Where Does the "B" Belong?: Anti-Bisexual Experiences, Self-Stigma, and Bisexual Individuals' Sense of Belonging

Queen's UNIVERSITY

🔍 WHAT DID WE LOOK AT?

ANTI-BISEXUAL EXPERIENCES
- alienation due to being bisexual
- people treating them negatively because they are bisexual

SENSE OF BELONGING
- "I feel like an outsider."
- "I wonder if I really fit in."

SELF-STIGMA
- "Sometimes I wish I weren't bisexual."
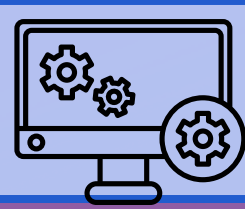- "Stereotypes about bisexuality have affected me personally."

❓ WHAT WERE OUR HYPOTHESES?

MORE anti-bisexual experiences relating to **MORE** self-stigma relating to **LESS** sense of belonging

MORE anti-bisexual experiences perpetuated by heterosexual individuals

MORE frequent anti-bisexual experiences reported by men than women

MOST FREQUENT anti-bisexual experiences reported by non-binary individuals
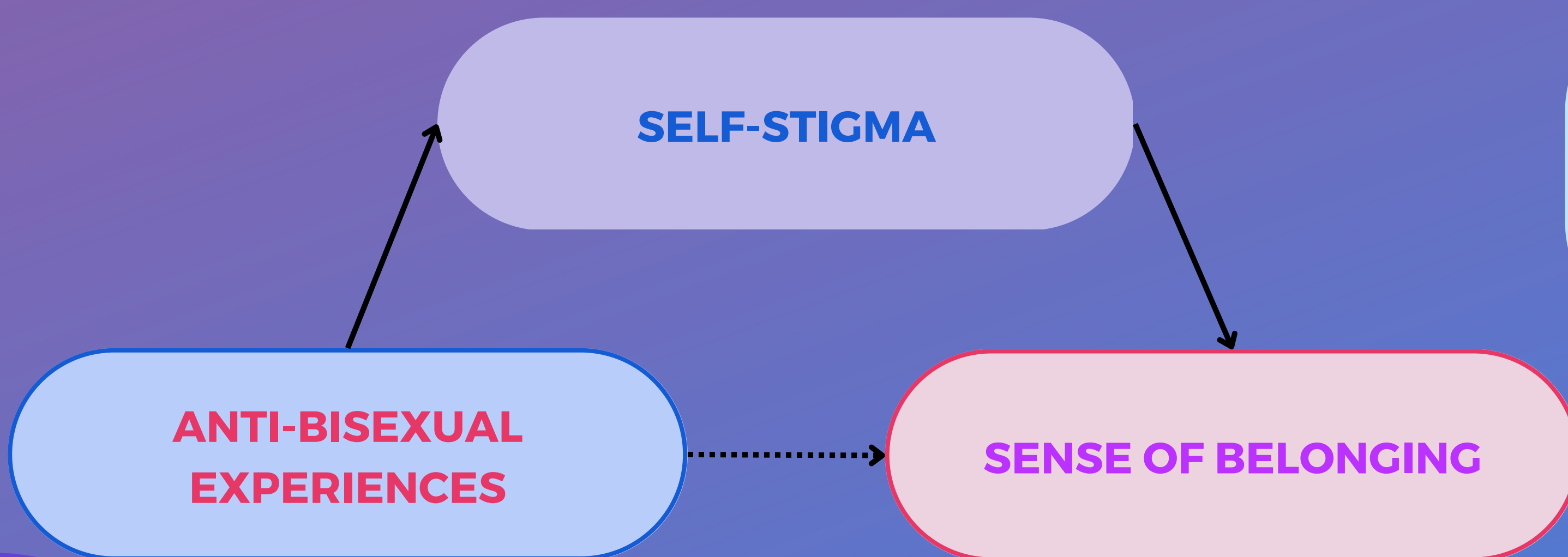
⚙️ WHAT WERE OUR METHODS?

529 self-identified bisexual individuals completed an online questionnaire that asked about anti-bisexual experiences. Of those 529, 195 participants completed an online questionnaire about self-stigma and sense of belonging.

📋 WHAT WERE THE RESULTS?

More frequent anti-bisexual experiences were related to a greater degree of self-stigma, which related to a lower sense of belonging.

SELF-STIGMA

ANTI-BISEXUAL EXPERIENCES

SENSE OF BELONGING

significant direct effects ——
non-significant direct effects ······

⚥ from GAY/LESBIAN individuals ⚥
- men reported anti-bisexual experiences at a lower frequency than women and non-binary individuals
- non-binary individuals did not significantly differ from women

⚥ from HETEROSEXUAL individuals
- all genders reported more anti-bisexual experiences
- men reported anti-bisexual experiences at a lower frequency than women and non-binary individuals
- non-binary people did not differ significantly from men or women