

The Rainbow Resource Centre is a non-profit, community-based charitable organization that serves as the central agency offering support, information, counselling, referrals, library, and public awareness on issues related to sexual orientation, gender diversity, and anti-homophobia education.

The Rainbow Resource Centre envisions and works toward an equal and diverse society, free of homophobia and discrimination, by encouraging visibility and fostering health and self-acceptance through education, support, resources, and outreach.

Peer Support/Info Line:

(204) 284.5208 or 1.888.399.0005
(Toll free in Manitoba and Northwestern Ontario)
Monday to Friday: 7:30 p.m. to 10:00 p.m.
(subject to volunteer availability)

Counselling: (204) 452-7508 (intake)
counselling@rainbowresourcecentre.org

Administration: (204) 474.0212
info@rainbowresourcecentre.org
fax: (204) 478.1160

Address: 170 Scott Street
Winnipeg, Manitoba, R3L 0L3

The Rainbow Resource Centre is open:
Wednesday-Friday: 1:00 p.m. to 4:30 p.m.
Monday-Friday: 7:30 p.m. to 10:00 p.m.
(subject to staff and volunteer availability)

Please visit our website:

www.rainbowresourcecentre.org

Bisexual?

*For individuals who want to learn
more about it.*

BISEXUAL

**An individual who is emotionally,
physically, and/or sexually
attracted to both males/men and
females/women**

- Adapted from the Trans-Academics "LGBRRSQI Terminology."
<http://www.trans-academics.org/lgbttsqiterminology.pdf>, (2006).

PANSEXUAL: A sexual orientation characterized by a potential emotional attraction, romantic love and/or sexual desire for anybody, including people who do not fit into the gender binary of male/female implied by bisexual attraction.

Pansexuality is sometimes described as the capacity to love a person romantically irrespective of gender. Some pansexuals also assert that gender and sex are meaningless to them. Pansexuality may also be known as 'fluidity' and 'omnisexuality.'

- Adapted from Wikipedia, the free encyclopedia. "Pansexuality."
<http://en.wikipedia.org/wiki/Pansexuality> (2006).

There is no right or wrong way of being a bisexual person, as there is no right or wrong way to eat an apple. Stereotypes often portray or dictate what society thinks bisexual individuals should look like and how they should act. For instance, some people believe that bisexuals are promiscuous "fence sitters" who are "just experimenting" or using bisexuality as a "stepping stone" before they come out as gay or lesbian. This may be true for some individuals, but not all bisexual folks. There is no "bisexual code" to abide by.

How do you know? Subtle or strong indications, like sexual feelings or attractions, may appear out of no where, causing a person to question their sexual orientation. For some others, they may not have to question this attraction because they 'just know.'

Questioning your sexual orientation is completely normal and natural, along with the uncertainty and fear that comes with it. Questioning individuals usually feel different from others - they may feel alienated or excluded.

There is no test that will indicate if a person is bisexual or not. An individual must figure it out for themselves.

There doesn't need to be a rush to categorize, identify, or label one self. Each individual discovers their own sexual orientation at their own pace. They may choose to embrace or deny their attractions.

Where are they?

Bisexual individuals are everywhere – in every community, job industry, culture, age group, religion, and socioeconomic position. They participate in life the way they choose; being bisexual is only a small part of their identity. Conforming to stereotypes may bog you down, so be yourself. **A person's sexual orientation is invisible, only you and those you choose to tell, know you are bisexual.**

Unfortunately, homophobia often makes it difficult to acknowledge this part of ourselves. However difficult it may be, it is important to note that denying ones sexual orientation may lead to increased mental and physical health risks including self-loathing, depression, decreased self-esteem, isolation, self-destructive behavior such as substance abuse, and unsafe or risky sexual behavior. In extreme cases, denial and shame may result in attempted or completed suicide.

Whatever the risks, disclosure of ones sexual orientation is up to the individual and should only be done when they are comfortable and feel safe to do so.

MYTHS BUSTED:

Myth: Bisexuals are equally attracted to both men and women.

A bisexual individual may not necessarily be attracted to male-identified and female-identified folks equally. For some, the attraction varies and differs from person to person. This attraction may ebb and flow over time. Also, it is possible for a bisexual person to be attracted to all genders but only one sex, or to all sexes but only one gender.

Myth: Bisexuals are promiscuous.

Bisexuality does not imply promiscuity.

Like people of any other sexual orientation, bisexual individuals may engage in a variety of sexual behaviours and/or activities. This may (or may not) include monogamy, polyamory, casual sexual activity with individual partners, casual group sex, and/or celibacy. For those with more than one sexual partner, these partners may or may not all be of the same sex. Not all folks who engage in sexual activity with male-identified or female-identified individuals identify as being bisexual; they may identify as “straight,” “sexual,” or feel a label is unnecessary.

Myth: Bisexuals in long term “straight” relationships, are not really bisexual.

A person's current relationship, does not dictate ones sexual orientation. Bisexual folks, in male/man and female/woman relationships, may feel invisible as a queer individual because they are seen as a heterosexual couple. Queerness is not defined by having a same-sex partner; it is an internal identity. You know how you identify and that should be all that matters; you do not have to prove it.

Myth: Bisexual individuals are accepted in both the straight and gay communities.

Bisexual individuals face stereotypes and exclusion from both the queer and heterosexual communities. Some people think that there are only two sexual orientations - heterosexual and homosexual. Therefore, these people believe that folks who identify as bisexual will one day be queer or straight *or* that bisexuality is a cover for gay/lesbian people who are too scared to identify as such.

Some bisexual folks may feel the pressure to conform to heterosexuality or homosexuality because of these false ideas. There is no need to conform. A person's sexual orientation is what it is and it is theirs to identify.

COMMUNITY RESOURCES:

Local Links:

L*ACE: lesbian social group that participates in Winnipeg's arts, culture, and entertainment scene.
<http://acelace.spaces.live.com>

gAy&E: gay social group that participates in Winnipeg's arts, culture, and entertainment scene. For more info. email: trazom@mts.net

f3: Female Freak Forum: Winnipeg social group for queer, lesbian, bi, ftm, mtf and trans persons. email: femalefreakforum@gmail.com

Klinik Community Health Centre
24 Hour Crisis Line: 786.8686, or 1.888.322.3019 (Toll free), or TTY 784.4097
www.klinik.mb.ca

Nine Circles Community Health Centre:
(204) 940.6000 or 1.888.305.8627 (Toll free in Manitoba)
STI Info: 945.2437 (in Winnipeg) or Toll free 1.800.782.2437
www.ninecircles.ca

SERC (Sexuality Education Resource Centre):
(204) 982.7800 (Winnipeg)
(204) 727.0417 (Brandon)
www.serc.mb.ca

The Facts of Life Line: 947.9222 (Winnipeg) or Toll free 1.800.432.1957
www.serc.mb.ca

Outwords Inc. (local LGBTT* magazine):
www.outwords.ca

RAY (Resource Assistance for Youth):
24 hour help line: 1.800.668.4663
www.rayinc.ca

National and International Links:

Bi <dot> Org:
www.bi.org

Bisexual Resource Center:
www.biresource.org

Canadian Rainbow Health Coalition:
www.rainbowhealth.ca

Egale Canada:
www.egale.ca

Men Having Sex with Men:
www.gaymenplaysafe.com

PFLAG Canada:
www.pflagcanada.ca

Women Lovin' Women:
www.atoronto.org/website/home.nsf/pages/Womenlovinwomenpdf

GLSEN:
(Gay, Lesbian and Straight Education Network)
www.glsen.org