

Do we invalidate non-monosexuals?

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Word Count: 4,930

Cambridge Number: 7490

Introduction

"There are over 9 million LGBT [queer] people in the United States. While more than half identify as bisexual [NMS]" (Understanding Issues Facing Bisexual Americans, 2014). Bisexuals have recently had more publicity as the sexuality is currently trending. It is not that bisexuality is a new sexuality, it is just that more people are coming to terms and are more accepting of their bisexuality.

"The term bisexual (or bi) describes people who have the capacity for emotional, romantic and/or physical attraction to more than one sex or gender. Bisexual people can be in different-sex relationships, same-sex relationships, or single. Bisexuality is not dependent on how many relationships someone has had with people of each gender or how strong their feelings are..." (Understanding Issues Facing Bisexual Americans, 2014).

It is not just bisexuality that's "trending" but the entire LGBT community, or the 2SLGBTQIA+ community, is getting more attention as of lately.

"2SLGTBQIA+ is an acronym for Two-Spirit, Lesbian, Gay, Bisexual, Transgender, Queer and/or Questioning, Intersex, Asexual, and the countless affirmative ways in which people choose to self-identify." (2SLGBTQIA+, 2021).

Bisexuality is just one of the many labels non-monosexuals, people who are sexually attracted to more than one gender, choose to identify as. There are also many common non-monosexual labels such as queer, pansexual, omnisexual, and more. I chose this topic as it is growing in popularity and is extremely controversial. Many studies show that non-monosexuals are included in the queer community because they are the B and Q in LGBTQIA+. "When you have a community made up of people who have often been excluded or invisible, you want to create a space where everyone feels welcome, seen and included" (Stevenson, 2016). Studies have also shown non-monosexuals are included in the heterosexual community because they have the privilege of being able to fit in.

"When a person possesses an element of their identity that fits into one of the categories widely considered to be normative by the dominant view that individual possesses privilege" (Kaplan & Kaplan, 2020).

Non-monosexuals have also been excluded in communities. Researchers have shown that non-monosexuals are excluded from the queer community because they are attracted to more than one gender. "When I used to identify as bi, there's a game of twenty question with an extra burden to explain and legitimize your sexuality" (Rodi & Ross, 2017). Research also shows that non-monosexuals are excluded in the heterosexual community because they believe it is non-probable, while others even go as far as to sexualize them. "If a woman has only had sex with men, but fantasizes about a woman to have an orgasm, is she bisexual [NMS]?" (Bello, 2016). In this independent study, I will answer the ever-growing question "Do we invalidate non-monosexuals?" and in doing so I will demonstrate how, or if, monosexuals discriminate against

non-monosexuals. I will use the terms non-monosexual (as defined above), hetero-monosexual (heterosexuals who are sexually attracted to one gender more commonly known as straight), homo-monosexual (homosexuals who are sexually attracted to one gender more commonly known as gay/lesbians), and queer (in replacement of 2SLGBTQIA+, LGBT, or any other name for this community).

Hetero-monosexuals do not Discriminate

The hetero-monosexual (HE-MS) community has been proven to be one of the most accepting communities for non-monosexuals (NMS), more specifically for female non-monosexuals (NMS). Hetero-monosexuals (HE-MS) are also more likely to let their non-monosexual partners experiment with members of the same sex, which is shown to seem more accommodating and empathetic. Studies have also proven that the majority of non-monosexuals (NMS) end up in long term relationships with hetero-monosexuals (HE-MS) rather than homo-monosexuals (HO-MS). Non-monosexuals (NMS) also tend to relate more to hetero-monosexuals (HE-MS) and therefore “blend” in more effectively.

Fitting into the hetero-monosexual (HE-MS) community as a non-monosexual (NMS) is easier than as a homo-monosexual (HO-MS), this is because non-monosexuals (NMS) can mimic heterosexual attraction. If a non-monosexual (NMS) man is dating a hetero-monosexual (HE-MS) woman, to the outside eye this looks like a normal hetero-monosexual (HE-MS) relationship and therefore is not questioned.

“Bisexual [NMS] individuals in these relationships may have fewer opportunities to disclose bisexuality... as well as may be able to “pass” as heterosexual... eliminating some pressure to be out.” (Molina et al, 2015)

This evidence indicates that non-monosexuals (NMS) do not reveal their sexuality as much in a hetero-monosexual (HE-MS) relationship. Assessing the facts, it is easier for a non-monosexual (NMS) to feel closer with hetero-monosexuals (HE-MS) because they can more effectively “pass”. In this specific study, 470 self-identified non-monosexual (NMS) women from different geographic regions completed a 45-minute interview (Molina et al, 2015). This study includes collaboration from two scientists with limited education and experience; however, it is also conducted by four creditable scientists with Ph.D’s, who all have previous experience researching the queer community (Molina et al, 2015). Another study stated

“A third of LGBT [queer] adults say there is a lot of acceptance for bisexual [NMS] women.” and “When we asked about six specific types of incidents – ranging from being subjected to slurs and jokes (the most common experience among all LGBT [queer] respondents) to being treated unfairly by an employer (the least common), bisexuals [NMS] were significantly less likely than gay men or lesbians [HO-MS] to have experienced most of them.” (Parker, 2015)

To further explain these quotes, the HO-MS community shares continuously that NMS do not go through the same troubles and stigmatization as them because they better ‘fit in’ with HE-MS.

Assessing the facts, HE-MS include NMS more than they do HO-MS, allowing for NMS to feel more relatable to them. This study is just a general summarization of a bigger study done by Pew Research Center, 2013 in which they surveyed all different types of people in the queer community (Parker, 2015). HE-MS allow NMS to fit in with them, while also giving them freedom to explore their sexuality.

Accepting NMS into a community can also be shown through letting them explore their sexuality deeper as most do not get these opportunities. Through these next studies it can be shown that the HE-MS community does give them these opportunities.

"...sexual fluidity in women is sanctioned; that is, bisexuality in women is considered acceptable because women are objectified and hypersexualized as potential partners for group sex and considered sexual attention seekers..." (Pollit et al, 2017).

This quote establishes the fact that most people possess the stereotype that NMS are good partners because they are hypersexual and therefore are down for almost anything. HE-MS most often see NMS as partners who are acceptable with threesomes or voyeurism, letting the NMS have a sexual relationship with another member while the partner watches. When gauging the quote, HE-MS are more likely to allow their NMS partners room to "explore" their sexuality because they objectify it. Even though their room to explore in sexual relationships is normally objectified, at least they are given this opportunity which demonstrates some level of acceptance. This study was carried out by cisgender NMS youth in which they used a sample size of 383 (Pollit et al, 2017). All the authors of the study had proper experience and education (Ph.D's) but the main author is the most qualified. Amanda M. Pollitt, Ph.D. is an NIAAA Postdoctoral Research Fellow at The University of Texas at Austin Population Research Center and got her degree in Family Studies and Human Development, minor in Methods and Statistics, at the University of Arizona; additionally, she has roughly eighteen scientific publications with her peers (Amanda M. Pollitt, Ph.D., 2019). Due to her experience and education on the subject at hand, it is clear for one to see that she is an expert (Amanda M. Pollitt, Ph.D., 2019). Therefore, making both the authors and the study creditable.

The majority of NMS end up in long term HE-MS relationships, rather than HO-MS, which shows that HE-MS are more supportive. "Only 9% of bisexuals [NMS] have same-sex partners; fully 84% are involved with someone of the opposite sex." (Parker 2015). This example demonstrates the importance of HE-MS relationships with NMS, when more NMS are in relationships with, HE-MS it proves that they are healthier and more reliable. Assessing the information, HE-MS relationships are more common and therefore the best option. If only 9% of NMS end up in HE-MS relationships, there has to be something they are providing that HO-MS lack (Parker 2015). As stated above, this specific study is reliable and proves why NMS are better off with HE-MS.

"... bisexual [NMS] women with a single male partner reported higher amounts of depressive symptoms, in part due to greater discrimination from LGBT [queer] communities..." (Molina et al, 2015)

To further explain the quote, the reason why depressive symptoms are so high in HE-MS relationships is because the queer community is discriminating against them for appearing HE-

MS themselves. This separates them even further from the queer community, leaving the HE-MS to support them and accept them. This does not just show in sexual relationships, but friendships as well. This study, as proved reliable above, shows that HE-MS are even better at friendships with NMS than HO-MS.

"Bisexual [NMS] men could be more likely to be friends with heterosexual [HE-MS] men than with gay [HO-MS] men because of this gender conformity, in addition to the difficulty that bisexual [NMS] people have finding acceptance in gay [queer] communities due to bisexual [NMS] stereotypes and invisibility" (Pollit et al, 2017)

When weighing the facts, the HE-MS community are more accepting of NMS than other communities because they have less stereotypes. This quote shows specifically that NMS men relate and feel more accepted by HE-MS and are more likely to be closer friends with them.

Hetero-monosexuals Discriminate

Out of all the groups that discriminate against NMS, HE-MS are the most popular and largest. Most of the population identify as monosexual and specifically HE-MS. When the majority identify as HE-MS this automatically makes them feel superior and stronger than NMS. HE-MS discriminate against NMS in numerous ways. The biggest thing they do is they spread rumors and stigmas about NMS. This can lead to HE-MS choosing to not be in relationships nor having friendships with NMS, therefore out casting them. NMS are exposed to these stigmas before they can "come out" and reveal that they are NMS, this leads to most NMS just hiding and never revealing their true identity. This is also known as "hiding in the closet" and is most common as NMS normally pretend to identify as HE-MS or HO-MS depending on who their current partner is.

A similar study was conducted by Newcomb as well as other experts. Michael E Newcomb, Ph.D., is an Associate Professor in the Department of Medical Social Sciences at Northwestern University and is the Director of the Center for Translational Health Research and Interventions advancing Equity for Sexual and Gender Minority Health and Wellbeing (Northwestern Medicine, 2022). This shows he has the qualifications required to debate NMS wellbeing. Newcomb has done studies on non-monosexuals, female bisexuals, male bisexuals, pansexuals and more. This is important because it demonstrates his diversity on the topic, which allows him to discuss sexual minority youth as well as their mental health issues (Northwestern Medicine, 2022). In the study, they took 180 participants who were 16-29 years old, assigned male at birth and who have had sex with a man in the past year or identified with a sexual minority label (Newcomb et al, 2020). The data was collected as part of an RADAR, "an ongoing longitudinal cohort study of HIV, substance use, and romantic/sexual relationships among young men who have had sex with men [MSM] and transgender women in the Chicago area" (Newcomb et al, 2020).

This study states

"...bisexuals [NMS] are stigmatized as ...neurotic... unable to love... sex crazed... less capable of monogamy than those attracted to a single sex... seen as being within a transitional phase... attention-seeking... not being brave enough to fully come out..." and "Heterosexuals [HE-MS] might... assume bisexual men [NMS] are actually gay [HO-MS] or will transmit HIV/STIs to their female partners" (Newcomb et al, 2020).

This exhibits that HE-MS will spread stigmas with no evidence to back it up just because they are prejudice against NMS. When viewing the quote and the study, one can see that because HE-MS spread awful rumors about NMS aimlessly, it damages how others view NMS.

Hiding one's sexual orientation is common in the queer community, but NMS are shown to hide it the most. This is often because of the awful stigmatization and hate HE-MS spread about specifically NMS. In a study by Pollit and others, using the LGBTQ Coming Out Stress Scale. The study shares a first-person account that states

"My male friends [HE-MS], if I admitted anything to them, they would probably try to attack and kill me...I would think guys, in general, would be opposed to it" (Pollit et al, 2017).

This reveals NMS do not feel comfortable admitting their sexuality to their HE-MS peers, as they will judge and possibly harm them. Diagnosing the quote at hand, one can see that HE-MS are judgmental and cruel to NMS with no prompt. This stigmatization by HE-MS not only forces NMS to hide their true identity, but in doing so effects their mental health and self-confidence. As the same study states "Research on bisexual [NMS] stigma suggests these youth are uniquely vulnerable to stress related to sexual identity disclosure." (Pollit et al, 2017). This poses the idea that NMS can be specifically targeted by HE-MS because of their specific identity stigmatization. When assessing the question, one can see that NMS are prone to issues relating to their sexuality just because HE-MS do not understand them. Finally, a study conducted by various Ph.D experts, "tested several hypotheses concerning current intimate relationship status, minority stressors, and health outcomes among a sample of bisexual [NMS] women." (Molina et al, 2015). This study shares

"Recent research has found that bisexual women [NMS] in a relationship with a single male partner [HE-MS] were less open about their sexual orientation... being less out can also lead to greater internalized bi-negativity" (Molina et al, 2015)

This demonstrates that because HE-MS are prejudice about NMS, this leads them to hide their sexual identity for fear of judgement. A judgement can be made that NMS are afraid of being themselves around HE-MS, which in turn contributes to internalized self-hatred and other mental health issues. It also shares

"The two available studies suggest bisexual women [NMS] who have been involved intimately with a male partner [HE-MS] are more likely to experience worse mental health and illicit substance use than bisexual women [NMS] with female partners [HO-MS]" (Molina et al, 2015)

This insinuates that HE-MS partners are worse for NMS because they spread a unique kind of hatred and stigma that only comes from their relationship. When calculating the quote, its

necessary to see that NMS individuals often suffer silently in relationships with HE-MS which leads to substance abuse and overall worse mental health. In general, NSM often hide who they are and face terrible mental health issues because of discrimination from HE-MS communities.

Hetero-monosexual Conclusion

Overall, HE-MS are extremely discriminatory towards NMS, even though they fit in with the HE-MS community. This is shown in multiple ways, one being that HE-MS spread rumors and stigmatizations about NMS because they are unique, and therefore they cannot relate to them. Research report results show better overall evidence that NMS suffer from low confidence and other mental health issues such as depression in accordance with HE-MS prejudice. This leads them to conceal their sexual identity from others because they are scared of HE-MS hate. This can be because of HE-MS sexualizing them, saying their identity isn't real or valid, stating they are more likely to cheat, and many other stereotypes. Combining all the facts, one can clearly see that NMS are being targeted and outcasted by the HE-MS community.

Homo-monosexuals do not Discriminate

The HO-MS community has shown to include non-monosexuals in everything they do, after all the community is called LGBTQ (the B standing for bisexual). They are included in every study done about the queer community at large, and they even have their own specific flag just like the other labels within the queer community. NMS are different from the queer community because they can have sexual or romantic relationships with HE-MS, however they most relate to the queer community because they both face similar discrimination. bisexuals are the majority of the queer community specifically 52% (Understanding Issues Facing Bisexual Americans, 2014). To survive through the discrimination, it's easier to stick with a community to fight through together making it more logical for NMS to pair with the queer community. Finally, NMS are better off mentally with HO-MS because they can most relate and support them as they both go through similar life obstacles.

NMS have been grouped with HO-MS for years and are only recently being separated, making them similar enough to be grouped in the same community.

"Bisexuals [NMS] experienced these milestones [knowing when they liked the same sex] at nearly the same ages as lesbians and gay men [HO-MS]." (Parker, 2015)

To further explain, studies show that people who show interest in the same sex relationships often discover it around the same age therefore making NMS and HO-MS extremely similar. Assessing the facts, one can see that because NMS and HO-MS discovered their sexuality at a youthful age and they have similar sexualities that they automatically form an accepting community of each other. Similar to that a study showed "... 33% reported some sexual attraction to other women, 20% reported sex with women since age 18, and 14% identified as a lesbian." (Meyer et al, 2002). To elaborate on the quote, 19% of those who report same sexual attraction to other women are NMS(Meyer et al, 2002). This information demonstrates that HO-MS and NMS can experience the same sexual and romantic relationships making them very similar and therefore relative to each other. One expert on queer studies even talks about the way scientists' group NMS and HO-MS together as shown when he states "... the review, and the studies I cite, fails to distinguish bisexual [NMS] individuals from lesbian and gay [HO-MS] individuals." (Meyer, 2003). Ilan Meyers, Ph.D., is a Distinguished Senior Scholar of Public Policy at Williams Institute for Sexual Orientation Law and Public Policy at UCLA's School of Law, which means he has the education required to discuss sexual preference (UCLA School of Law, 2021). Through my research, the majority of the scientific studies about NMS reference Meyers' works. Meyers has done multiple studies on the queer community; even though his studies are not recent, he specifically researches minorities' stress, sexual orientation, identity, discrimination, and more which is important because it qualifies him to speak on the topic of non-monosexuals (UCLA School of Law, 2021). Though Meyers has a lack of more recent data, it is clear that he is well educated and has enough experience to write about the queer community and NMS (UCLA School of Law, 2021).

"Minority stress theory suggests that sexual minority individuals (i.e., lesbian, gay, and bisexual men and women, or LGBs) are at greater risk for health problems than heterosexuals, because LGBs [queer] face greater exposure to social stress related to prejudice and stigma..." (Frost & Meyer et al, 2013).

This quote provides the knowledge that NMS and HO-MS go through the same higher risk of health problems because they are both minorities due to their sexuality. Weighing the facts, it is clear to see that because NMS and HO-MS both experience stigmatization they are similar enough to be referenced in the same community. This study conducted interviews with 396 lesbian, gay, and bisexual men and women living in New York City (Frost & Meyer, et al, 2013). They also conducted 1 year follow up interviews, to double check the data (Frost & Meyer, et al, 2013). The study and the experts, such as Dr. Frost, who conducted it are beyond creditable, and to add many other studies use this one as reference. David M. Frost, Ph.D, is an Associate Professor in Social Psychology at University College London. Frost is a specialist in the stigma, discrimination, minority Groups, social stress, relationships, sexual orientation and sexual identity (Institutional Research Information Service, 2022). Frost is an Associate Editor for *Annals of Behavioral Medicine* at Oxford and a Consulting Editor for *Psychology of Sexual Orientation and Gender Diversity* at the American Psychological Association (Institutional Research Information Service, 2022). He is one of the most referenced experts in the subject of the queer community as he has almost a hundred publications (Institutional Research Information Service, 2022).

"Considering the high levels of close friend support reported by the bisexual youth in this study and evidence that sexual minority youth tend to go to their LGB [queer] close friends for support regarding sexual identity concerns..." (Pollit et al, 2017)

This quote establishes that queers provide good relationships when NMS have identity concerns, because they can empathize. Assessing the facts, queers provide more to NMS than HE-MS because they can relate and give better help. When assessing ones friend group, NMS are proven to have better relationships with queers, because they can support each other on a different level than HE-MS.

Not only in regular relationships do the queer community support and uplift NMS, but also in sexual relationships. NMS can relate to HO-MS more, making their sexual relationships stronger because they relate on an emotional level due to the discrimination.

"Indeed, being in a relationship with a single female partner may have protective benefits in being "out", including lower internalized bi-negativity and a greater sense of belonging and involvement with LGBT [queer] communities..." (Molina et al, 2015)

This quote provides the knowledge that NMS can embrace their true self better when dating a HO-MS, without having to suppress their sexuality or feeling the need to prove their sexuality. Calculating the quote, one can see that a NMS will feel happier and will be able to be their true self when they have a relationship with a HO-MS. NMS not only feel better by being "out" with HO-MS, they also relate and empathize on a different level that HE-MS cannot match.

"The two available studies suggest bisexual [NMS] women who have been involved intimately with a male partner are more likely to experience worse mental health and illicit substance use than bisexual [NMS] women with female partners..." (Molina et al, 2015)

This quote establishes that when NMS are in a HO-MS sexual relationship, they feel better validated making their mental wellbeing better then when in a sexual relationship with a HE-MS. Weighing the studies, its clear to see that NMS mental health is far better when in a relationship with HO-MS, making their acceptance better then HE-MS. NMS are related too and treated better in a HO-MS relationship and get to embrace the feeling of being fully themselves, compared to a HE-MS relationship.

Homo-monosexuals Discriminate

HO-MS and NMS are often grouped together. They are both part of the queer community, which inclines people to believe that they are one community that are supportive of each other. In reality, HO-MS are extremely discriminatory against NMS. Most of the NMS community has stated that they do not feel accepted or welcomed by the queer community or specifically the HO-MS community. NMS have shared they feel judged and even have stigmas attached to them because of HO-MS. Women Bisexuals (NMS) are often the ones who are known to have this

stigma and non-acceptance; however, HO-MS are very prejudiced about specific labels as well such as male bisexuals or pansexuals (NMS). All these things leave NMS to feel discriminated against HO-MS.

In a study, they took 180 participants who were 16-29 years old, assigned male at birth and who have sex with a man in the past year or identified with a sexual minority label. The data was collected as part of an RADAR, “an ongoing longitudinal cohort study of HIV”. (Newcomb et al, 2020). The research stated

"...bisexual women [NMS]... in same-sex relationships reported significantly higher identity uncertainty (e.g., feeling uncertain if one is bisexual or homosexual), which was mediated by higher frequency of assumed lesbian [HO-MS] identity." (Newcomb et al, 2020).

This uncovers that when NMS are in a relationship with HO-MS not only do they get discriminated against, but they also start to question their identity because of pressure and judgement from HO-MS partners. The results in this study demonstrate that NMS mental health deteriorates when with HO-MS because they are not accepted which makes them question themselves and their sexuality which in turn destroys their mental health. HO-MS do not provide support to NMS which lessens their mental health, and they also spread stigma about NMS.

There is a lot of stigma attached to NMS, most of which is from HE-MS, but some is still contributed from HO-MS. As talked about in the paragraph above, Newcomb and a couple of other experts conducted a study which proves that HO-MS are discriminated against. In the study, they stated that

"Bisexual [NMS] individuals may experience stigma differently depending on the gender of their relationship or sexual partners, because they may be perceived as heterosexual [HE-MS] if they have a partner of a different gender and as gay/lesbian [HO-MS] if they have a partner of the same gender." (Newcomb et al, 2020).

This validates the fact that stigma around NMS does exist and when NMS individuals are in relationships with HO-MS they are seen as HO-MS themselves. A judgement can be made that when NMS individuals are perceived as HO-MS, this diminishes their identification and individuality. There is also stigma around different labels NMS identify as, as well as the gender of NMS. The same study by Newcomb and other experts goes over these issues. The scientific report states

"Results indicated that young bisexual men [NMS] experienced more interpersonal hostility from... gay/lesbian [HO-MS] individuals when their serious relationship partner was female." (Newcomb et al, 2020).

This proves that HO-MS are more prejudiced against male NMS and specifically are discriminatory when they are in a HE-MS relationship. When gauging the quote, one can see that

male NMS are attacked by HO-MS because HO-MS diminish their sexuality when they are perceived in a HE-MS relationship. It also states

"...bisexual [NMS] men are perceived more negatively than bisexual [NMS] women, possibly based on beliefs that bisexual [NMS] women are "heterosexuals in disguise," but that bisexual [NMS] men are gay and avoid "coming out" to protect themselves from antigay stigma" (Newcomb et al, 2020).

This uncovers that HO-MS are closeminded in believing that NMS can be sexually attracted to one gender. An assessment can be made that HO-MS are prejudice towards both NMS genders for not choosing a sexuality or a specific gender to be sexually attracted to. HO-MS not only show stigma towards many subgroups of NMS, but are shown to particularly discriminate against bisexual NMS more than other identities of NMS. A study also done by Newcomb and other experts looks at specifically the effect of monosexuals such as HE-MS and HO-MS on NMS. This study (FAB400) is an ongoing cohort study of 488 young sexual and gender minorities who were assigned female at birth (Newcomb et al, 2019). Participants are required to be 16-20 years old, speak English, live in the Chicago area (Newcomb et al, 2019). The study states

"Some studies have found that bisexual-identified [NMS] individuals experience more enacted monosexism (particularly from lesbian/gay [HO-MS] individuals... and have a higher burden of comorbid mental health and substance use problems... than non-monosexual individuals who identify in other ways." (Newcomb et al, 2019).

This exhibits that HO-MS are prejudicial towards bisexual NMS more than any other individual who identifies as a different type of NMS (such as pansexual or omnisexual). When viewing the importance of this study, one can see how HO-MS go out of their way to specifically discriminate against bisexual NMS, which is how the majority of NMS identify.

Homo-monosexual Conclusion

In the end, the queer community is the most supportive community NMS are a part of, despite some of their stigma. This is shown in multiple ways, one being that HO-MS better relate to NMS because they face the same discrimination. They are also scientifically grouped in the same community because they go through the same type of discrimination. They cope better together because they have the same mental health effects of being in the same minority. NMS also feel a better sense of belonging because they can truly be themselves in a HO-MS relationship, as apart to a HE-MS relationship. Finally, 52% of the queer community are non-monosexual, thus making them the majority of the queer community. Combining all these facts and studies, one can clearly understand that NMS are better off in sexual and non-sexual relationships with HO-MS because they are more inclusive than discriminatory.

Final Conclusion

Throughout this research report, it is clear to see the injustice that NMS go through because of claims different communities will impose on them. An NMS individual goes through unique experiences that other communities can only semi-relate to. When assessing the HO-MS, one can see that NMS relate similarly and are often grouped with HO-MS members of the queer community. Even though HO-MS can be prejudice about the labels NMS choose to self-identify with and judge them for not picking a sexuality and sticking with it. HO-MS overall are very accepting and inviting of NMS, mostly since NMS make up much of the queer community. When assessing HE-MS, one can see that NMS often get judged and ridiculed because HE-MS find them different than the “average person”. Even though HE-MS give NMS the most room to explore their sexuality, and the majority of NMS end up in long-term relationships with HE-MS. HE-MS overall discriminate against NMS and provide unnecessary stigmas and hatred. When I started this independent research report, I did not know how to feel about the topic. I knew that NMS were discriminated against, but I had no idea if they received more discrimination than support. Through my research, it is apparent that I can conclude that NMS do receive clear discrimination from both HO-MS and HE-MS. Even though they do receive different types of support from both groups, the discrimination they receive out ways the support. NMS are forced to hide their sexuality to appear more “normal”, however if someone finds out they are hiding their sexuality they get judged for not being brave enough to come out as gay or accused of trying to use HE-MS privilege. NMS get generalized as not loyal, only caring about sex, more likely to carry sexual ally transmitted diseases, and many more. The worst assumption about NMS however, is that it is a temporary sexuality and the gender they end up with determines their actual sexuality.

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