

Learn More

Bisexual Resource Center

Find more brochures, handouts, FAQs, and community bi+ support groups at biresource.org

Bi+ Health Awareness Month

Learn about Bi+ Health Awareness Month and find resources for bisexual+ health at bihealthmonth.org

Bi Women Quarterly

A platform for essays, fiction, poems, and visual art from bi+ women around the world: biwomenquarterly.com

Still Bisexual

Raising awareness of bisexuality+ through storytelling and advocacy: stillbi.org

PFLAG

Support and resources for allies of LGBTQ+ people: pflag.org



Who We Are

The Bisexual Resource Center works to connect the bi+ community and help its members thrive through resources, support, and celebration. We envision an empowered, visible, and inclusive global community for bi+ people.

What is Bi+?

The BRC uses *bisexual* and *bi+* as umbrella terms for people who recognize and honor their potential for sexual and emotional attraction to more than one gender (bisexual, pansexual, omnisexual, fluid, queer, asexual, and other free-identifiers). We celebrate and affirm the diversity of identity and expression regardless of labels.

Read more about definitions and labels at biresource.org/what-is-bisexuality.

How to Support Us

The BRC is primarily funded through the generosity of individual donors. There are many ways you can give. Find out more at biresource.org/donate.

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The Bisexual Resource Center is a nonprofit 501(c)(3) educational organization incorporated in the Commonwealth of Massachusetts.

how to be an
active · supportive
informed · invaluable

ally
to a bi+ person



You're probably reading this brochure because someone you know is bisexual+ and you want to support them. Thank you!

Allies like you are a vital asset to the bi+ community.



Photo by Ellyn Ruthstrom

The umbrella of bisexuality+ (also called nonmonosexuality) includes many labels: bisexual, pansexual, queer, hetero- or homoflexible, fluid, m-spec, and the list goes on! Whatever term someone uses, the meaning is the same: they are a person capable of loving, or being attracted to, people of more than one gender.

But how can I help, you may ask? Look no further, because we've compiled some handy steps for you to be the best ally you can be.

Believe that we exist.

Attraction is complex, and people can be attracted to partners for many different reasons. Just as a person can be attracted to people with different hair colors or eye colors, a bi+ person can be attracted to people of multiple genders. In 2021, Gallup found that bi+ people make up the majority of the LGBTQ+ community. Not only do we exist, but there are a lot of us too!

Accept our identities.

Bisexual+ people are often asked to “prove” that they’re bisexual+ or told that they’re just “experimenting.”

It doesn't matter what our “count” is with any gender, if we're in a monogamous relationship, or if we have no interest in dating. Accept that we know where our attractions lie.

Accept our personal labels.

The bisexual+ umbrella includes many different identity labels and the differences between labels can be nuanced. No term is more or less legitimate than any others. We're all united under the same experience of nonmonosexuality, and all personal labels are valid.

Respect our relationships equally.

Many bi+ people are monogamous. Some are ethically nonmonogamous. Some are partnered to people of the same gender; some are partnered with people of other genders. Some are not partnered at all. Regardless of our relationships, we're still bisexual+!

Fight bi-antagonism and bi+ erasure.

Bi-antagonism (sometimes called biphobia) and bi+ erasure harm and exclude bi+ people. Bi-antagonism is discrimination against bisexuality+ through harmful stereotyping or excluding bi+ people from social spaces. Bi+ erasure is ignoring evidence of bisexuality+, like calling people gay, lesbian, or heterosexual even when they are openly “out” as bisexual+. Speaking out against bi-antagonism and bi+ erasure helps create safe social spaces for your bisexual+ friends, family and neighbors!

Celebrate bi+ culture!

With celebrity advocates like Janelle Monae, Asia Kate Dillon, and Keiynan Lonsdale; history-makers like Assemblywoman JoCasta Zamarripa; and campaigns like #BiWeek and Bisexual+ Health Awareness Month, people are talking about bisexuality+ more than ever. However, bi+ celebrities are just as susceptible to bi+ erasure as the rest of us. Fight back by reminding people of powerful bi+ voices and centering bi+ viewpoints in media.

Read up!

Before asking your bi+ friends about their identities, look into some of the resources in this brochure and online. The conversation will be more enjoyable for everyone with some background knowledge.

Treat us as individuals.

There is no one way to be bisexual+ and not every bi+ person wants the same type of support. Ask—and listen to—how you can be the best ally possible for each person!