

## Learn More

### Bisexual Resource Center

Brochures, handouts, links to research, find bi+ groups: [biresource.org](https://biresource.org)

### Bi+ Health Month

Learn about bi+ health disparities at [bihealthmonth.org](https://bihealthmonth.org)

### Bi Women Quarterly

Read essays, fiction, poems, and see visual art from bi+ women around the world: [biwomenquarterly.com](https://biwomenquarterly.com)

### Still Bisexual

Watch videos of people telling their own bi+ stories: [stillbisexual.com](https://stillbisexual.com)

### Bisexual Organizing Project

Hosts the BECAUSE conference and hosts groups in Minneapolis/St. Paul, MN: [bisexualorganizingproject.org](https://bisexualorganizingproject.org)

### American Institute of Bisexuality

[americaninstituteofbisexuality.org](https://americaninstituteofbisexuality.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. Find out more at [biresource.org](https://biresource.org).

### 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 freeidentifiers). 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](https://biresource.org/what-is-bisexuality).

### How to Support Us

The BRC is primarily funded through the generosity of our donors. There are many ways you can give. Find out more at [biresource.org/donate](https://biresource.org/donate).

© 2021 Bisexual Resource Center  
PO Box 170796  
Boston, MA 02117  
617-424-9595 | [www.biresource.org](https://www.biresource.org)

*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



## **Allies (like you!) are a vital asset to our community.**

By taking the time to read up on your bi+ friends and family members/neighbors, you are beginning to give us invaluable aid against biphobia and bi+ erasure.



*Photo by Ellyn Ruthstrom*

The umbrella of non-monosexuality encompasses many labels: bisexual, pansexual, queer, hetero- or homoflexible, fluid, and the list goes on! Whatever label the person you care about chooses to use, the meaning is the same: you're speaking with a person capable of loving, or being attracted to, humans of more than one gender.

But how can I *really* dig in and help, you may ask? Well ask no further, because we've compiled some handy steps for you to be the best ally you can possibly be.

## **Believe that we exist.**

Believe that sexuality is a spectrum which allows for attraction across many variants, including gender. Just as a monosexual person can fall for people of differing hair or eye colors, a bi+ person has the potential to fall for people of many different genders.

## **Accept our sexual identities without reservation.**

It doesn't matter what our "count" is with any gender, whether we're currently in monogamous relationships, or even whether we have no interest in dating. Accept that we know where our attractions lie.

## **Respect our relationships equally, whatever style we choose.**

Bi+ individuals are no more or less likely to abide by any particular kind of relationship dynamic. Some of us are ethically nonmonogamous for a variety of reasons. Many of us are monogamous, and happily partnered with one person of any gender. Our identities don't change based on the identity of our partners; we are just as bi+ in any relationship!

## **Speak out against biphobia and bi+ erasure in your everyday life.**

You can recognize biphobia in the form of active put-downs, such as making negative comments regarding bisexuals; or bi+ erasure in the form of passive exclusion, such as referring to only the "gay and lesbian" groups assisted by LGBT+ organizations. We appreciate your support more than you know!

## **Celebrate our bi+ culture!**

It includes many outspoken voices, such as Freddie Mercury, David Bowie, Janelle Monáe, Margaret Cho, Tessa Thompson, and Lady Gaga. Celebrities are just as susceptible to bi+ erasure as the rest of us. Too often, celebrities who come out as non-monosexual are rewritten as gay or "experimenting."

## **Accept our personal labels.**

Whether we identify as bisexual, pansexual, queer, or heteroflexible, to name a few, one is no more or less legitimate than any of the others. We're all united under the same umbrella of non-monosexuality, and all personal labels are valid. Bisexuality can be misinterpreted as a transphobic identity. This couldn't be farther from the truth! Bisexuality, in our minds, is defined as the ability to be attracted to both genders like yours and genders different from yours.

## **Read up!**

Look into some of the resources in this brochure and on our website. Some bi+ people might love answering questions and discussing their sexual orientation, but the conversation will be much more enjoyable (for everyone) with some background knowledge.

## **Remember that one person cannot be representative of all.**

Not every bi+ person wants or needs the same type of support. Ask—and listen to—how you can be the best ally possible for each specific person!