

**PAN VISIBILITY DAY**  
**IS MAY 24<sup>TH</sup>**



**MATADOR**  
**MEGGINGS**

# Pan Visibility Day Is About Dignity and Respect

Everyone deserves to be treated well, regardless of their sexual orientation, gender identity, or gender expression.

**May 24<sup>th</sup> is Pansexual and Panromantic Visibility Day.**

Keep reading to learn what it means to be pansexual or panromantic and why we need a special day of visibility for those who identify as pan.





## **Panromantic: What Is It?**

Panromantic means a person is romantically attracted to people of all gender identities.

In other words, gender doesn't really factor into their romantic attraction to another person.

But that doesn't mean someone who is panromantic is attracted to everyone.

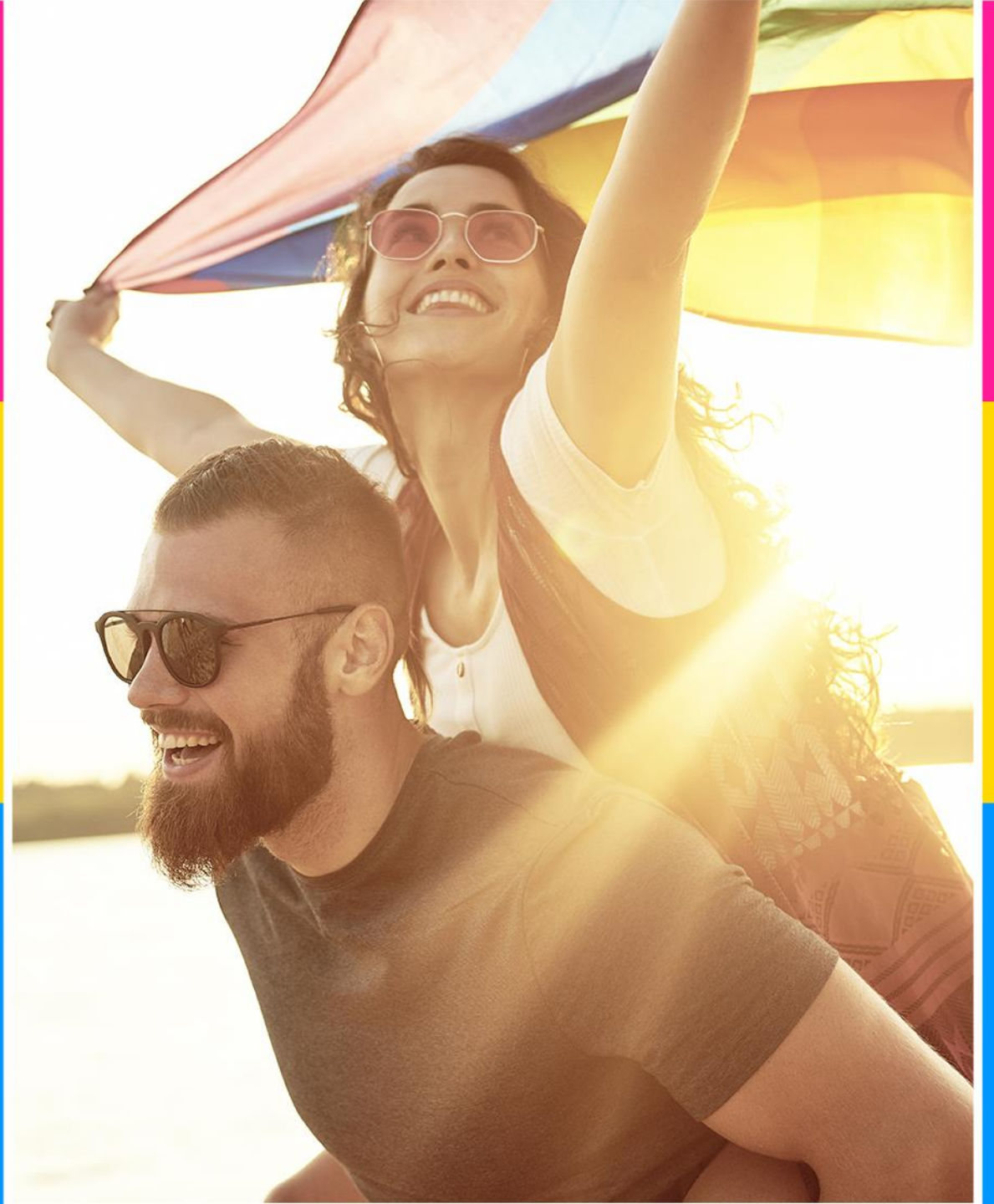


# What's Pansexual?

People who identify as pansexual can feel sexual attraction to people of all gender identities. This includes agender people, who don't identify with any gender.

Being sexually attracted to someone is not the same as romantic attraction.

A person can be both pansexual and panromantic. In which case, they might simply refer to themselves as "pan."





# Pansexual vs. Bisexual

Pansexual and bisexual are often confused. While they share some similarities, they're not the same.

Pansexual means a person is attracted to people of all genders.

Bisexuality means different things to different people. Some people who identify as bisexual are attracted only to men and women; others are also attracted to [nonbinary](#) people.

Some people describe themselves as both pansexual and bisexual.



# Other Ways to Experience Attraction

Part of what makes being human so special is the incredible diversity of our experience.

In addition to many kinds of sexual and romantic attraction, there's also:

- **Platonic attraction** (wanting friendship)
- **Sensual or physical attraction** (wanting to touch, hold, or cuddle others)
- **Emotional attraction** (wanting emotional connection)
- **Aesthetic attraction** (being attracted to someone because of how they look)





## Busting a Harmful Myth

There's a common myth that pansexual people are less likely to be or remain monogamous. Yet there's [no evidence](#) of this.

The stereotype that pan people are “promiscuous” is ultimately about trying to hurt their dignity.

Maybe the question we should be asking is: Whose business is it how many partners a person has, anyway?



# Pansexual Celebrities

From Janelle Monáe to Sarah Paulson to Sia, celebrities are opening up about their sexual fluidity, helping move the conversation forward.

Miley Cyrus has been outspoken about her pansexuality. In a 2015 [interview](#) she talked about what being pan means to her and the importance of acceptance:

“People spend so much time judging others and judging ourselves...most of the time we don’t accept others because we don’t always accept ourselves.”







## About Matador Meggings

Matador Meggings is a one-of-a-kind athleisure fashion company that will change the way you think about men's leggings.

Our leggings are designed specifically to support and flatter the male body, but anyone can wear them! Featuring a molded crotch insert, moisture-wicking performance fabric, pockets, and an attached loop for a towel or shirt, our flattering compression leggings will help you boost your workout—and look good while doing it.

[Shop](#) Matador Meggings today and become a part of our supportive fitness community.



# Summary

Matador Meggings explains what it means to be pansexual or panromantic in celebration of Pan Visibility Day on May 24<sup>th</sup>.