

I Think I Might Be Bisexual

An information booklet for young people

QUEER VOICES OF BHUTAN



Disclaimer:

This material is developed as an informative booklet and may contain basic information on safe sex and condom use. This material may only be appropriate for individuals who are at least 13 years and above.

This booklet is a publication of Queer Voices of Bhutan and may be reproduced with permission for educational use only. No reproductions may be sold for profit. Excerpted or adapted material from this publication must include full citation of the source.



What does it mean to be bisexual?



A Bisexual person is someone who is sexually, romantically, emotionally, and/or spiritually attracted to both men and women, or to more than one sex or gender. Bisexual people may be equally attracted to men and women or be more attracted towards one than the other. The intensity of attraction that a bisexual person feels may change over time just like with homosexual or heterosexual people.

Sexuality is not determined by their relationship status. A bisexual man who dates and has sex with women is still bisexual. They are not straight or gay for choosing to be with an exclusive gender. As with straight and gay people, they may be abstinent or monogamous or choose to have multiple partners.



How Do I Know If I'm Bisexual – And Is It Normal?

“Bisexuality is nothing different to me from saying I’m a cis woman. It is my identity, and I am proud of the fact that I have more love to give to more people.”

Ayeshwini, 23

It is completely normal for someone to be bisexual. Bisexuality has always existed. One may take some time to fully realise their attractions and conclude their sexuality. There is no rush. Take your own time.

If you are not sure whether you are bisexual, ask yourself the following questions:

- Do I fantasize about people of a specific gender/sex?
- Can I imagine myself dating, having sex, or marrying a person of any gender/sex?
- Did I ever have a crush or have I ever been in love with varying gender/sex?
- How are my feelings to people of different gender/sex similar or different?



Not being able to answer is completely okay. It is normal to take time in recognizing and understanding your feelings. Please remember that sexuality is bound to change and develop over time.

The ways of your life have nothing to do with sexuality or romantic preference. Bisexuality, like any other sexual orientation, has no lifestyle pattern that sets them apart. Each has their own experience.

Myth #1

Bisexuality is just a phase and Bisexual people don't stay as one forever.

Fact: After 10 years of identifying as bisexuals, 92% of people have remained true to that. (Diamond,2008)





What is it like being bisexual?

“People often think that bisexual people are actually just gay or lesbian and are afraid to come out. People also think that a bisexual who has only dated one gender is not really bisexual. Both of the above are untrue. More awareness needs to be created about such misconceptions and daily struggles that the LGBTQIA+ community faces. We need to understand that people who identify differently face unique struggles pertaining to their sexuality.”

Tshering Tobden, 20

Homophobia is the hate or dislike of LGBTQIA+ people for their sexual and romantic preferences. Homophobia exists everywhere and bisexual people also face discrimination. Bisexuality is often dismissed as a ‘phase’, especially in younger individuals. All sexual orientations are valid, be it homosexuality, bisexuality, or heterosexuality. But it is important to remember that a person’s sexual orientation doesn’t rule all aspects of their personality and character traits. Your sexuality is just one part of you.

Not all bisexual people will have the same experience. Some may be comfortable confiding in friends and family, while others may not. Some may feel strongly about coming out and expressing themselves, while others would want to hide their identity. There is no right or wrong way to feel about your sexuality.

Finding people who can support you and help you in coming to terms with your sexual orientation could help. Connecting to other LGBTIQ members through social media and other platforms has made it easier for young people to freely express themselves. Finding a community can be essential. You may also read or watch videos about other queer people and their experiences.

Myth # 2

Bisexual people want to be with both men and women out of pure greed.

Fact: Studies have shown that Bisexual people have one of the lowest cases of polygamous relationships.



How do I avoid HIV or other STIs and unwanted pregnancy?

The surest way to avoid unintended pregnancy, HIV, and other STIs is abstinence. Activities such as normal kissing, hugging, talking, and texting are ways to share affection and intimacy. You don't necessarily have to have sex.

In case you choose to have sex, take responsibility for both you and your partner. Certain considerations are suitable based on gender and type of relationship.

Woman & Woman

Use a barrier (such as dental dams, latex gloves, or plastic wrap) during sexual activities such as oral sex to reduce the risk of HIV transmission or STIs.

Woman & Man

Use a condom for anal, oral, or vaginal sex to reduce the risk of HIV transmission and pregnancy. For best results against unintended pregnancy, use another form of birth control along with a condom.

Man & Man

Use a condom and plenty of water-based lubricant at every act of intercourse, anal or oral.

Should I/How do I come out?



“I haven’t dated a girl yet but I am open to it. I am constantly trying to unlearn what “love should look like”. I think, as an individual, we should all have the freedom to explore our sexuality. I didn’t really come out to anyone. I realised I was attracted to girls when I kissed a friend. She and I were dancing. We kissed and it felt good.”

Yangchay, 26

Coming out is the process that people go through as they accept their sexuality and share it with other people. It is good to wait until you are comfortable with your bisexuality to come out. You should avoid coming out because of external pressure, to seem cool, or to make an impression.

Coming out can be liberating and empowering. Alternatively, it can expose you to homophobia or discrimination. Ensure that the environment you come out is safe for you. It is recommended to come out to trusted people. This could be a close friend, family members, or individuals you can confide in. They could have multiple reactions, having someone you can talk to may help. Some may accept you and be supportive, while others may not. Coming out to your family can be difficult. Some families may take time to come to terms with it. You could come out to a few people or everyone, it is up to you.



If you are in need of counseling, or someone to talk to, you could try reaching out to a local LGBTIQA+community, such as Queer Voices of Bhutan, through their social media handles.

Myth #3
Bisexual people are
promiscuous.

Fact: Being attracted to both genders doesn't mean one would choose to be with multiple sexual partners.



Material compiled and adapted from the original by
Dechen Wangdi (He/Him), Pema Dorji (He/Him/They/Them) &
Tashi Tsheten (He/Him) with permission from Equal Ground,
Sri Lanka

Edited by Ayeshwini Lama (She/Her)
Illustrated by Deepak Subba (He/Him)
Layout and design by Damchoe Yonten (He/Him)

Published: 2021
QUEER VOICES OF BHUTAN PUBLICATIONS

Queer Voices of Bhutan wishes to thank Equal Ground,
Sri Lanka for allowing us to re-produce materials from their
publications.

Queer Voices of Bhutan thanks the
Embassy of Canada to Bhutan for their support.



Canada

CONTACT US

-  queervoicesofbhutan@gmail.com
-  [QUEER voices of Bhutan](#)
-  [queer_voices_of_bhutan](#)
-  [Queer Voices of Bhutan](#)