

# pan & bi

## a handy guide



**With celebrity advocates** like Janelle Monae, Asia Kate Dillon, Keiynan Lonsdale, and Sara Ramirez; viral social media campaigns like #BiWeek and Bisexual Health Awareness Month; and history-makers like Senator Kyrsten Sinema shaping the media; people nationwide are learning and talking more about the bisexual+ community than ever before.

Let this card be a resource to you and your friends to help simplify what exactly it means to be part of this wonderful and diverse community.

### **Bisexual+ (plus) / the bisexual+ umbrella**

An encompassing term for people with the capacity to be attracted to more than one gender. The bi+ community includes anyone who identifies as bisexual, pansexual, fluid, queer, other labels, or even no label at all. If you are attracted to more than one gender, know that the bi+ community welcomes you.

## Bisexual

A person who has the capacity to form enduring physical, romantic, and/or emotional attractions to those of the same gender, or to those of another gender. These attractions can manifest in differing ways and to differing degrees over a person's lifetime.



## Pansexual

A person who also has the capacity to form enduring physical, romantic, and/or emotional attractions to those of any or all genders, or regardless of gender. These attractions can also manifest in differing ways and to differing degrees over a person's lifetime.

## Bisexual+ facts

- Bisexual+ people may use more than one label—such as bisexual, queer, pansexual, etc.—to describe themselves.
- People of all sexes and genders—including transgender people, non-binary people, agender people, and more—make up the bisexual+ community, and are included in who bisexual+ people have the capacity to love.
- Labels can be helpful for finding community, organizing in solidarity, gaining visibility, and accessing resources, but even more important than labels are our expansive community's shared experiences, struggles, and triumphs.
- Bisexual+ people make up the majority of the LGBTQ community, but receive minimal funding and resources to overcome the especially high hurdles bi+ people face. At the Bisexual Resource Center, we're working to close these gaps so people of all genders and orientations are celebrated.

*Learn more at the Bisexual Resource Center's website, [www.biresource.org](http://www.biresource.org), and follow us on Twitter, Facebook, Instagram, Tumblr, and LinkedIn.*