

Bisexuality: the romantic, sexual, or physical attraction to two genders: men and women

**For More Information on Bisexuality and Bisexual Resources Visit:**

**The Bisexual Resource Center**  
biresource.net

**Biversity Boston**  
Biversity.org

**The American Institute of Bisexuality**  
Bisexual.org

**BiNet USA**  
Binetusa.org



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**Bisexuality:  
Myths  
And Facts**



**Myth #1 Bisexuality is just a phase.  
Nobody stays bisexual.**

Sexual orientation is not defined by a person's actions but rather by their feelings. Many people believe that if a bisexual is in a straight relationship, they become straight and vice versa. Bisexuals are not straight half the time and gay half the time; they are bisexual *all* the time. Even if a bisexual ends up in a monogamous, straight relationship for the rest of their life, they may remain attracted to men and women.

**Myth #2 Bisexuality is only a transitional label used by those who aren't fully out of the closet.**

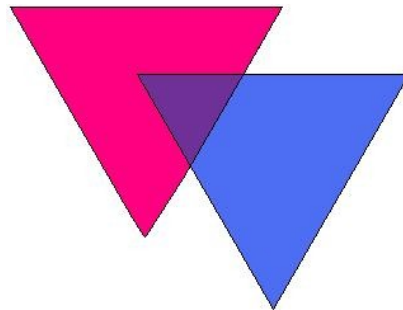
It's true that some people who are still exploring their sexual identity temporarily label themselves "bisexual" before they come out, but many people remain attracted to men and women for their entire lives. Because some use "bisexual" as a transitional label, real bisexuals feel as though no one believes that a person can be truly bisexual. In fact, research involving bisexual women (Diamond, 2008) shows that although partners may change, a bisexual woman's capacity for attraction to men and women remains stable throughout their lives.

**Myth #3 Bisexuals are promiscuous.**

Bisexuals are no more likely to cheat, have one-night stands, or have multiple partners at a time than gay men, lesbian women, or heterosexuals. Although the media, certain celebrities, and pornography would have us believe that bisexuals are prone to promiscuity, many bisexuals strive for committed, monogamous, stable relationships the same way gay, lesbian, and straight couples do.

**Myth #4 Bisexuals need to be with both a man and a woman in order to be happy.**

As stated above, bisexuals are no more likely to cheat on their partners than anyone else is. The capacity to form attractions to two genders does not equal a need for two partners at once.



**Myth #5 People only say they're bisexual to double their chances for a date.**

Not only is this not true, but coming out as bisexual may have the opposite effect. Due to stereotypes and myths about bisexuality, many people don't trust bisexuals to remain monogamous and won't date them. People who do end up dating bisexuals often have the fear that their partner will suddenly and without warning leave them for someone of another gender.

**Myth #6: Bisexuals caused AIDS to be transmitted to the straight population.**

In reality, unsafe sexual practices and needle-sharing spread AIDS, not bisexuals. There is no research supporting the idea that bisexuals are to blame for bringing AIDS to the straight community. The reality is that HIV does not discriminate based on sexual orientation.

References:

- The Bisexual Resource Center ([biresource.net](http://biresource.net))
- The American Institute of Bisexuality ([bisexual.org](http://bisexual.org))
- Bisexual Index ([bisexualindex.org.uk](http://bisexualindex.org.uk))
- Diamond, Lisa M. (2008) Female Bisexuality From Adolescence to Adulthood: Results From a 10-Year Longitudinal Study. *Developmental Psychology*, Vol. 44 (No. 1). Retrieved from <http://www.apa.org/releases/bisexuality108.html>