

If there is a chance your partner might be having sex with someone else, whether it is a woman or a man, you need to **protect yourself** from sexually transmitted infections (STIs) including HIV.

If you are in a relationship with a man who is sexually attracted to other men it is important for you to look after your own health as your first priority. Perhaps your partner hasn't acted on his homosexual attractions at this point. However, if he does, it might be difficult for him to tell you at first. Therefore it's important for you to take steps to avoid the risk of contracting STIs, including HIV.

Safe sex means having a clear, spoken agreement about sex within and outside your relationship or using a condom every time you have vaginal, anal or oral sex. Discuss with your partner how you will both protect yourselves sexually.

Have a supply of condoms ready. Sometimes condoms are provided free at women's health centres, sexual health clinics and Family Planning.

Become familiar with how to use condoms correctly. Read the instructions on the packet carefully, check use-by dates and be sure to use lubricant. There are lots of choices of condoms, so try a variety to find what best suits you and your partner.

Have routine check-ups with your partner at a sexual health clinic (free of charge).

## WHERE TO GO FOR MORE INFORMATION

### Women's Health Centres in NSW

Visit Women's Health NSW for contact details for the 21 women's health centres in NSW. [www.whnsw.asn.au](http://www.whnsw.asn.au)  
Phone: 02 9560 0866

### Sexual Health information & clinics in NSW

Free sexual health testing, counselling and referrals. [www.health.nsw.gov.au](http://www.health.nsw.gov.au)  
Freecall: 1800 451 624

### Family Planning NSW

Sexual and reproductive health clinics in six NSW locations staffed by doctors and nurses. [www.fpnsw.org.au](http://www.fpnsw.org.au)  
Phone: 1300 658 886

### ACON

Counselling, support and information for gay, lesbian, bisexual and transgender people. [www.acon.org.au](http://www.acon.org.au)  
Phone: 02 9206 2000  
Freecall: 1800 063 060

### Aboriginal Community Controlled Health Services

[www.ahmrc.org.au](http://www.ahmrc.org.au)  
Phone: 02 9212 4777

### HIV/AIDS Information & Referral

Phone: 02 9332 9700  
Freecall: 1800 451 600

### Multicultural HIV/AIDS & Hepatitis C Service

[www.multiculturalhivhepc.net.au](http://www.multiculturalhivhepc.net.au)  
Phone: 02 9515 5030  
Freecall: 1800 108 098

### Heterosexual HIV/AIDS Service

[www.pozhet.org.au](http://www.pozhet.org.au)  
Phone: 1800 812 404

### Counselling and family dispute resolution (mediation)

Relationships Australia  
[www.relationships.org.au](http://www.relationships.org.au)  
Phone: 1300 364 277

### 24 hr Crisis Counselling

Lifeline: 13 11 14

### Legal Advice

#### Women's Legal Services NSW

[www.womenslegalnsw.asn.au](http://www.womenslegalnsw.asn.au)

#### Domestic Violence

Phone: 02 8745 6999  
Rural line: 1800 810 784



**WOMEN  
PARTNERS  
OF BISEXUAL MEN  
SERVICE**



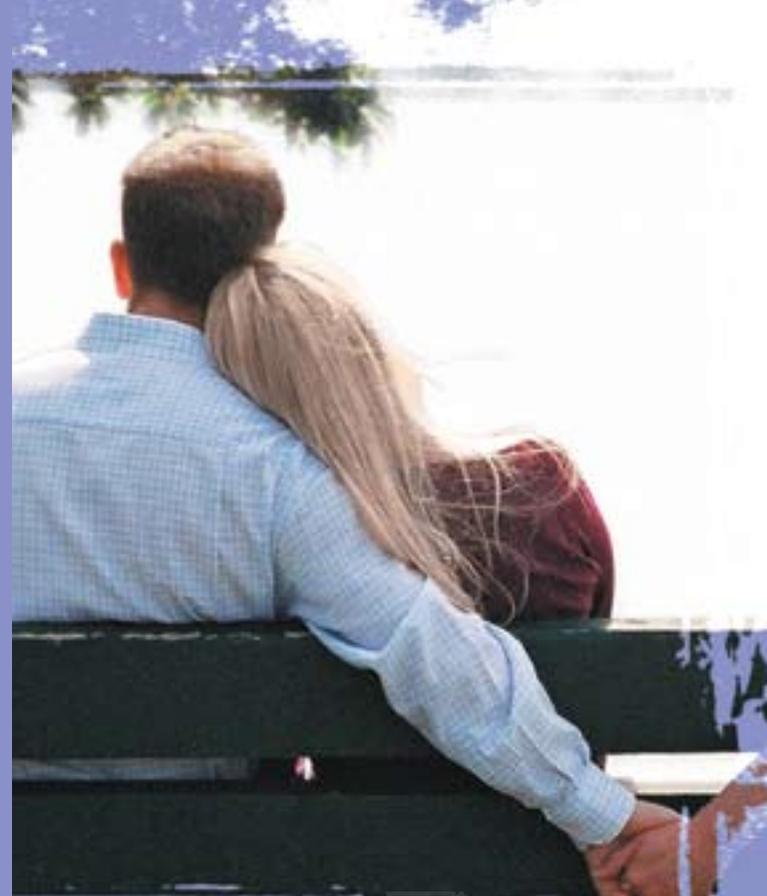
**Leichhardt Women's  
COMMUNITY HEALTH CENTRE**

55 Thornley Street, Leichhardt NSW 2040  
PO Box 240, Leichhardt NSW 2040  
Phone: 02 9560 3011  
Freecall: 1800 787 887  
Fax: 02 9569 5098  
Email: [womenpartners@lwchc.org.au](mailto:womenpartners@lwchc.org.au)



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[www.womenpartners.org.au](http://www.womenpartners.org.au)



**COULD HE BE  
BISEXUAL?**



*Many women are in a relationship with a man who is sexually attracted to other men.*

*Some of these men describe themselves as gay or bisexual. Others describe themselves as heterosexual or straight.*

*If you are in a relationship like this...*

*You are not alone.*

### **Many women are in a relationship with a man who is attracted to other men.**

Some men who are in relationships with women are in a process of transitioning from a straight to a gay identity; other men describe themselves as bisexual and are attracted to men and women; while others can be publicly heterosexual while being privately attracted to men – and want to keep their same sex activities hidden from other people, including their female partner.

Some women enter into a relationship knowing of their male partner's attraction to the same sex. These couples often have an agreement, and sometimes the agreement can break down over time.

Many women have no prior knowledge of their male partner's same sex attraction and the discovery can be difficult to deal with and have significant consequences.

**The Women Partners of Bisexual Men Service** is a NSW-wide service, funded by NSW Health to provide information and support to women whose male partners are homosexually attracted. Located at Leichhardt Women's Community Health Centre, it's non-government, not for profit and *free of charge*.

#### **The Women Partners service provides:**

**Counselling:** by phone, email or in person. Or just chat with someone who understands how you feel.

**Groups:** share experiences and receive emotional support from other women in similar situations to your own.

**Information:** on a range of related issues including safe sex, separation/divorce, staying together, communication and children's issues.

**Referrals:** to women's health centres, sexual health services and relationship counsellors.

When a woman discovers her male partner's attraction to men, she may experience a range of reactions:

This is how some women have felt:

*'I was shocked to discover this important side of my husband I had known nothing about'*

*'I felt completely alone and thought no one else would understand'*

*'For a while I felt completely stripped of my own sexuality'*

*'I felt very angry to think I had been used to hide his sexuality'*

*'I was very worried about how the children would be and how we could support them'*

*'I knew he had a brief encounter when he was younger with a man, but he said it was a one-off and he loved me. I had forgotten all about it.'*

*'At first I blamed myself for what happened: how could I not have known?'*

*'I felt confused and very hurt.'*

*'I was worried about gossip and other people's reactions.'*

*'The counselling was a great support – our sessions helped me understand what had happened and to look after myself.'*

*'It helped a lot to attend a support group and meet other women who really understood what I was going through.'*