

I've always asked myself why labelling one's sexuality is so important... what is it about finding love that makes us want to restrict ourselves to a particular category of person, for the purpose of companionship, intimacy, or family? Also, why do we care about the body parts other people are attracted to and who they love?!

As a life-long (adult) outsider to social norms, I've never known quite what labels I should apply to myself, for others to understand me better. You have to talk about these things to be part of everyday conversations, so others can know you better within the frameworks they understand, but it's never really made any sense to me. Societal structures around binary gender expression seem weird, incredibly limiting and focused on the sort of biological essentialism that supports a certain set of beliefs, at the expense of free expression, exploration and... well... happiness. How odd it is that we decide what clothes, hair styles, colours, adornments and even facial expressions an individual can wear, based on what procreation function they may or may not decide to fulfil in their life, let alone what gender they're allowed to look at/think about and allow their brain to sing "Omg, they're incredible! I'd love to experience them more!".

Bisexuality is a word that, for some, describes an escape from the dogmatism of single-gender attraction. Fancying/loving people regardless of gender isn't just about having lots of different sex, as some might believe, but is a rather natural state of non-conformity which can allow for increasingly profound connection opportunities. Once you get past the "how does it work" stage of sexual ignorance, a phase for which a great deal of learning material exists in this day and age, intimacy isn't bound by genitalia or reproductive function, only attraction, mental and/or physical.

Contrary to popular narratives, we bisexuals (those attracted to the spectrum from masculine to feminine) aren't just sex-crazed maniacs who can't decide what we want, flitting about like horny shag bats, ruled by unquenchable lust. Many of us are, in fact, frustratingly picky, despite the apparently expanded pool of possibility! Also, just because you fancy people with a greater variety of body components, doesn't mean you have to experience ALL of the body parts all of the time, to live a fulfilling life... that can't be hard to understand, right? Think about it... you get married to a partner who has brown hair, but you also find people with blond hair attractive... does that mean you also need to have an affair with someone with blond hair, to feel complete in your life?

Beyond perhaps procreation - a choice, not an essential component of being human, and one that also doesn't require your partner to have the baby baking ingredients - there's really no need to limit oneself artificially. Refer to the "how does it work" point from earlier and, if you've explored sexual anatomy sufficiently, you'll appreciate that good feelings exist, mutually and in abundance, without the traditional apparatus. So why does it matter who mutually consenting adults love, or why? It doesn't, does it... not really. Prejudice creates myth, misunderstanding, fear, self-judgement and doubt, which permeates through cultural norms and causes us to limit our experience to avoid becoming outcast.

Bisexuality as a concept, isn't just a way to express that we're different from the apparent normality society expects. Who we are as people that might choose to use the term, isn't limited by any one definition, sexual expression, desire, or choice of partner. Sexuality isn't a box we live in; it's an element of how we explore the human world we exist as a part of. It's a component of our communication, how we express to others what our attractions may be, what we might be prepared to explore, whether there may be opportunity for a connection beyond the platonic.

Whatever language you choose to use on your journey, words should never confine or define you. Love is boundless. Stay safe and be happy.