

Learn the language

Bisexuality: is when an individual is attracted to both men and women physically, sexually, romantically, emotionally, and spiritually.

Pansexuality: There is some overlap between these two identities. The greek prefix “Pan” refers to all. The major difference between the two identities is that pansexuals define themselves purposefully to be inclusive of those who do not fit within the gender binary (male-female). Therefore pansexuals are open to relationships with individuals who identify as: men, women, androgynous, gender queer, third gender, and intersex among others.



*We are here to
support you & your
family*

Northern Healthy Connections Society

33 Pleasant St. Truro, NS

B2N 3R5

(902) 895-0931

Programs and Services

- LGBTQ Support
- Youth PhotoVoice
- Sexually Transmitted Infection Information
- Blood Borne Infection Information
- Support and Treatment Information
- Condom Co-op
- Resource Centre
- Information on STBBI Testing and Referrals
- Prevention Education
- Healthy Decision Making Fairs
- Hep C (Hepatitis C) AWARE Project
- Needle Exchange



So...

You think your child is

Bi/Pan



ANSWERS

to some of the

QUESTIONS

You may have.



@NHCsociety



www.facebook.com/nhcsns

I have inklings that my child is bi, but...

HOW CAN I BE SURE?

Avoid making assumptions and steer clear of prying. Allow your child to come to you in their own time.

What you can do is create an environment where your child feels able to tell you they're bisexual knowing you'll be supportive.

You have already taken an important step by picking up this brochure and beginning to educate yourself to be the best support for your child.

Remember at the root of it all you love your child. Let them be their true self—their happiest self.

How can they be sure it isn't just a

PHASE?

Some young people may take longer coming to terms with their sexuality; others will be clear about it very quickly. Sometimes individuals will date someone of the same sex without being sure they're Bi/pansexual.

If your child does tell you they're bi/pansexual they'll have plucked up a lot of courage to do so. Take their word for it!

Others struggle with their identity for various reasons. This inner turmoil can cause many mental health concerns. Be patient with your child if they seem to find a new label to describe themselves weekly. It can be difficult to find a label that appropriately describes their experience. Invite them to teach you.

Did I do something wrong?

ABSOLUTELY NOT.

There is no link between parenting or a child's experiences and the likelihood of being Bi/pansexual.

♥ *Love and support* ♥

Limit your child's exposure to those who are unsupportive. There is no way to 'fix them' as they are not broken. They are normal. As a parent who wishes to support their child it is important to begin to understand sexuality as being fluid and on a spectrum.

Create a safe space for your child to grow up and be themselves.

