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Bi- Visibility is difficult to achieve because people tend to read your sexuality from the relationship that you're in and any other markers that you might give off. As a student at university, I was not taken seriously as a bisexual woman because my first relationship at uni was with a man, and I was often treated with suspicion amongst members of the (as then was) LGB society. Acceptance of me within this community grew once I started dating a woman, but this was accompanied by a widespread belief amongst my friends and family that I was now gay, even though I had already identified as bisexual for years and continued to do so.

That relationship continued until shortly before I took up my post at QMUL. Leaving a 7.5 year same-sex relationship and then dating a man required "coming out" all over again.

Having now been with my husband for 16 years, including the 15 years that I have been at QMUL, I am aware that many of my friends and colleagues do not know that I am bisexual. I have never concealed my identity, but it remains largely invisible. However, it is still an important part of who I am and, having long ago accepted myself, I am proud to celebrate Bi Visibility.

I would encourage anyone else who is bisexual to embrace their identity without feeling the need to define themselves by their current relationship status. I would encourage the gay community to include and embrace bisexual people as full members of the LGBT+ community. And I would encourage everybody to be open to the possibility that anyone they know might be bisexual, irrespective of whom (or whether) they are currently dating.