



## Bisexual Sexual Orientation



### Overview

A bisexual is someone who can feel attracted to people of both sexes. They can have physical, emotional or romantic feelings for men and women. The word "bisexual" is often shortened to "bi."

### Sexual orientation

Why do bisexuals like both sexes? Well, the type of people you are attracted to is called your "sexual orientation." For bisexuals, this includes same-sex and opposite-sex attractions. We don't fully understand the factors that shape these feelings. They're part of who we are.

### Diversity

Bisexuals are a diverse group. Their attractions can change throughout their lives. A bisexual may prefer men at one time. At another time, they may feel more attracted to women. Deciding how to identify and how to live is personal and complex. Each person must decide what's right for them.

### Conclusion

For more info, reach out to a local LGBTQ organization. For help with issues involving sexual orientation, talk to your healthcare provider. You can also contact a support group.