

empower yourself!

Biphobia, like racism, homophobia, sexism and other forms of discrimination and prejudice destroys lives.

Biphobia can be words (a throwaway comment, a “joke”, an insult, a tirade of verbal abuse) or actions (graffiti, a fist in the face, violent attack, murder).

In the face of biphobia, silence will be interpreted as acceptance - by the perpetrator, the public and worse, the victim.

Speak Out Act Challenge Hate

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biphobia is...

...the irrational hatred, intolerance and fear of bisexual people.

It's the belief that bisexual people are "fence sitters", that they are confused and can't decide whether they are gay or straight. It's the belief you can't trust a bisexual because they'll never be faithful, that they must have relationships with a man and a woman simultaneously. It's the idea that being bisexual is not a viable sexual identity, that people must choose.

Biphobia hurts EVERYONE. Like racism, sexism, homophobia and other forms of prejudice, biphobia makes society a much more unsafe and restrictive place for people to live.

Speak out!

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Like institutional racism and sexism, heterosexism is firmly entrenched in society, through our customs, traditions and institutions. Heterosexism might be unintentional or unconscious, but it still serves to create an environment where lesbian, gay and bisexual people are treated as inferior.

The assumption of heterosexuality means that no-one ever has to announce or tell others that they are straight. However, lesbian, gay and bisexual people must continually make the decision whether or not to share their sexual orientation, talk about their partner or their friends or where they were over the weekend, in any given circumstances...”privileges” that straight people take for granted.

Challenging heterosexism means challenging the status quo. It means not making assumptions about people, about their lives and about who they love. It’s about recognising and celebrating the diversity of society.

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heterosexism is...

...the assumption that everyone is heterosexual and that being heterosexual is better, preferable or superior to being lesbian, gay or bisexual. It's the belief that heterosexual or mixed sex relationships are somehow better than same sex relationships.

It's the belief that only straight people should be allowed to marry or raise families. It's the idea that lesbian, gay and bisexual people are demanding "special status" when they ask for basic civil rights (such as the right to safety at work, in the home or on the street). Heterosexism allows straight couples to walk down the street holding hands, whilst same sex couples are accused of "flaunting" their sexuality by doing the same thing.

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Homophobia, like racism, sexism and other forms of discrimination and prejudice destroys lives.

Homophobia can be words (a throwaway comment, a “joke”, an insult, a tirade of verbal abuse) or actions (grafitti, a fist in the face, a nail bomb inside a gay bar, violent attack, murder).

In the face of homophobia, silence will be interpreted as acceptance - by the perpetrator, the public and worse, the victim.

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homophobia is...

...the irrational hatred, intolerance, and fear of lesbian, gay and bisexual people.

It's calling someone a "poof", "lezzie", "bender". It's the belief that being gay, lesbian or bisexual is "just a phase", that same sex attraction is unnatural, sick, abnormal.

Homophobia hurts EVERYONE. Like racism, sexism and other forms of prejudice, homophobia makes society a much more unsafe and restrictive place for people to live.

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Transphobia, like homophobia, racism, sexism and other forms of prejudice and discrimination, destroys lives.

Transphobia can be words (a throwaway comment, a “joke”, an insult, a tirade of verbal abuse) or actions (grafitti, a fist in the face, banning transwomen from a “woman-only” space, violent attack, murder).

In the face of transphobia, silence will be interpreted as acceptance - by the perpetrator, the public and worse, the victim.

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transphobia is...

...is the irrational hatred, intolerance and fear of transgender and transsexual people.

It's the belief that transsexual women are not "real women" and that transsexual men are not "real men". It's the assumption that transgender people are sick or psychologically unstable. It's the belief that transsexual people are only acceptable if they "pass". It's the belief that transsexuals are gay people who cannot accept their sexual orientation and so undergo gender reassignment to hide their true nature.

Transphobia hurts EVERYONE. Sexism and gender stereotyping are some of the root causes of homophobia, forcing everyone into strict gender roles.

Speak out!

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