



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.

CONTACT US

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The Rainbow Resource Centre is open:
Monday 10:00 am to 5:00 pm
Tuesday 10:00 am to 5:00 pm
Wednesday 10:00 pm to 5:00 pm
Thursday 10:00 am to 5:00 pm
Friday 1:00 pm to 5:00 pm
(closed weekends and statutory holidays)

Please visit our website:

www.rainbowresourcecentre.org

The Rainbow Resource Centre envisions a society in which diverse sexual and gender identities are included, valued and celebrated as a result of our active commitment to promote and maintain dignity, human freedoms and human rights.

Bisexual?

For individuals who want to learn more.

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/lgbrrsqiterminology.pdf>, (2006).

*Some are Bisexual,
Others are Pansexual*

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. 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 are confused about their sexual orientation. Stereotypes can be hurtful. 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. Others, 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. Those questioning their sexual orientation can feel different from others - and 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 and identity at their own pace. Some may embrace and others may deny their attractions.

Where are they?

Bisexual individuals are everywhere – in every community, job industry, culture, age group, gender, religion, and socioeconomic position. .

Unfortunately, biphobia and 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 behaviour. In extreme cases, denial and shame may result in attempted or completed suicide. 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.**

Whatever the risks, disclosure of ones sexual orientation or “coming out” 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.

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 expressions. This may (or may not) include monogamy, polyamory, casual sexual partners, and/or abstinence. For those with more than one sexual partner, these partners may or may not all be of the same sex/gender. Not all folks who engage in sexual activities 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 female/male relationship/s, may feel invisible because they are identified as a heterosexual couple. There is no one or right way to identify a relationship. No one needs to prove their identity.

Myth: Bisexual individuals are accepted in both the straight and gay/lesbian/queer 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 gay/lesbian 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: tallbrat@mts.net

Keystone Rainbow Curling League:
www.keystonecurling.com

Out There Sports & Recreation: GLBT sports and recreation events in Winnipeg.
www.gaycanada.com/outthere

Prime Timers: Gay and bi men over 40 and admirers: Email ptpres@mts.net or www.primetimersww.org/winnipeg

Rainbow Harmony Project: GLBT chorus.
474-6448 or www.rainbowharmonyproject.ca

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

Klinic Community Health Centre
24 Hour Crisis Line: 786.8686, or 1.888.322.3019 (Toll free), or TTY 784.4097
www.klinic.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

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

Men's Resource Centre:
301-321 McDermot Ave.
Counselling for men. 956-9528 or
1-866-MRC-EHCC (672-3433)

National and International Links:

Get It On:
www.getiton.ca

American Institute of Bisexuality
www.bisexual.org

Bisexual Resource Center:
www.biresource.org

PFLAG Canada:
www.pflagcanada.ca