



Being bisexual: a personal account

DK

To help celebrate Bi Visibility day, I have written a small article about my life experience as a Bisexual. I identify myself as a Bisexual male because I am romantically attracted toward both males and female equally. Yet despite the progress that has been achieved, there remain a large percentage of people who do not understand bisexuality. They claim it is a myth, a lie and refuse to believe that being bisexual is even possible. This is a challenge and often I will hesitate from openly discussing my sexuality, unless directly asked or if it is relevant to the conversation.

I first realized my sexuality at the age of 15, however I blocked it out. Being a student in a catholic, all boys' school increased my anxiety of being open about my feelings. Other pupils had become outcasts after revealing their sexuality, despite the efforts of the school to support them. Over the next three years, I was depressed, lonely and angry almost every day, my grades slipped and my social life was non-existent due my continued awkwardness and secrecy.

However, at aged 18, I began to accept my sexuality and resolved to make a new start. I joined a F.E college, made new friends and started my first open relationship. For the first time, I was honest about my sexuality and my new friends were accepting and welcoming. Whenever I faced a hostile reaction, they rallied to support me. Without their help, I would not have developed the confidence to openly express myself.

In relationships, I always try to be upfront and honest about my sexuality. For a lot of people, this is a non-starter; however I don't want to enter into a relationship and discover that the other person won't accept me for me. Years ago, I was dating a woman and didn't tell her until a handful of dates in that I was bisexual. She thought I must have been gay, and was just trying to date her to hide away from the truth. After several arguments over my sexuality, the relationship fell apart.

Over the years, I have lost close friends who could not accept my honesty. Some people were uncomfortable and on occasions were angry that I had hidden the truth. One person stated that she was unsure whether she could trust me after the conversation. Despite these setbacks, I am open with almost 40 percent of my friends and thank them for their support.

Over the last year, ParliOUT has been a great support and welcome community. Through the organisation I met new people and been given good advice whenever it has been required. As

a network we have taken huge steps forward and I hope that over the next year we can continue to help create a more open workplace. Today I have the support of a strong community who help me remain confident about whom I am.

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Further Information

ParliOUT

ParliOUT is a Workplace Equality Network (WEN) in support of LGBTIQ (lesbian, gay, bisexual, transgender, intersexual, and questioning) people in Parliament. A principal aim of ParliOUT is to make LGBTIQ role models more visible and accessible.

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