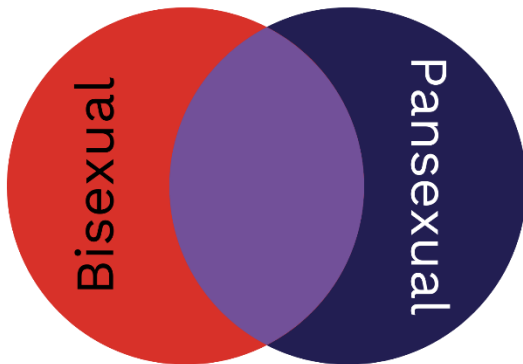


# What is the difference between Bi(sexual) and Pan(sexual)?



Bi and Pan are a venn diagram with a large area of overlap. People can use these terms to mean different things, but most commonly Bi people would say they experience attraction to multiple genders while Pansexual people would say they experience attraction *regardless of gender* or *despite gender*.

Because Pansexual is a comparatively newer term, many older Bisexual people (especially Gen X and above) feel equally comfortable

with either Bisexual or Pansexual; Pansexual was not a label that was commonly used fifteen or twenty years ago, and older Bisexual people who feel that Pansexual resonates for them often still feel an emotional attachment to Bisexual as a way of describing themselves. As such, it's not uncommon for older Bisexual people to describe themselves as Bi / Pan. For younger people, it is more common to view the two labels as separate and distinct.

Generational differences in how these terms are used often create confusion and have led to bitter disagreements among some about what is considered "permissible" use of the terms. There are some in each group who actively campaign against the "other" term. Some Pansexual people argue that Bisexual is a transphobic orientation that erases non-binary people, and that Pansexual is a more inclusive label for attraction to multiple genders. While some Bisexual people argue that Pansexual people are yet another group trying to erase Bisexuality as a valid identity and accuse Pansexual people of wanting to impose their identity on others.

*However.* Bisexual people are not inherently transphobic, and indeed many Bisexual people are themselves trans and/or non-binary. And Pansexual people are not inherently trying to erase Bisexual people by using a different label to describe themselves and their experiences.

**It's okay for language to shift and evolve over time, and people should always be free to describe themselves using the term that feels most genuine and comfortable for them.**