

Learn More

Bisexual Resource Center

Brochures, links to research, find bi+ groups:
www.biresource.org

Bisexual Health Awareness Month

Learn about bi+ health disparities at
www.bihealthmonth.org

Bi Women Quarterly

Read essays, fiction, poems, and see visual art from bi+ women around the world:
www.biwomenboston.org/newsletter

Still Bisexual

Watch videos of people telling their own bi+ stories: www.stillbisexual.com

The BiCast

A bi+ podcast: www.thebicast.org

BiNet USA

Learn more about this national bi+ organization:
www.binetusa.org

Bisexual Organizing Project

Hosts the BECAUSE conference and hosts groups in Minneapolis/St. Paul, MN:
www.bisexualorganizingproject.org

American Institute of Bisexuality

www.americaninstituteofbisexuality.org

Our Vision

The Bisexual Resource Center envisions a world where love is celebrated, regardless of sexual orientation or gender expression. Because bisexuals today are still misunderstood, marginalized and discriminated against, the BRC is committed to providing support to the bisexual community and raising public awareness about bisexuality and bisexual people.

How to Support Us

The BRC is primarily funded through the generosity of our donors. There are many ways you can give.

Website: www.biresource.org/donate

Paypal: brc@biresource.org

Venmo: [@bisexualresourcecenter](https://www.venmo.com/@bisexualresourcecenter)

Want to volunteer your time? Email us at brc@biresource.org

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

what it means
to be a



b(ee)

bi+ 101

brc 
Bisexual Resource Center

“I call myself bisexual because I acknowledge that I have in myself the potential to be attracted – romantically and/or sexually – to people of more than one sex and/or gender, not necessarily at the same time, not necessarily in the same way, and not necessarily to the same degree.”

Robyn Ochs - Bisexual activist, professional speaker, and workshop leader

What are “Bisexual” and “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.

Doesn’t the word “bisexual” mean attraction to men and women?

It’s a common misconception that people who identify as bisexual are only interested in the binary genders of male and female. While it’s true that this may have been the origin of the word, we prefer the broader definitions of “being interested in genders like yours and genders different from yours” or “moving bi-directionally on the Kinsey scale.” These help create a more inclusive model of bisexuality.



What are some challenges that face bi+ people specifically?

Bi+ people are less likely to be out than their gay counterparts and at a higher risk for mental health struggles and intimate partner violence. Our unique challenges are often not taken into account, and we are too-often lumped into categories of “gay” or “straight”. Our identities may be invisibilized or ignored all together, or they are acknowledged, it can often be “fetishized” in negative ways.

Yikes, that sounds hard! What are some things to celebrate about being bi+?

So many things! We have a rich culture of out bi+ celebrities and a strengthening worldwide community. Bi+ folks have a unique and fascinating perspective on the world, and actually make up the largest portion of the LGBT community!

But if you’re in a monogamous relationship with someone of the same/a different gender, doesn’t that make them gay/straight?

Consider the werewolf – whether they are currently in human or wolf form, they haven’t stopped being a werewolf. Similarly, in the same way that straight people are still straight when they’re single, bi+ people are still bi+ when they’re dating someone.

Am I bi+?

Only you can decide that! There’s a plethora of labels under the bi+ umbrella for you to choose or not choose as you feel comfortable. Nobody can define your sexuality except for you, so try on some labels and rock ‘em!

I think I’m bi+! What now?

Congratulations on your self-exploration! Now is the time to read up as much as you can! We especially recommend the below resources:



The Bisexuality 101 section on our website at biresource.org/bisexuality-101/



The HRC guide to coming out: <http://assets2.hrc.org/files/assets/resources/BisexualGuide-March2016-Final.pdf>



Find a bi+ community near you at biresource.org/find-a-bi-group/



Volunteer with the BRC either in the Boston area or remotely! Email us at brc@biresource.org.