



# Bi+ Sexual Health and HIV Study: Practices and prevention

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Kirby Institute, UNSW Sydney

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Today we are meeting on the Traditional Lands of the Kurna People.

The Kirby Institute at UNSW Sydney is located on the Traditional Lands of the Bidjigal people.

We acknowledge the Traditional Owners of Country throughout Australia, and First Nations people's continuing connection to culture, land, sea, waters, and community.

We pay our respects to Elders, both past and present.

# Disclosures

- BiSHH received an unrestricted community grant from Gilead Sciences. Gilead had no role in the conduct of the study or the analysis or interpretation of the data.
- B. R. Bavinton has received research grants from Gilead Sciences and ViiV Healthcare, honoraria from Gilead Sciences, Virology Education, ASHM Health, FHI 360 and the NHMRC, and travel from Gilead Sciences, unrelated to this study.
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# Overview

- Sexual partner types
- Sexual practices
- PEP and PrEP
- HIV testing
- STI testing and diagnosis
- Conclusions

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# Results: Sexual partner types

Working with our Advisory Group, we determined three partner types to ask about:

## 1. Ongoing committed partners

- *e.g. primary partner, anchor partner, husband/wife/spouse, and boyfriend/girlfriend/joyfriend*
- Additional questions about polyamory situations/arrangements

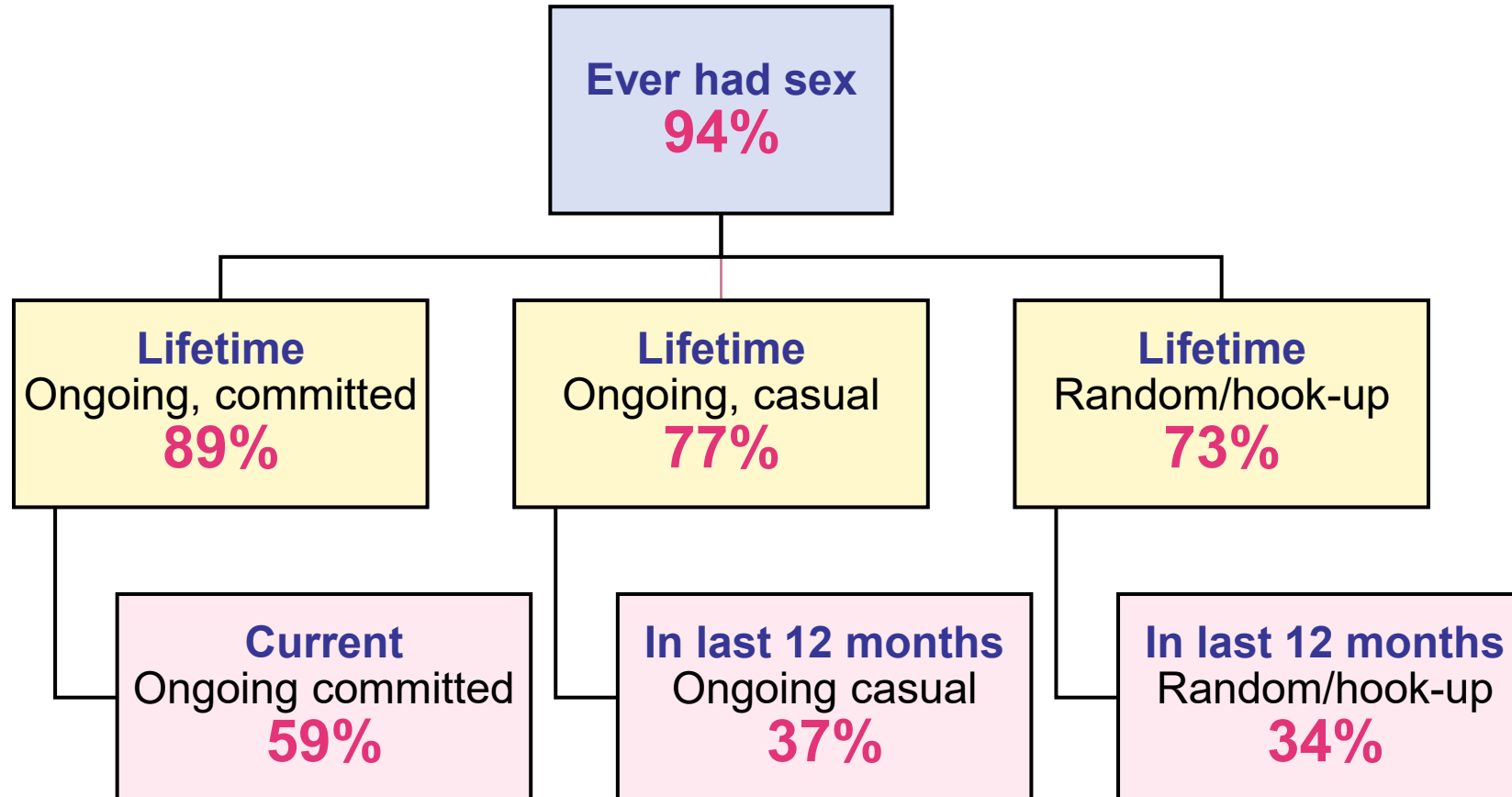
## 2. Ongoing, casual partners

- *e.g. lover, fuckbuddy, friends with benefits, booty call, and situationship*

## 3. Random/hookup partners

- *e.g. hook-up, one night stand, one nighter, rando, and fling*

# Results: Sexual partners summary



# Results: Ongoing committed partners

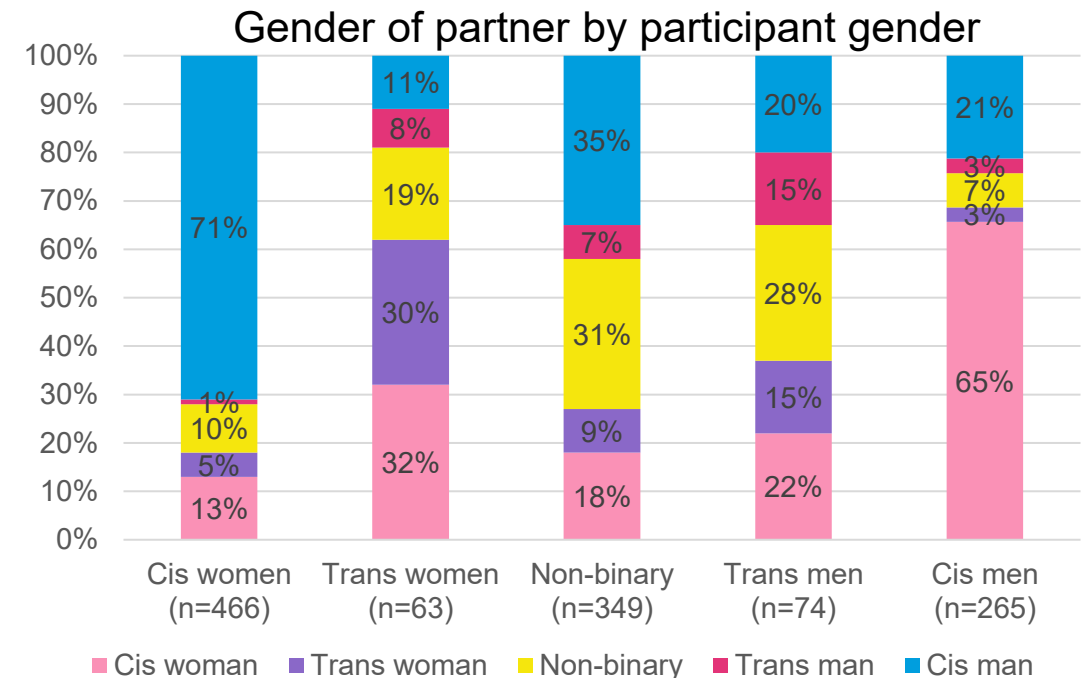
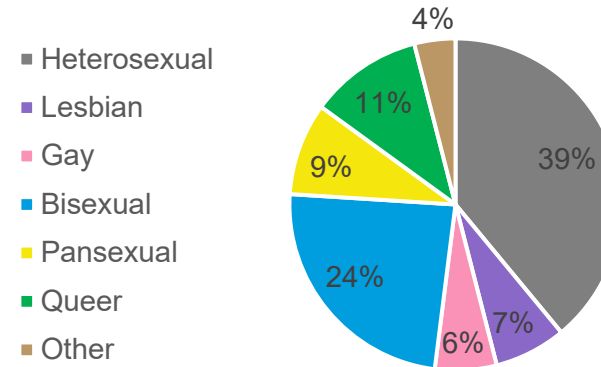
- Of those in current ongoing committed relationships (n=1,252):
  - 85% had one partner (n=1,057)
  - 15% had multiple partners (e.g. polyamorous arrangements; n=195)
- ***Participants in poly arrangements***
  - 68% of participants in poly arrangements were in a relationship with 2 other people, and a further 14% with 3 people.
  - Types of poly arrangement:
    - 74% had multiple partners not in relationship with each other (e.g. so-called “V” arrangements)
    - 12% were in an arrangement where all partners were together (e.g. “throuple”)
    - 12% were in an arrangement where some partners were in a relationship together and others were not.

# Results: Ongoing committed partners

- In the last 12 months, of all those in current ongoing committed relationships (n=1,252):
  - 59% only had sex with their ongoing committed partner/s
  - 40% also had sex with ongoing casual partners or random/hook-up partners
- Of all those in current ongoing committed relationships, 1,221 provided more details on **one** of the partners.
- Participants with multiple partners were asked if they had a “primary” or “anchor” partner, or if they had a partner they spent the most time with.

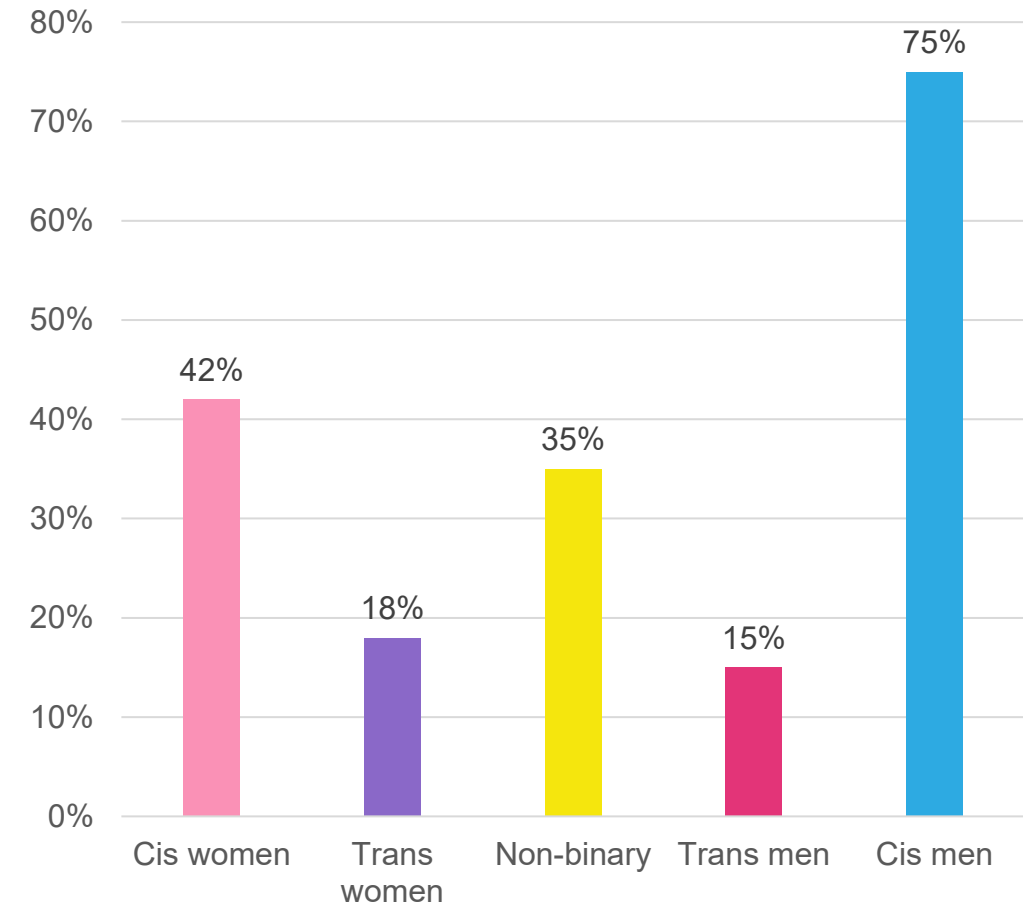
# Results: Ongoing committed partners

- Sexual identity of current ongoing committed partners
  - 52% with a partner with a “monosexual” identity
  - 44% with a bi, pan or queer partner
- Out about being bi+ to partner
  - Bi, pan, queer or lesbian partner: >95%
  - Gay male partner: 87%
  - Heterosexual partner: 80%



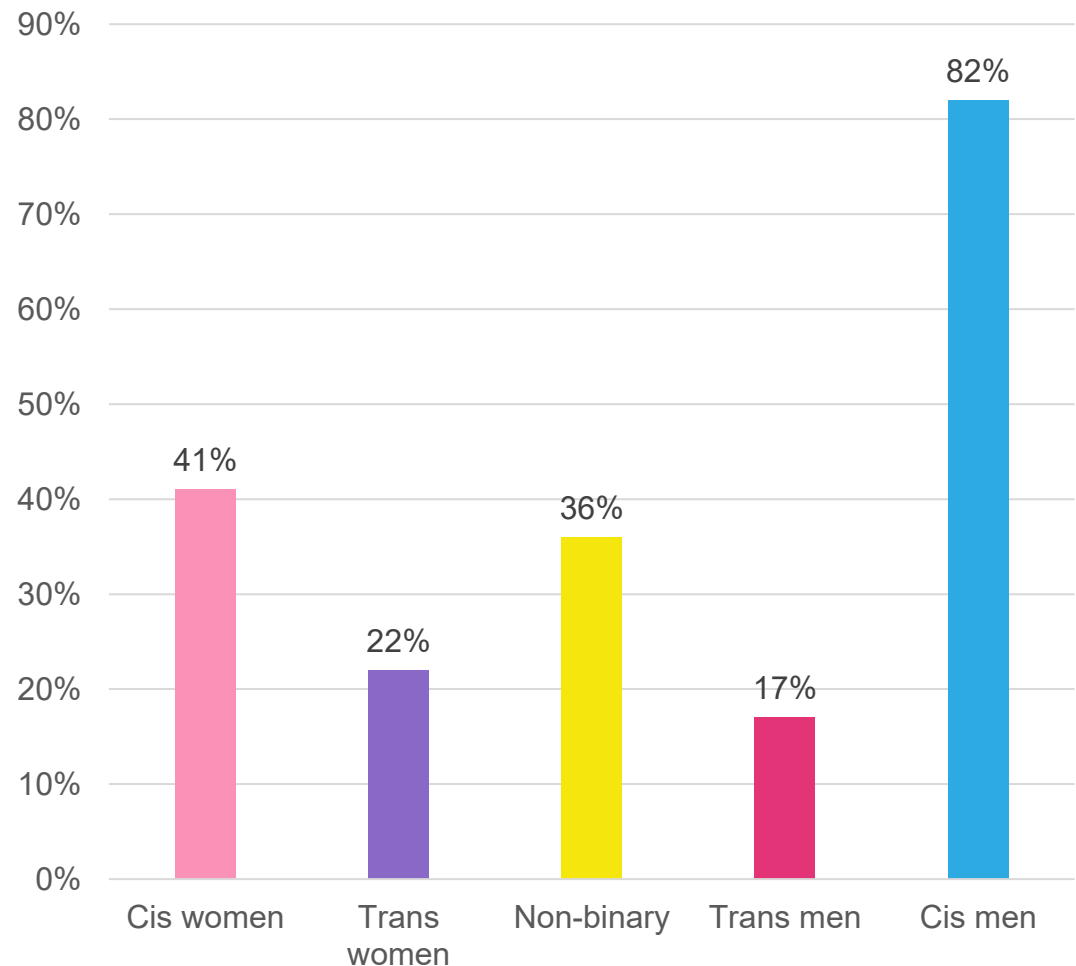
# Results: Ongoing casual partners

- 37% (n=783) of participants had sex with one or more ongoing casual partners in the last 12 months.
  - ~30% of cis women, trans men and non-binary participants; 38% of trans women; 52% of cis men.
- Proportion of these 783 participants who had had an ongoing casual partner of each gender:

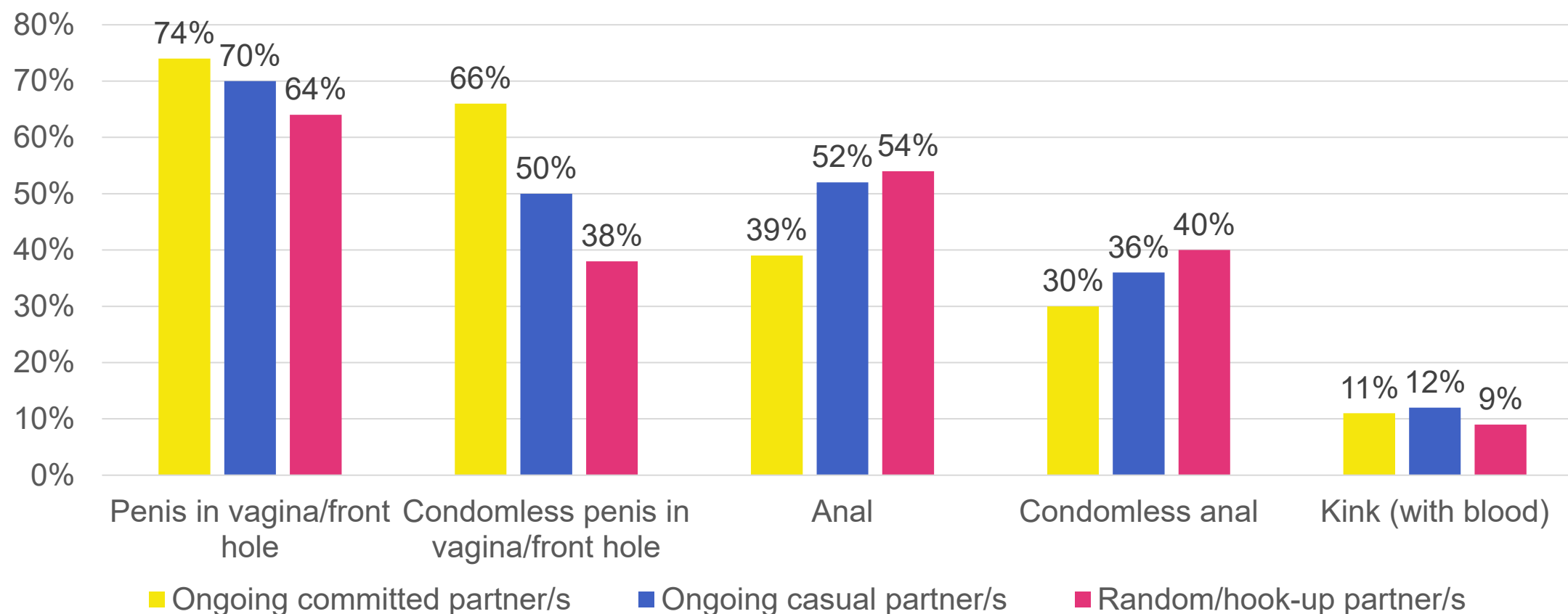


# Results: Random/hook-up partners

- 34% (n=716) of participants had sex with one or more ongoing casual partners in the last 12 months.
  - ~27% of cis women, trans men, trans women, and non-binary participants; 59% of cis men.
- Proportion of these 716 participants who had had an ongoing casual partner of each gender:



# Results: Selected sexual practices

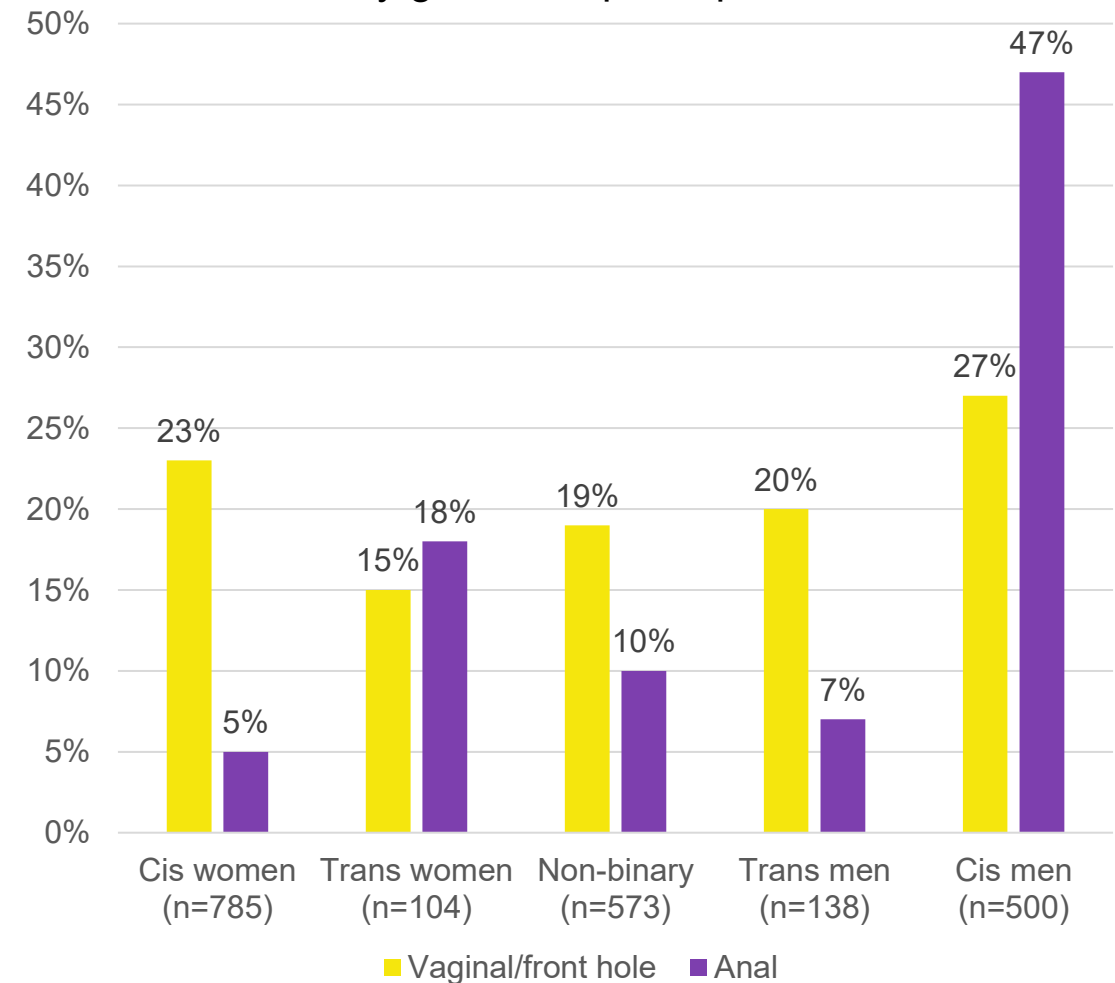


Note: Denominator for each column is those who had had sex with that partner type in the last 12 months

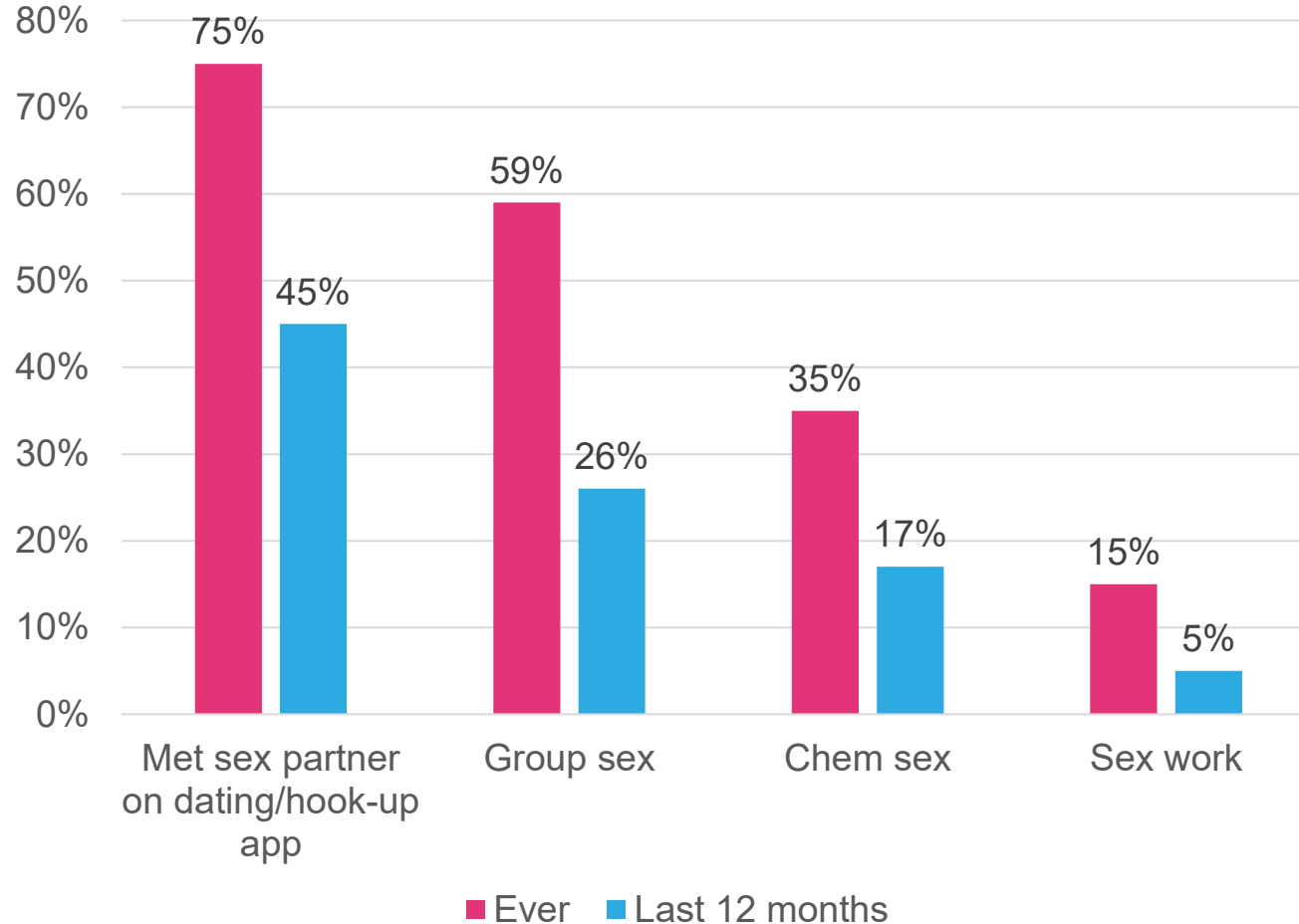
# Results: Condomless sex (last 12 months)

- 22% of **all** participants reported condomless vaginal/front hole sex with ongoing casual partner/s and/or random/hook-up partners.
- 17% of **all** participants reported condomless anal sex with ongoing casual partner/s and/or random/hook-up partners.

By gender of participant



# Results: Other sexual practices



- Recent app use highest among cis men (64%).
- Recent group sex highest among cis men (43%).
- Recent chem sex highest among trans men (21%) and cis men (19%).
- Recent sex work highest among trans women (10%).

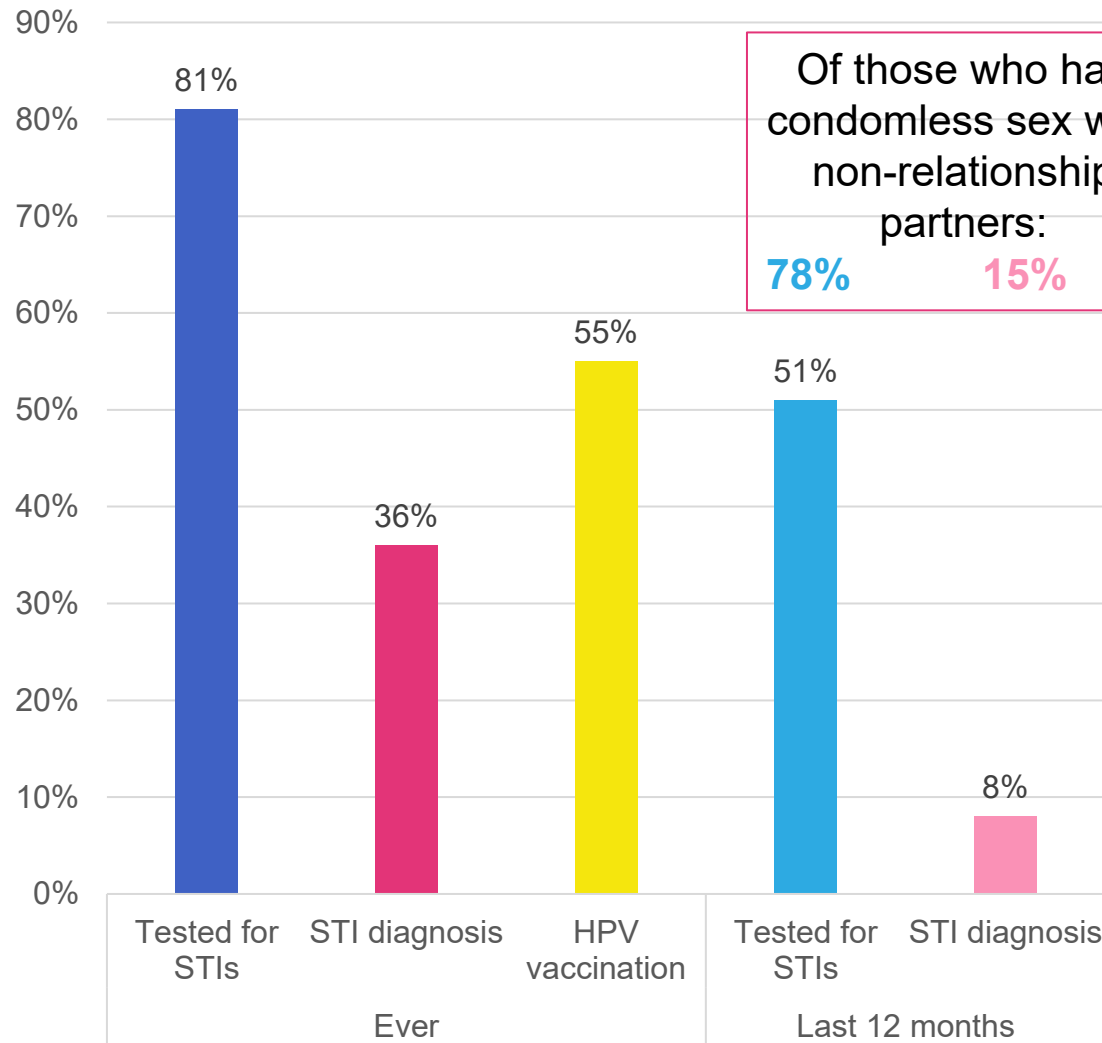
# Results: PEP and PrEP

- 3% had ever used PEP, with highest use (~6%) among cis and trans men.
- 12% had ever used PrEP (29% of trans women and cis men).
- Current PrEP use was highest among cis men (19%) and almost non-existent among cis women (0.3%).
  - Current PrEP use among participants who reported:
    - Condomless anal sex in the last 12 months: 29%
    - Condomless vaginal/front hole sex in the last 12 months: 11%

# Results: HIV testing

- 71% had ever had an HIV test.
  - Higher among trans women (81%) and cis men (77%) than the other groups (~69%).
- 42% had been tested for HIV in the last 12 months.
  - Higher among trans women (56%) and cis men (51%) and lowest among cis women (35%).
  - Among participants who reported:
    - Condomless anal sex in the last 12 months: 73%
    - Condomless vaginal/front hole sex in the last 12 months: 68%

# Results: STI testing, vaccination, screening



- Similar proportions of STI testing and diagnosis across the gender groups.
- Cis women much less likely to be given throat swab and anal swab than the other groups.
- HPV vaccination much lower among cis men (21%) and trans women (37%).
- 83% of those eligible for regular cervical screening had been screened within the last 5 years.

# Conclusions

- Bi+ people are a very diverse population in terms of:
  - Relationship structures (monogamy with one person, sexually open relationships, poly arrangements of different forms)
  - Sexual activity (sex with no one, within relationships, with casual partners and/or friends with benefits, combinations of these)
  - Genders and bodies of selves and sexual partners
  - Sexual practices
  - Risks for HIV and STIs
- Our sample had relatively high levels of HIV and sexual health service engagement.
- About one-fifth to one-quarter had engaged in condomless sex in the past year with a non-relationship partner.

# Conclusions

- Determining the varying “levels” of risk for HIV and STIs is very complex.
  - Further thought is warranted as to how important or needed this is.
  - It is critical that any discussions on risk do not contribute to the stigmatisation of bi+ men as a “bridge” to heterosexual populations or as “vectors of HIV”.<sup>1</sup>
- A particular challenge is that HIV testing, PEP and PrEP guidelines are not straightforward for people who are not men who have sex with men.
  - How often should people with different sexual practices be tested for STIs and HIV?
  - What should a PrEP program look like?

# Acknowledgments

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