

Understanding Multisexualities

You or someone you know may identify using the term(s):

bisexual • polysexual • pansexual • omnisexual

All of these sexualities fall under the **multisexual umbrella** - identities where people are attracted to multiple genders/-gender identities. And so all the labels and definitions certainly overlap - yet each identity has its slight nuances.



Bisexual

- attraction to two or more genders
- but not necessarily all genders
- some people may have preferences for certain genders over others



Polysexual

- attraction to multiple genders (often 3+)
- but not necessarily all genders
- some people may have preferences for certain genders over others



Pansexual

- attraction to all genders
- usually with no preference for one gender over others
- often referred to as being “gender blind”, but not everyone relates to that term









Omnisexual

- attraction to all genders
- usually with a preference of certain genders over others



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Content inspired by @ZoeStoller

	attracted to multiple genders	attracted to all genders	might have a preference for genders
Bisexual			
Polysexual			
Pansexual			
Omnisexual			

REMEMBER

In the end, you're allowed to use **whatever label feels best for you** - even if your experience *technically* fits a different identity's definition.

You can also change your identity whenever it makes sense FOR YOU.

Also if none of these identities listed here feels right for you, there are many additional label options that you can choose from, such as queer!



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