someone’s sexual orientation based on the gender of their current partner.
3. Challenge discrimination and exclusion when you witness them. Speak out when you notice bisexual people being picked on or excluded from consideration. We all need to stand up for each other to reduce discrimination and the damage it causes.
4. Work in partnership with bisexual activists, support bisexual work and include bisexual speakers at events.

Find out more about bisexual inclusion:
www.equality-network.org/bisexual

Bisexual



Equality Network is Scotland's national lesbian, gay, bisexual, transgender and intersex (LGBTI) equality and human rights charity.

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Creating change together
LGBTI equality in Scotland

What do we mean by bisexual?

Some people do not feel attraction to only one gender. Typically, we refer to this group of people as being bisexual. Bisexual is sometimes shortened to bi.

The term bisexual refers to a person who is emotionally, romantically and/or sexually attracted to people of more than one gender or regardless of gender.

Some individuals who are included in this definition may describe their sexual orientation in other ways, such as using terms like pansexual, non-monosexual or queer. If you are not familiar with a term someone is using, just ask what it means to them.

Someone who is bisexual does not need to be equally attracted to all genders.

Biphobia

Bisexual people can face particular types of prejudice and discrimination, known as biphobia. Biphobia can occur anywhere, including in LGBT spaces and as a result, it can be difficult for people to feel safe to come out as bisexual:

- 66% of bi people feel they have to pass as straight when accessing services
- 42% of bi people feel they have to pass as gay or lesbian when accessing services

Often this prejudice is due to people holding inaccurate harmful stereotypes about bisexuality. Being bisexual is not about ‘being confused’, ‘sitting on the fence’ or ‘being greedy’. Being bisexual does not predict how many people a person finds attractive or

what kinds of relationships they will have.

Bi visibility

Bisexual people have always been an important part of LGBTI equality movements. Bi Visibility Day, which takes place on 23 September each year, is helping increase recognition of this.

Bi Scotland

www.wordpress.biscotland.org

Bi and Beyond Edinburgh

www.bi-and-beyond.tumblr.com

Bi-Con UK

www.bicon.org.uk

Bi Community News

www.bicommunitynews.co.uk