GIG CYMRU NHS WALES
Bwrdd Iechyd Prifysgol Caerdydd a'r Fro
Cardiff and Vale University Health Board

GIG CYMRU NHS WALES
Yn cefnogi'r Rhwydwaith Lesbiaidd, Hoyw, Deurywiol a Thrawsryweddol
Supporting the Lesbian, Gay, Bisexual & Transgender Network

Stonewall 100 CYFLOGWR GORAU TOP 100 EMPLOYERS CYMRU 2017

Bi Visibility Day

23rd September 2018

"I love who I love" - Demi Lovato

What do we mean by bisexual?

- Being attracted to 'both men and women'
- It could be someone that is mostly attracted to one gender but they recognise that this is not exclusive
- Having a sexual identity that is fluid and changeable over time
- Attraction is 'regardless of gender'
- Disputing that there are only two genders and are attracted to one, the other, or both.

How can we help reduce biphobia?

- Try not to assume a persons sexuality, and do not assume it based on the gender of the partner they are with
- Bisexual people are not confused about their sexuality
- Bisexuality does not mean that a person is promiscuous
- Bisexual people are not "greedy" for finding more than one gender attractive
- **Just ask** – most people are happy to help you understand, please try and do this with sensitivity

Famous Bisexual People

Lady Gaga*Evan Rachel Wood*Alan Cumming*Megan Fox*Cara Delevingne*David Bowie*Megan Mullally*Amber Heard*Billy Joe Armstrong*Michael Stipe