

Attracted to men and women? Our sexual orientation can undergo 'extensive' changes as we age, and more so in women, study says

The vocabulary we currently use to describe sexual orientation is hopelessly inadequate, with labels like 'gay', 'straight' and 'bi' falling far short of the complex reality, a large long-term study suggests.

Far from being being a fixed preference, the findings suggest that sexual identity and attraction undergo extensive and often subtle changes throughout a person's life, continuing long past adolescence and into adulthood, with women showing slightly more fluidity than men.

"Sexual orientation involves many aspects of life, such as who we feel attracted to, who we have sex with, and how we self-identify," [explains](#) the lead author Christine Kaestle.

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[W]omen who fell in the 'mostly straight' category were attracted to both sexes in their early 20s, but by the time they reached their late 20s, almost all of them were interested in just men.

In contrast, male participants tended to fall more on the extremes of the spectrum, as either 'straight' or 'emerging gay'. Yet even though women were more likely to explore the full length of the spectrum, those men who identified as straight in their teens were more than twice as likely to be attracted to both sexes.

Read full, original post: [Here's More Evidence Sexual Orientation Is Fluid Right Into Our Adult Years](#)