



## **Dragged Into History**

### **Bi Week (September 16-23)**

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Welcome to the controversially confusing and wonderful world of being Bi!

Bisexuality and Biromantic orientation happen when a person is attracted to two or more genders. As with all things that surround Gender and Sex Diversity, Bi orientation exists in a spectrum, and may coexist with other identities.

Bi folks can be attracted to people's genders themselves, or may have preferences in the types of bodies that they find interesting. Both types of Bi attraction are valid, and frequently coexist. Folks under the Bi umbrella can even be attracted to two or more categories of genders that may not be the same as their own.

Some Bi individuals may be attracted to one gender more than another, while others may have an equal interest in the genders they are attracted to. It is entirely possible to be Asexual and/or Aromantic, and still be Bi. It is also common to be Gay or Hetero-identifying, while still having Bi tendencies.

There is a lot of diversity within the Bi umbrella! Identities such as Omni, Polysexual/Polyromantic, fluid, and many more are said to fall under the Bi umbrella in varying degrees. And speaking of variation, Bi folks often go through what is often referred to as a "Bi-cycle", in which their interest in specific genders may ebb and flow over time.

Being Bi should not be confused with being Pan, or part of a Pan-adjacent category like Pomosexual/Pomoromantic and Cass. Even though a lot of folks think that Pan falls into the Bi umbrella because of the original usage of the word, many in the Pan community disagree. Unlike Bi folks, Pan folks tend to be gender blind, and are simply attracted to people. Nevertheless, it's very common for someone who is Pan or Bi to be a little bit of both. For this reason, and because cisgender normativity likes to shoehorn people into binary categories, it's incredibly hard to distinguish between the two groups.

Biphobia happens when individuals or groups discriminate, belittle or deny the validity of Bi identity. Telling someone that they're not really Bi, because they are in a monogamous relationship or because they don't look Bi, are examples of biphobia. The only way to tell whether someone is Bi or not, is for them to tell you that they're Bi. Folks have the right to determine their own identity.

The Bi community has many fantastic individuals with all sorts of cool variations. They deserve respect and human rights just like everyone else. So let's celebrate Bi Week this year by standing up for the rights of Bi folks. Use this year's celebration as an opportunity to give the Bi folks in your life the love and respect they deserve every day.

## **Sources**

- GLAAD
- LGBTQIA+ Wiki
- Many interesting conversations and debates with Bi and Pan folks.