

Biphobia

What is Biphobia?

The fear, hatred, or intolerance of bisexual men and women by heterosexuals, gay men, and lesbians, or by bisexuals themselves (internalized biphobia).

Examples of Biphobia:

- Assuming that everyone you meet is either heterosexual or lesbian/gay
- Assuming that bisexuals are confused or indecisive about their sexuality
- Assuming that bisexuals are promiscuous or cannot live monogamously
- Assuming that bisexuals are attracted to everyone
- Assuming that people who identify as bisexual are “really” lesbian or gay, but are in denial
- Assuming that bisexuals, if given the choice, would prefer to be with someone of a different sex than themselves to gain some of the privileges of being perceived as heterosexual
- Believing that people who are bisexual spread HIV/AIDS
- Automatically assuming that two women together are lesbians, that two men together are gay, or that a man and a woman together are heterosexual
- Thinking that people identify as bisexual because it is “trendy”
- Assuming that “bisexual” means “available”
- Not wanting to date someone who is bisexual because you assume that the person will eventually leave you for someone of another sex
- Thinking of people who are bisexual only in terms of their sexuality, rather than as whole, complex persons