

Love  
is  
Love

BiSEXUALity  
is A  
REALity

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## Do They Really Understand What Bisexuality Is?

Do they understand?

My feelings are true.

Do they understand?

I am not trying to hide my identity.

Do they understand?

My fear of being misunderstood.

Do they understand?

I am not gay nor lesbian.

Do they understand?

My struggles of living

Do they understand?

I am not to be judged.

Do they understand?

I am only human.

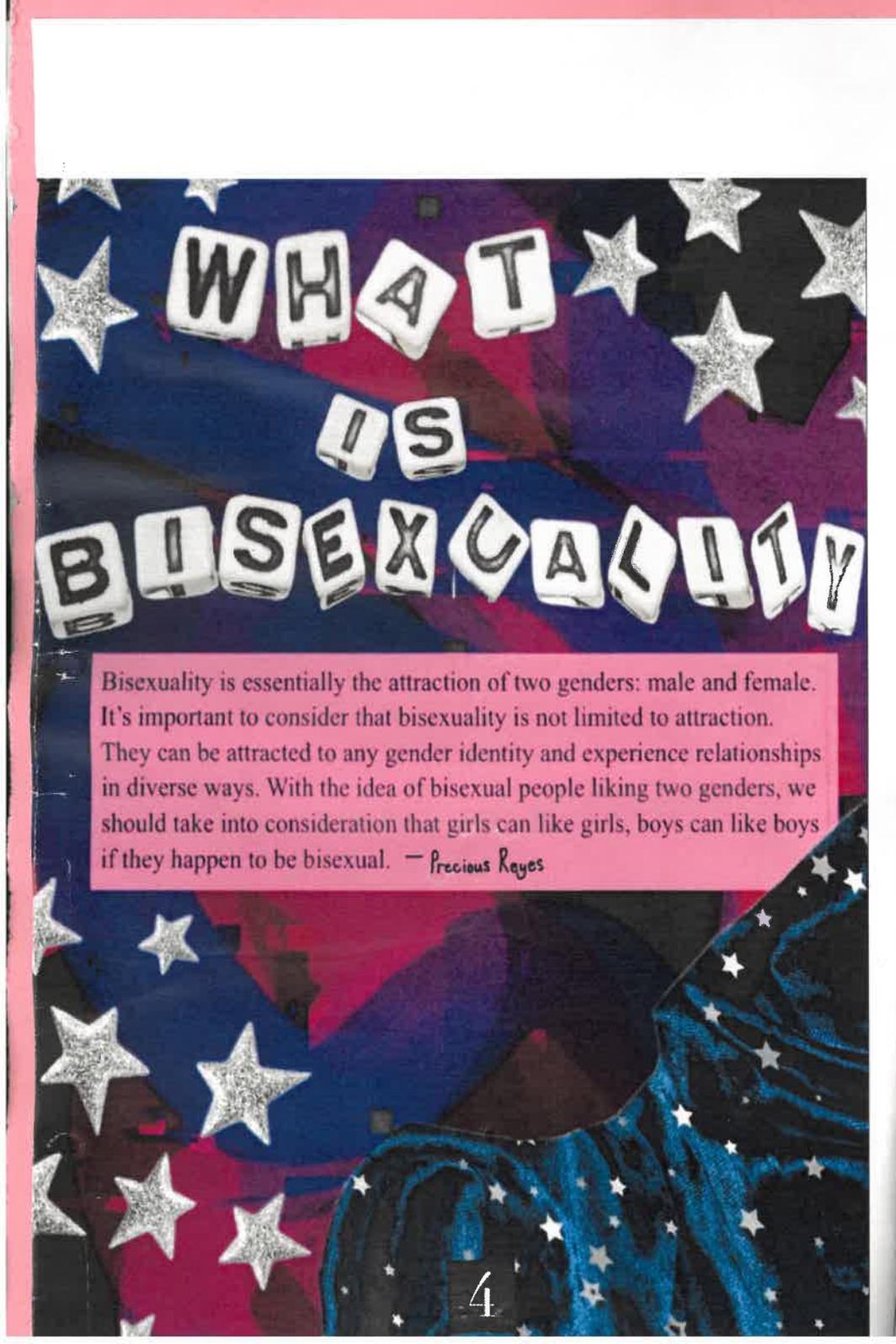
Do they understand?

My love for men and women

Do they really understand?

Who I am.





# WHAT IS BISEXUALITY

Bisexuality is essentially the attraction of two genders: male and female. It's important to consider that bisexuality is not limited to attraction. They can be attracted to any gender identity and experience relationships in diverse ways. With the idea of bisexual people liking two genders, we should take into consideration that girls can like girls, boys can like boys if they happen to be bisexual. — *Precious Reyes*



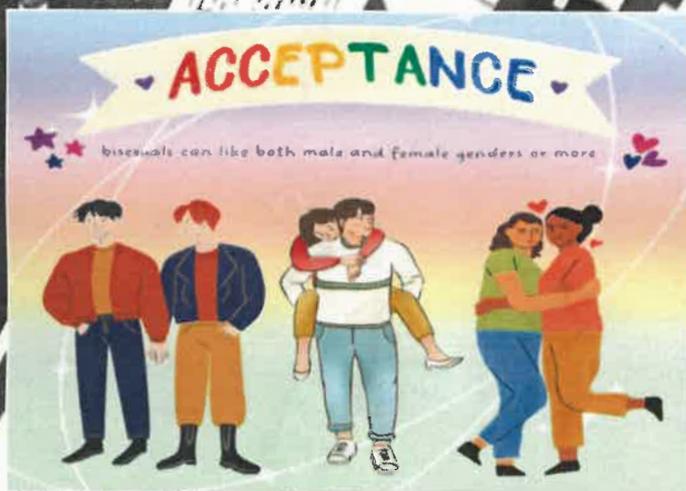
## CHALLENGES THAT THE BISEXUAL COMMUNITY MAY FACE



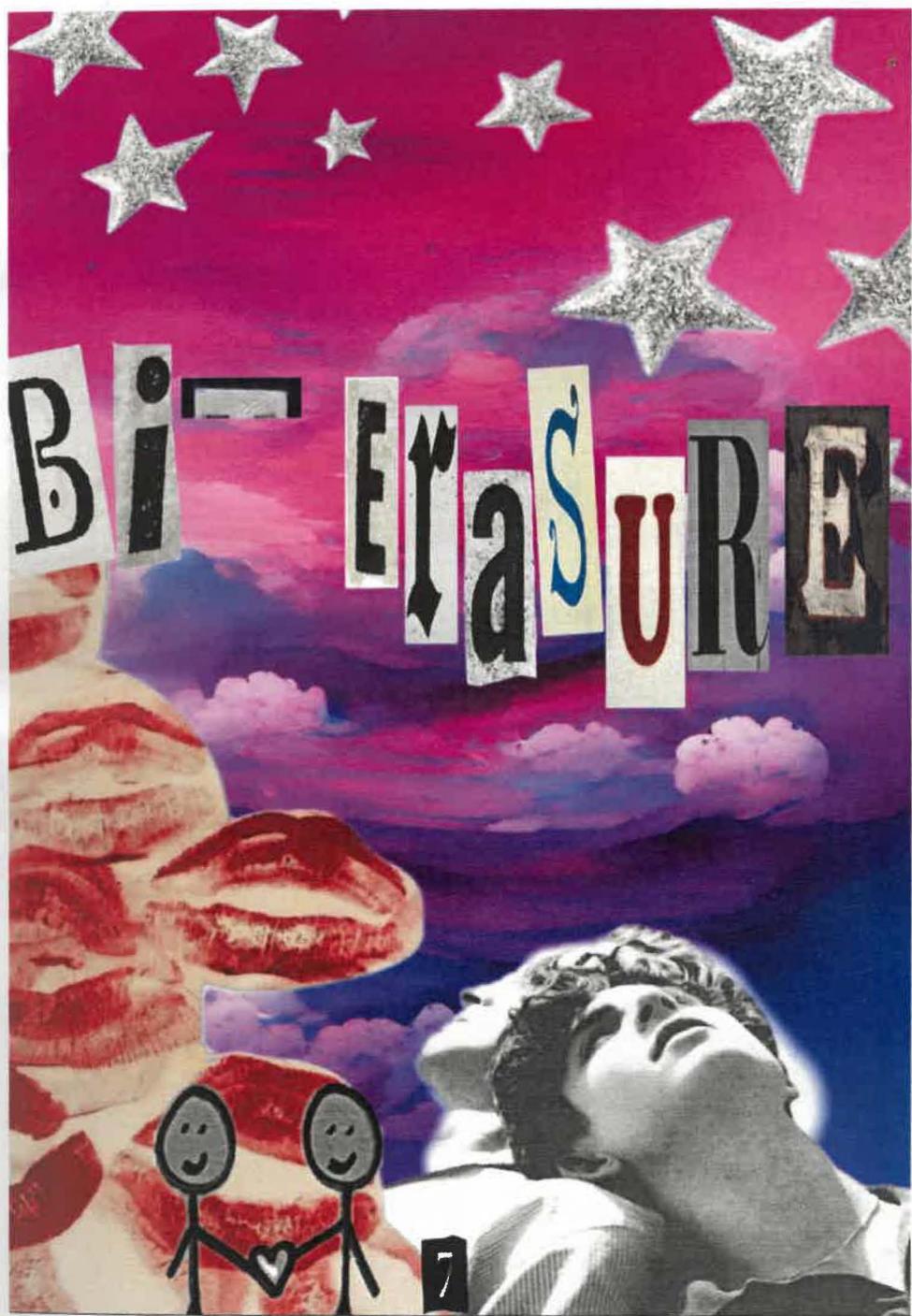
The stigmatism around bisexuality has been looked upon negatively. It is said that early experiences of rejection can cause future expectations of rejection from others. Anxious rejection based off an individual's identity can cause rejection sensitivity (Feinstein et al., 2012; Pachankis, Goldfried, & Ramrattan, 2008). Rejection sensitivity can be rooted from family members or even by society. In this case, opening about being bisexual can be difficult. For instance, if a mother discovers that their son or daughter was bisexual, they will rather have their son daughter to conform into the gender norms (females having a child with a male, or a male married to a woman, etc). Although the study of rejection sensitivity is still in question and not fully studied, it is important to acknowledge that bisexual people can be attracted to any gender of preference..— Precious Reyes

In some studies, it is shown that lesbians or gay people are more likely to experience acceptance than bisexual individuals (Feinstein, Wadsworth, Davila, & Goldfried, 2014). People of colour who are homosexuals, tend to keep their sexuality to themselves rather than people their white counterparts (e.g., Gatta Morta & Quidley-Rodriguez, [Citation2018](#); Grov et al., [Citation2006](#)). Acceptance within religion is also common. For example, Christianity. Many Christians have their traditional views. Those traditional views can be damaging for individuals. These views can vary between religions, however, they all have the same negative perspective on the LGBTQ+ community. — Precious Reyes





I believe that the irony of all this is that people are meant to be loved, welcomed and accepted in households. Due to the amount of traditional and the interpretations of homosexuality in religion or in cultures, many homosexuals, especially bisexuals still challenge these perspectives. — Precious Reyes



# **BISEXUAL TRAILBLAZERS**

*female celebrities defying bi-erasure*

Edited by: Niha Mogla



**SARA RAMIREZ**, born on August 31, 1975, is a multifaceted talent known for their work as an actor, singer, and activist. Their portrayal of Dr. Callie Torres, a bisexual character on the popular TV series "Grey's Anatomy," was groundbreaking and helped bring greater visibility to bisexuality in mainstream media. Ramirez has not only embraced their own bisexuality but has also become a vocal advocate for LGBTQ+ rights, particularly focusing on addressing biphobia and erasure.

Ramirez's journey to embracing their bisexuality and becoming an advocate for the LGBTQ+ community has been deeply personal and impactful. In 2016, they came out as bisexual during a speech at the True Colors Fund's 40 to None Summit, where they shared experiences of having their identity erased by assumptions of being either gay or straight. This bold declaration marked a significant moment in their advocacy work, as they began to use their platform to raise awareness about bisexuality and the unique challenges faced by bisexual individuals.

Ramirez has been a strong voice for bisexual visibility and acceptance, challenging stereotypes and promoting understanding. They have emphasized the importance of recognizing bisexuality as a valid sexual orientation, advocating for inclusivity and respect for all identities. Ramirez's advocacy work has extended beyond their acting career, as they continue to use their platform to advocate for LGBTQ+ rights and raise awareness about bisexuality.



*"As someone who identifies as bisexual, I've been in a position where people have assumed I'm gay or straight, or have erased my identity altogether. It's important to me to speak up and make sure bisexuality is recognized and respected."*

In addition to their advocacy work, Ramirez has been actively involved in various initiatives and campaigns aimed at promoting LGBTQ+ rights. They have used their visibility to amplify the voices of marginalized communities and advocate for greater representation and inclusivity in media and entertainment. Ramirez's commitment to promoting acceptance and understanding has made them a powerful advocate for the bisexual community.

Ramirez has spoken openly about their experiences with erasure and the impact it has had on them. In an interview with People magazine, they stated, "I think bisexuality is often erased when it comes to LGBT representation. People just don't know we exist." This sentiment reflects the challenges faced by bisexual individuals in a society that often fails to recognize the validity of their sexual orientation.

Through their advocacy work, Ramirez has helped to raise awareness about the unique challenges faced by bisexual individuals, including the erasure of their identity within both the LGBTQ+ community and society at large. Their courage in speaking out about their own experiences and their commitment to promoting acceptance and understanding have made them a powerful advocate for the bisexual community.

Overall, Sara Ramirez's advocacy and activism have been instrumental in raising awareness and challenging stigma surrounding bisexuality. Their courage in speaking out about their own experiences and their commitment to promoting acceptance and understanding have made them a trailblazer in the fight for LGBTQ+ rights. Through their work, Ramirez has helped to create a more inclusive and accepting society for all sexual orientations.

**MARGARET CHO**, born on December 5, 1968, is a fearless comedian, actress, and LGBTQ+ advocate known for her bold humor and unwavering commitment to addressing issues of bi-erasure and delegitimization faced by bisexual individuals. Cho has been open about her own bisexuality, using her platform to raise awareness and challenge stereotypes.

Cho's journey towards embracing her bisexuality and becoming an outspoken advocate for bisexual rights has been a significant part of her personal and professional life. Growing up in a traditional Korean-American family, Cho navigated the complexities of her identity, including her sexual orientation. Cho's experiences with bi-erasure and delegitimization began early in her career when she faced backlash and criticism for her candid discussions about bisexuality. Despite these challenges, Cho remained steadfast in her commitment to authenticity and openness.

Throughout her career, Cho has used her comedy as a powerful tool to address serious issues, including those faced by the bisexual community. Through her stand-up routines, television appearances, and writing, Cho has challenged stereotypes and promoted inclusivity. Her willingness to address difficult topics with humor and candor has made her a role model for many within the LGBTQ+ community.

One of Cho's most notable contributions to the fight against bi-erasure and delegitimization is her outspoken advocacy for greater awareness and acceptance of bisexuality. Cho has emphasized the importance of recognizing and respecting bisexuality as a valid sexual orientation, urging bisexual individuals to stand up and be counted. In a society that often overlooks or dismisses bisexuality, Cho's advocacy has been instrumental in raising awareness and challenging stigma.

*"I am here to represent the 'B' in LGBTQ. It is important for bisexual people to stand up and be counted."*

Cho's openness about her own bisexuality has been a source of inspiration for many. By sharing her personal experiences and struggles, Cho has helped to humanize bisexuality and break down stereotypes. Her courage in speaking out about her own experiences has empowered others to do the same, fostering a greater sense of community and acceptance within the bisexual community.

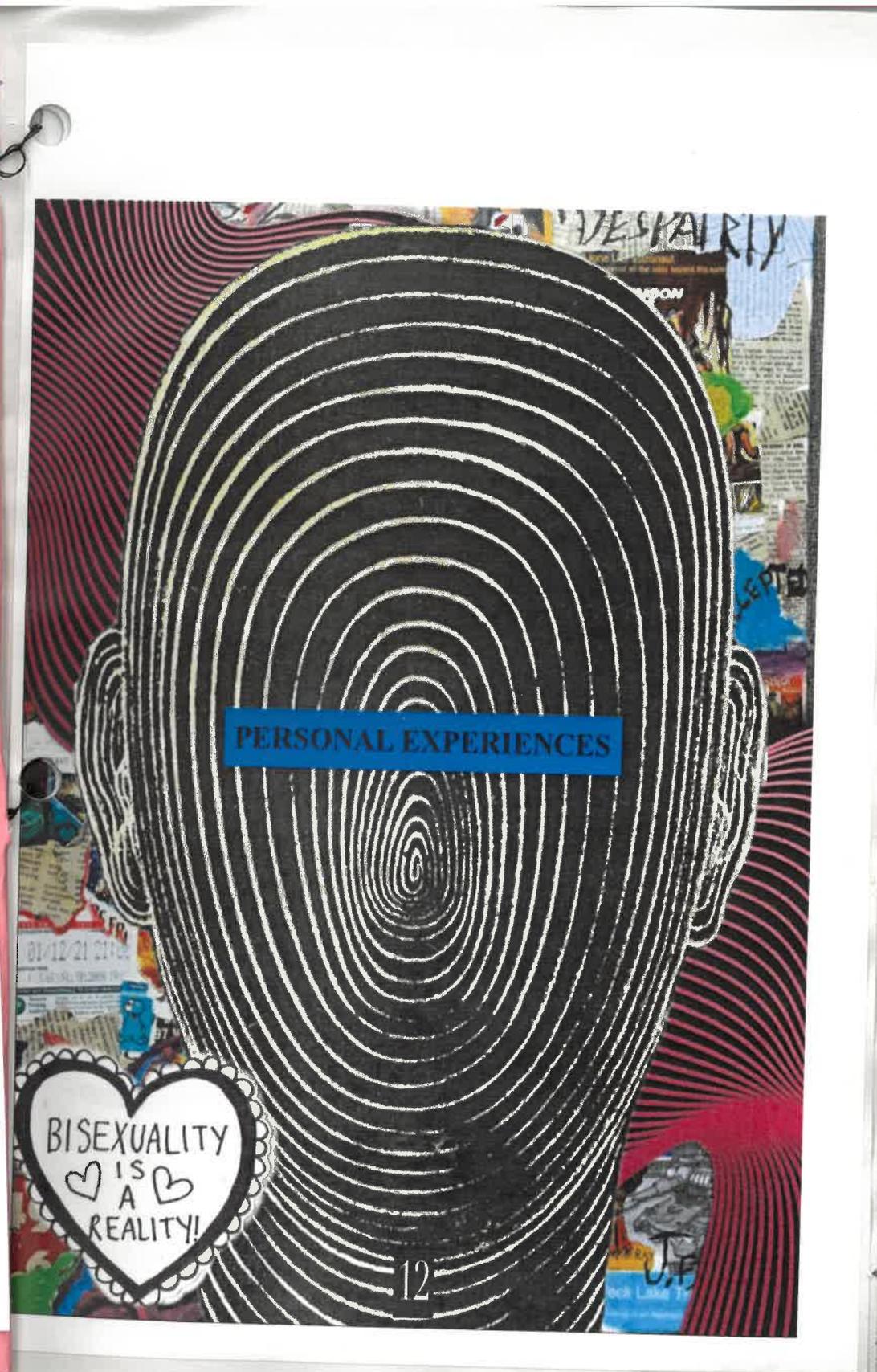
In addition to her advocacy work, Cho has been actively involved in various initiatives and campaigns aimed at promoting LGBTQ+ rights. She has used her platform to amplify the voices of marginalized communities and advocate for greater representation and inclusivity in media and entertainment.

Cho's advocacy work includes her participation in the "I'm Bisexual, Deal with It!" campaign, which aimed to challenge stereotypes and raise awareness about bisexuality. She has also been vocal about the need for accurate and positive representation of bisexual individuals in media, calling out instances of bi-erasure and discrimination.

Margaret Cho's advocacy and activism have been instrumental in raising awareness and challenging stigma surrounding bisexuality. Her fearless commitment to addressing bi-erasure and delegitimization has made her a trailblazer in the fight for LGBTQ+ rights, inspiring countless individuals to embrace their identities and speak out against discrimination.



— Niha Mehta



PERSONAL EXPERIENCES

BISEXUALITY  
IS  
A  
REALITY!

A decorative border at the top of the page features the name 'AIDEN' in large, white, 3D block letters with black outlines. The letters are set against a background of various stars in gold, silver, and black. The stars are scattered across the top and sides of the page, creating a festive, celebratory feel.

# AIDEN

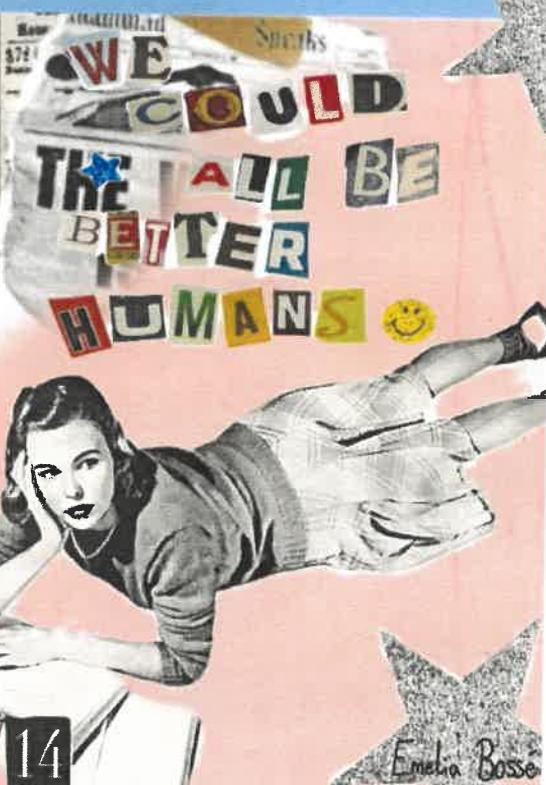
I identify as non-binary and bisexual. I came out when I was 13/14, while dating a guy, and have struggled with my expressing my sexuality ever since. I was raised religiously and have found it difficult to accept who I am since I don't want to disappoint my family.

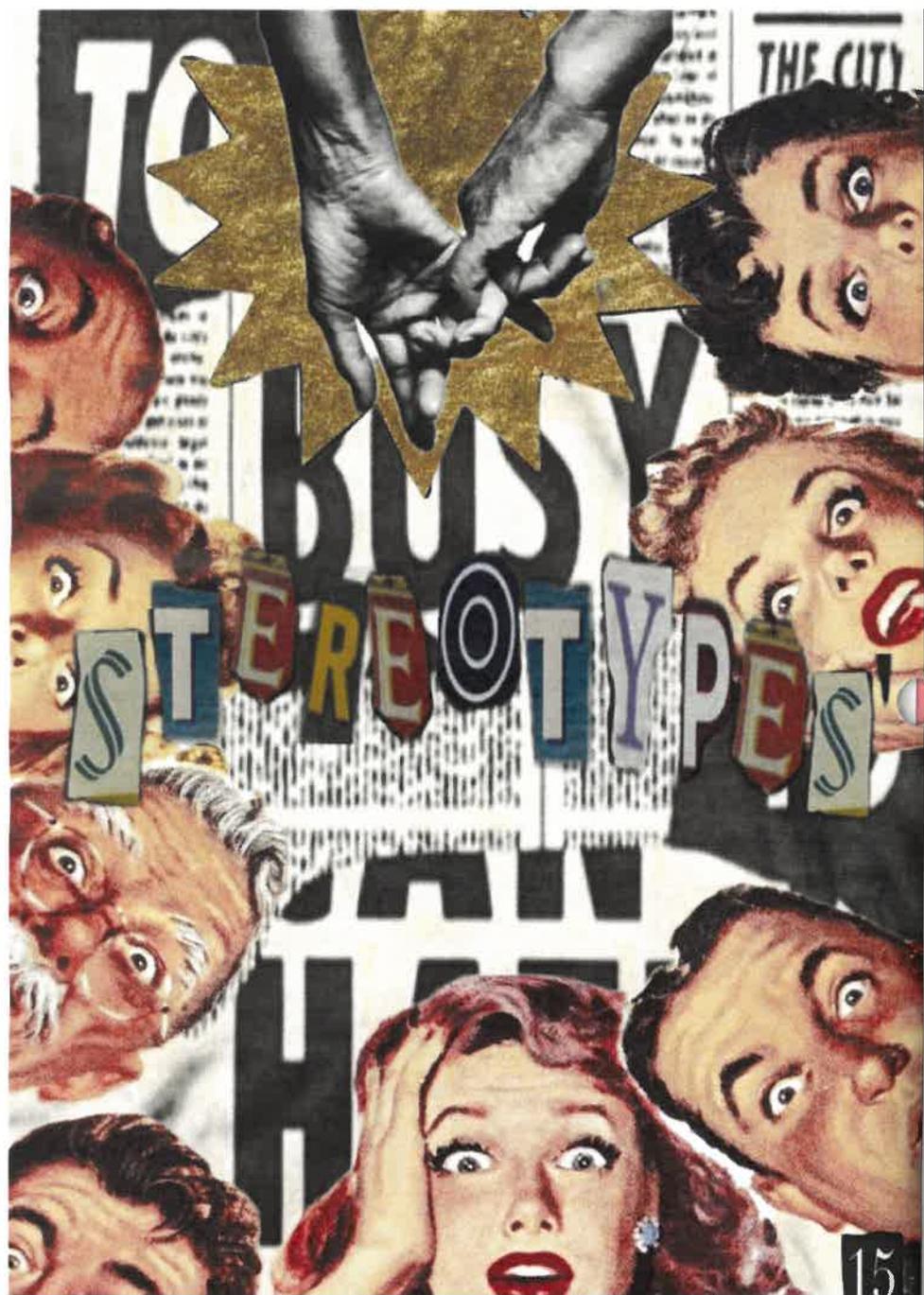
Sometimes I feel like I'm invalidating my own bisexuality by only dating men. The only serious partners I've had in my life have been men, I was assigned female at birth but identify as non-binary. I know it's not true that I'm invalidating my sexuality because I know that I like both men and women but sometimes it feels like I am since I've only seriously dated men before. The only girl I've dated was when I was 15 and we were only together for 2 weeks so it doesn't really feel like it counts. I came out as bisexual when I was 13 or 14. I had a boyfriend at the time and realized I liked girls as well as boys. It was hard to come to terms with because I was raised religiously and wasn't exposed to that kind of stuff as a kid and was told it was wrong. I had to do my own research to figure out what I was feeling and eventually figured out I was bisexual. It was hard to label it. When I came out it was very scary because I didn't know how people would react. Most people were supportive, and some weren't. I've been told to pick a side, to like one gender over the other. If I'm dating a man, people assume we're both straight, but if I date a woman people assume we're in a lesbian relationship. If you have a preference for one gender over the other doesn't make you any less bisexual. Your sexuality is still valid no matter who you have dated in the past, currently dating, or will date in the future. My current relationship is with a guy and our relationship appears to be very heterosexual to people who don't know us. My boyfriend identifies as a guy, uses he/him pronouns and he presents very masculine. I identify as non-binary, use they/them pronouns but still present more feminine and what is socially more aligned with the gender I was assigned at birth. Sometimes it can be hard because people assume our relationship is heterosexual when it's not.

— Aiden Polzer

# EMELIA

I find myself constantly trying to justify my bisexuality. It took me a long time to come to terms with my sexuality since I grew up around a lack of bi role models, a lot of homophobias, bi-phobia and the misrepresentation of bisexuality in film. When I came out, I was told numerous times that "it's just a phase, and it will pass." I have been asked when in a relationship with a man if my phase of liking girls has passed. My old friends used to try and sell the idea that, "I just haven't found the right guy, and that's why I think I like women." When I was getting to know a woman, one of my queer friends told me to "just become a lesbian already." Constantly receiving these comments while still figuring out my sexuality is challenging. I second-guess myself. Sometimes, I feel the need to decide whether I like women or men to make it easier for others. I have noticed that sexual fluidity is hard for most to acknowledge and accept due to the lack of education and misrepresentation. Most importantly, sexual fluidity is not taken as seriously because the majority is uninterested in learning about it.





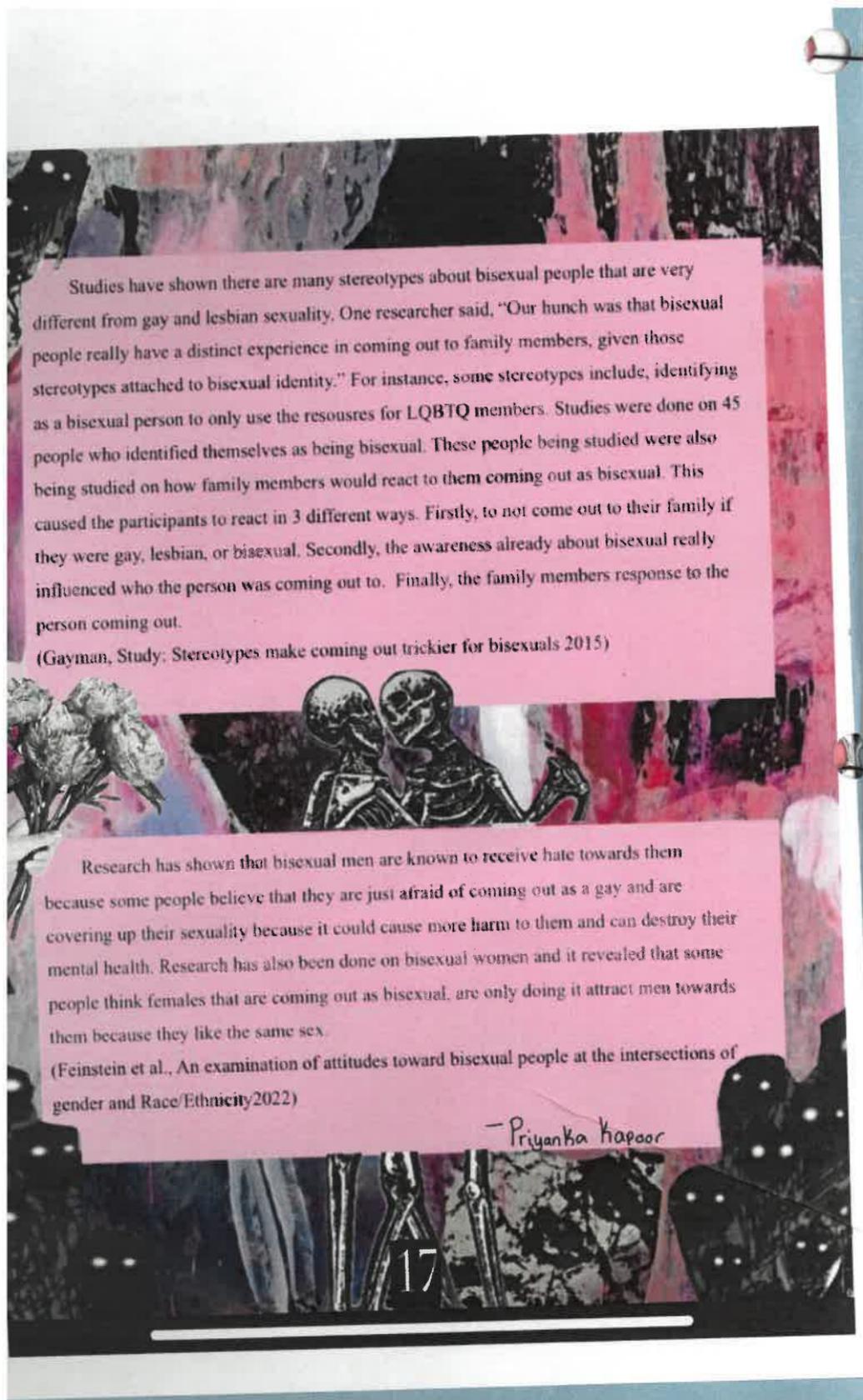


Research has shown that people are known to act in a more harsh and mean way towards bisexual people than they do towards those who identify as gay or lesbian. Studies have been done that reveal several various stereotypes that are about bisexuality and bisexual people. For instance, bisexuality is considered not to be a valid and stable sexual orientation. Bisexual people are stereotyped as not being sure about their sexual orientation, sexual promiscuous, and they are not loyal in relationships. (Feinstein et al., An examination of attitudes toward bisexual people at the intersections of gender and Race/Ethnicity 2022)

Bisexual people face many challenges as they are figuring out how to come out with their identity while battling the worlds negative comments. Sometimes they struggle to feel accepted by society because society doesn't accept the fact that individuals can like a male and female and not only gender. Often, bisexual people are always advocating for themselves to be accepted by other people for who they are. They also face discrimination, when people believe it is just a phase or a mid-life crisis that they are experiencing.

Bisexual people have experienced a more hate towards them than those human-beings that identify themselves as gay or lesbian. There are many bisexual people in the world that feel low confidence and low self-esteem. This is because they struggle to find other people who they can feel safe around to be themselves. The lack of human interaction leads many to fall into depression that can affect their well-being. (McGorray & Petsko, Perceptions of bisexual individuals depend on target gender 2023)

-Priyanka Kapoor



Studies have shown there are many stereotypes about bisexual people that are very different from gay and lesbian sexuality. One researcher said, "Our hunch was that bisexual people really have a distinct experience in coming out to family members, given those stereotypes attached to bisexual identity." For instance, some stereotypes include, identifying as a bisexual person to only use the resources for LGBTQ members. Studies were done on 45 people who identified themselves as being bisexual. These people being studied were also being studied on how family members would react to them coming out as bisexual. This caused the participants to react in 3 different ways. Firstly, to not come out to their family if they were gay, lesbian, or bisexual. Secondly, the awareness already about bisexual really influenced who the person was coming out to. Finally, the family members response to the person coming out.

(Gayman, Study; Stereotypes make coming out trickier for bisexuals 2015)

Research has shown that bisexual men are known to receive hate towards them because some people believe that they are just afraid of coming out as a gay and are covering up their sexuality because it could cause more harm to them and can destroy their mental health. Research has also been done on bisexual women and it revealed that some people think females that are coming out as bisexual, are only doing it attract men towards them because they like the same sex.

(Feinstein et al., An examination of attitudes toward bisexual people at the intersections of gender and Race/Ethnicity 2022)

-Priyanka Kapoor



When I was coming out and figuring out my sexuality, I felt lots of anxiety and depression because I was so unsure and felt like there was something wrong with me. I was really scared to come out because I was afraid of rejection, not being understood, or being told I'm gross or there's something wrong with me. Growing up, I was always told that I will meet a nice boy, get married, and have babies, very heteronormative. That's still possible of course, but I may not want a boyfriend or a husband, I may meet a nice girl instead. Having all this heteronormativity forced on me growing up, I felt so ashamed of how I was feeling. Since coming out, I still feel ashamed and that I'm disappointing my friends and family by not meeting society's and my religion's expectations. And since I want to please everyone and meet expectations, I struggle expressing myself and being my true self. I want to express my sexuality through my appearance and appear queer to others, but I find it difficult because I'm afraid of what others will think of me. Since I'm dating someone of the opposite sex, I find it difficult to express myself because my relationship appears heterosexual, and I feel like my sexuality is being erased. Since my relationship appears to be heterosexual, I find it harder to connect with the LGBTQ+ community and I struggle with feeling like I don't belong in the community.

- Aiden Polzer



# Bisexual Trailblazers

**ANNA PAQUIN**, born on July 24, 1982, is a multifaceted talent renowned for her acting prowess in notable works such as "True Blood" and "X-Men." However, beyond her acting accolades, Paquin is celebrated for her vocal advocacy for bisexual visibility and acceptance. In 2010, Paquin fearlessly came out as bisexual, a declaration that resonated deeply within the LGBTQ+ community and beyond. She boldly affirmed, "I'm someone who believes being bisexual is actually a thing. It's not made up. It's not a lack of decision. It's not being greedy or numerous other ignorant things I've heard at this point."



Paquin's journey to embrace her bisexuality and advocate for its recognition and acceptance was not without its challenges. She has candidly shared personal experiences of navigating stereotypes and misconceptions surrounding bisexuality, highlighting the importance of dispelling these myths. Her openness and honesty about her own identity have not only empowered others to embrace their true selves but have also sparked crucial conversations about the complexity and validity of sexual orientations.

*"I'm someone who believes being bisexual is actually a thing. It's not made up. It's not a lack of decision. It's not being greedy or numerous other ignorant things I've heard at this point. For a bisexual, it's not about gender. That's not the deciding factor for who they're attracted to."*

Throughout her career, Paquin has used her platform to raise awareness about bisexuality and the unique challenges faced by bisexual individuals. She has been a staunch advocate for combating bi-erasure and stigma, emphasizing the need for inclusivity and understanding within the LGBTQ+ community. Paquin has eloquently stated, "For a bisexual, it's not about gender. That's not the deciding factor for who they're attracted to."

Paquin's advocacy extends beyond words, as she has actively participated in campaigns and events aimed at promoting LGBTQ+ rights and visibility. Her commitment to challenging stereotypes and promoting acceptance has made her a respected figure in the LGBTQ+ community and a powerful voice for bisexual rights.

One of Paquin's notable contributions is her emphasis on the intersectionality of LGBTQ+ identities. She has highlighted the importance of recognizing and respecting the diverse experiences within the community, advocating for a more inclusive and understanding society. Paquin's advocacy work has not only raised awareness about bisexuality but has also helped create a more welcoming and affirming environment for all sexual orientations.

Paquin's advocacy and activism have been instrumental in challenging stigma and promoting acceptance for bisexual individuals. Her dedication to raising awareness and fostering inclusivity has made her a trailblazer in the fight for LGBTQ+ rights. Through her work, Paquin continues to inspire others to embrace their identities and stand up for equality and acceptance.

—Nile, Magik

## Bisexual Trailblazers

**CYNTHIA NIXON**, born on April 9, 1966, is a renowned actress and activist known for her diverse roles on stage and screen, as well as her advocacy for LGBTQ+ rights. Nixon gained widespread fame for her portrayal of Miranda Hobbes in the hit TV series "Sex and the City," but her contributions extend far beyond her acting career.

Nixon's journey towards embracing her bisexuality and becoming an advocate for the LGBTQ+ community has been both personal and public. In 2004, she openly discussed her bisexuality in an interview with *The Advocate*, stating, "I don't pull out the 'bisexual' word because nobody likes the bisexuals." This candid admission marked a significant moment in her life, as she chose to speak out about her sexual orientation despite the stigma and discrimination often faced by bisexual individuals.

Throughout her career, Nixon has taken on roles that challenge stereotypes and promote inclusivity. In the 1997 film "Advice from a Caterpillar," she played a bisexual woman exploring her sexuality, a role that resonated with her own experiences. Her portrayal was praised for its authenticity and sensitivity, showcasing Nixon's commitment to representing the diversity of human experiences.

Nixon's advocacy for LGBTQ+ rights has been a central focus of her public life. She has been a vocal supporter of marriage equality and has spoken out against discrimination based on sexual orientation. Nixon's activism extends to her work against bi-erasure, highlighting the importance of recognizing bisexuality as a valid and legitimate sexual orientation.

*"I don't really feel I've changed. I've been with men all my life and I'd never fallen in love with a woman. But when I did, it didn't seem so strange. I'm just a woman in love with another woman."*

In her advocacy work, Nixon has emphasized the need for greater visibility and acceptance of bisexual individuals. She has challenged stereotypes and promoted understanding, urging society to recognize and respect the diverse experiences of LGBTQ+ individuals. Nixon has been a strong voice for bisexual visibility and acceptance, using her platform to advocate for inclusivity and respect for all sexual orientations.

One of Nixon's most notable quotes regarding bi-erasure is, "I understand that for many people, the concept of bisexuality is gray, confusing, and threatening. But the existence of bisexuals is no more confusing or threatening than the existence of people who have an uneven number of toes."

Cynthia Nixon's advocacy and activism have been instrumental in raising awareness and challenging stigma surrounding bisexuality. Her courage in speaking out about her own experiences and her commitment to promoting acceptance and understanding have made her a powerful advocate for the bisexual community. Through her work, Nixon has helped to create a more inclusive and accepting society for all sexual orientations.



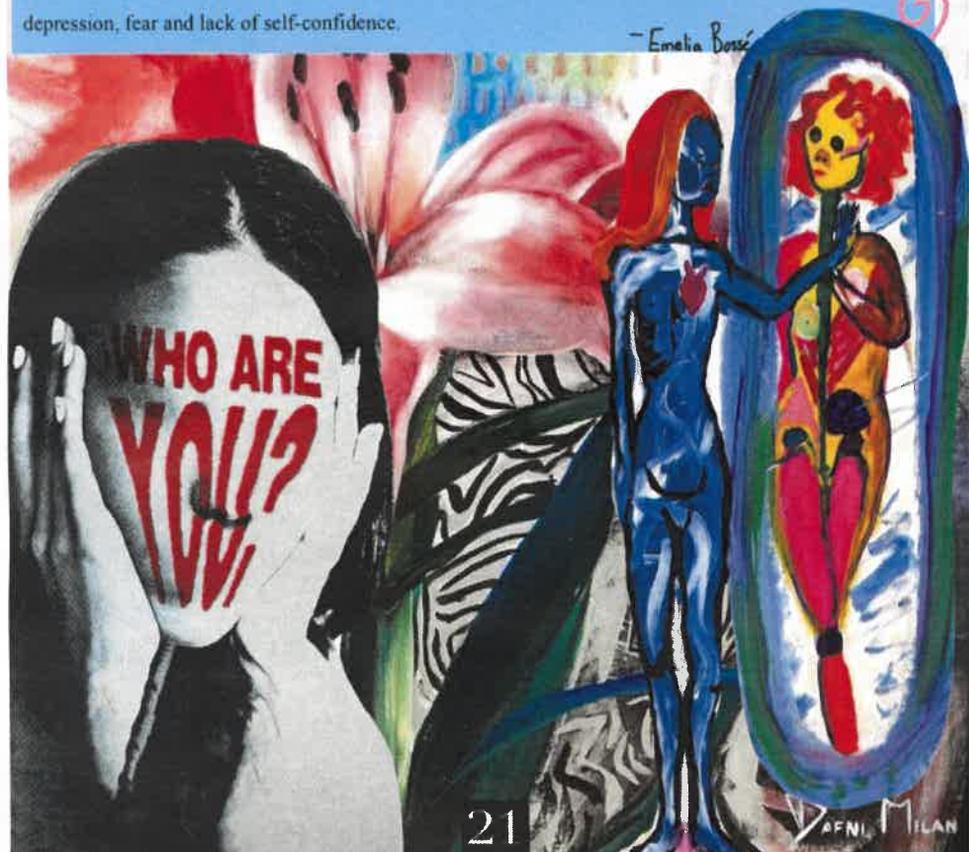
Since coming out and finding myself more, I find it easier to express myself. I've found myself more and have found people who support me and who are a safe space to express myself. I feel more myself since coming out and finding my people. All of my friends are queer so my friend group is a very safe space to express myself. And although my boyfriend may not completely understand how I feel, my sexuality, or my community, he still does his best to support me in any way that he can.

—Aiden Polzer



Bi-erasure is an ongoing issue within the bisexual community. The discrimination and bi-phobia experienced by bisexuals due to society's lack of acceptance and recognition rooted in self-hatred, biased beliefs and internalized stereotypes may make bisexual individuals feel rejected, unimportant, and secluded from their environments. An example of a stereotype is "the long-standing belief that bisexual individuals (primarily men) are agents in the spread of sexually transmitted diseases into the straight community" (Elia, J, 2014, p39), and that bisexual women get with girls to make men jealous and promote the male gaze. As Isaac, J. explains, "It's sadly pretty common for bi women to be presented as 'attention-seeking' or identifying as bisexual only for male attention" (Isaac, J, 2022, p1). These types of beliefs may affect the health of bisexuals in numerous ways. Individuals may adopt feelings of anxiety, depression, fear and lack of self-confidence.

-Emelia Bossé





Elia, J. clearly explains how there is a hierarchy of sexualities, and some are accepted more than others. Elia, J. notes, "Monosexualities—heterosexuality and homosexuality—are the most visible, and certainly in that order. Bisexuality often gets lost in the alphabet soup of LGBTQQI (lesbian, gay, bisexual, transgender, queer, questioning, intersex)" (Elia, J, 2014, p38). In many cases, for example, within educational facilities and workplaces, when it comes to talking about sexual orientations, heterosexuality and strictly homosexuality seem to be the most socially accepted and popular topics. Because of this, the bisexual community may feel overlooked within the heterosexual and LGBTQ+ community. As Steven Angelides (2001, p1) explains,

"Doubts about bisexuality are not new. Various characterized within dominant discourses of sexuality as, among other things, a form of infantilism or immaturity, a transitional phase, a self-delusion or state of confusion, a personal or political cop-out, a panacea, a superficial fashion trend . . . even a lie . . . the category of bisexuality for over a century has been persistently refused the title of legitimate sexual identity" ( Elia, J, 2014, p40).

Until we can acknowledge bisexuality as a real sexual orientation, we can move forward and eliminate systemically rooted negative stereotypes around bisexuality, promote pro-bisexual education within the school and other social environments, and finally, we can protect the lives of bisexual youth and all who struggle to accept and embrace their sexual orientation.

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