Learn More

Bisexual Resource Center
Brochures, links to research, find bi+ groups:
biresource.org

Bisexual+ Health Awareness Month
Learn about bi+ health disparities at
bihealthmonth.org

Bi Women Quarterly
Read essays, fiction, poems, and see visual art from
bi+ women around the world:
biwomenquarterly.org

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

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

American Institute of Bisexuality
bisexuality.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.

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.

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.

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PO Box 170796
Boston, MA 02117
617-424-9505 | www.biresource.org

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organization incorporated in the Commonwealth of Massachusetts.
Defining Bisexuality

So what is bisexuality, and how does it relate to pansexuality, and other terms that the BRC and other organizations include under the umbrella term bi+ or bisexual+?

The truth is that there is no one definition. The experience of talking about what bisexuality is is just as nuanced and diverse as the identities of bi+ folks themselves.

Bisexuality

Attraction to more than one gender. This attraction could be physical, romantic, and/or emotional. Bisexual people may experience different kinds of attraction to different genders, and their attractions may change over time.

Pansexuality

Attraction to all genders and/or regardless of gender. This attraction could be physical, romantic, and/or emotional. Pansexual people may also experience different kinds of attraction to different genders, and their attractions may change over time.

These identities overlap and have nuanced differences, and someone who is attracted to all genders or regardless of gender might also identify as bisexual.

Although bisexual and pansexual are the most common terms, they’re not the only ones! People who are attracted to more than one gender might also use words like multisexual, omnisexual, polysexual, heteroflexible, or queer to describe their identity.

Read more at biresource.org/what-is-bisexuality

But if I'm in a monogamous relationship, doesn't that make me either straight or gay while we're dating, depending on the gender of my partner?

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/
- 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

Read more at biresource.org/what-is-bisexuality