

## Celebrating and Promoting Sexual Health

# Bisexuality\*



\* The potential to feel attracted to and to engage in sexual and/or romantic relationships with people of more than one sex or gender. Often used as an umbrella term that covers a wide range of identities (including pansexual and fluid).

**Pansexuality:** The potential to feel attracted to and to engage in sexual and/or romantic relationships with people of all genders.



Across two surveys, SIECCAN asked **3,000 students** aged 18-24 attending universities in Canada about their sexual health and well-being.

## Sexual Health and Satisfaction

Among bisexual and pansexual people in our surveys:

- 87%** say their sexual health is good, very good, or excellent
- 80%** are happy or very happy with their sexual life
- 87%** are somewhat or very emotionally satisfied with their primary relationship
- 81%** are somewhat or very sexually satisfied with their primary relationship

**13.5%**  
identified as  
Bisexual or  
Pansexual





**Condoms Are  
a Good Choice  
to Protect Your  
Sexual Health**

**Condoms reduce the risk of getting or passing STIs.**

When used correctly, condoms are **98%** effective at preventing pregnancy<sup>1</sup>.

In surveys of Canadian university students, condom use did **NOT** affect pleasure ratings for penis-vagina sex<sup>2</sup>.

## Maintaining Sexual Health:

-  Engage in safer sex practices (e.g., using a condom or dental dam)
-  Get tested regularly for HIV and STIs
-  Talk with a healthcare provider about contraceptive options that work for you
-  **PrEP** (pre-exposure prophylaxis) and **PEP** (post-exposure prophylaxis) to help prevent HIV
-  The **HPV vaccine** to reduce your risk of getting HPV-related cancers and genital warts

**sieccan**  
Sex Information & Education Council of Canada  
Conseil d'information & d'éducation sexuelles du Canada

  
**TROJAN**  
BRAND CONDOMS

Notes: Two cross-sectional surveys were conducted in 2019 and 2021. The 2019 survey was commissioned by Trojan. Both surveys were designed by researchers at SIECCAN and the University of Guelph. Data was collected by Leger, a professional market research company. All analyses exclude participants who chose "I don't know/prefer not to answer."

<sup>1</sup> <https://www.webmd.com/sex/birth-control/birth-control-condoms#2>

<sup>2</sup> SIECCAN. (2013, 2019). SIECCAN national university student sexual health surveys.