So what exactly is a Bisexual?
A Bisexual is someone who is sexually and emotionally attracted to men or women (and some would say to all genders).

Isn't it just a phase?
No more than being heterosexual or homosexual.

So they’re equally interested in men and women?
Not necessarily. Some are, some aren't. Some say they're attracted to men and women in different ways, others say gender just isn't relevant to who they're interested in.

But isn't it a transition to being lesbian or gay?
Maybe for some people. Some lesbians or gay men "come out" as Bisexual first, but most Bisexuals remain bisexual for the rest of their lives.

Aren't people really either heterosexual or homosexual?
No. It's well recognized in medical and psychological circles that bisexuality is a very real and genuine sexuality. There are plenty of Bisexuals around who can tell you that.

So why aren't Bisexuals more visible?
Well, no-one walks around with "Bisexual" stamped on their foreheads. It's very easy to miss them. If you see 2 people of the same gender kissing, you don't think to ask if they might be bisexual. And they might be. Similarly, if you see a man and a woman kissing, either of them might be bisexual, too.

Also, there's a real lack of information about bisexuality in our libraries and the media. And there are very few organizations that specifically address Bisexual issues.