

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

PFLAG

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

The Trevor Project Guide: How to Support Bisexual Youth

An educational resource that covers topics and best practices for supporting the bi+ youth in your life: thetrevorproject.org/resources/guide/how-to-support-bisexual-youth/

LGBT National Youth Talk Line

Peer support hotline, moderated online chatrooms, resources and more for youth who need someone to talk to: lgbthotline.org/youth-talkline

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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Getting To Know Bi+ Youth



Photo by Ellyn Ruthstrom



Say Hello To Bi+ Youth

Anyone of any age can identify as bi+. Teenagers, young adults, and college-age people represent a larger portion of the bi+ and LGBTQ+ communities than you might expect.

In fact, bi+, pan, and other non-monosexual people make up the majority of LGBTQ+ youth, and their population is increasing. In 2022, a Gallup poll found that 13% of adults born between 1997–2003 identified as bi+ compared to only 7% of adults born between 1981–1996. However, despite the increasing number of bi+-identified youth, there are very few resources, social spaces, and programs focused on bi+ youth and their needs.

Bi+ Youth Are Unique

Although bi+ youth struggle with many of the same issues as their gay and lesbian peers, they also face unique challenges. Bi+ erasure and bi-antagonism (also called biphobia) can make bi+ youth feel invalidated and isolated, even in LGBTQ+ community spaces. As a result, bi+ youth are less likely to be out than their gay and lesbian peers, and less likely to be involved in local LGBTQ+ community spaces.

When you consider that bi+ youth are less likely to have a supportive family environment than other identities, it's easy to understand why they struggle with mental health the most. Bi+ youth are more likely than their gay, lesbian, and straight peers to experience bullying, depression, and anxiety. Nearly half of bi+ youth have seriously considered suicide in the last few years, and 1 in 5 have experienced sexual assault. It's clear that a lack of outward support and resources harm the bi+ youth community and LGBTQ+ people as a whole.

Celebrating Bi+ Youth

First thing's first: **Youth bisexuality+ is not a phase.** Respecting and validating a bi+ person's identity – and the terms they use to describe their identity – is the most important step to help them build self-confidence and self-worth. Just one supportive friend or adult can make a huge difference in a bi+ youth's health and wellbeing.

Likewise, bi+ youth thrive when they are connected to other bi+ youth and supported by bi+ inclusive adults. Having a healthy, local, bi+-inclusive community is the best way to prevent bullying, depression, anxiety, and suicidal ideation in bi+ youth.

Bi+ youth without a supportive local community may seek out safe spaces on the internet or bi+ stories in the media. Although bi+ people are still underrepresented in mainstream media, there are many books, films, and TV shows featuring bi+ characters and bi+ stories written by bi+ creators. There are tons of bi+ activists, heroes, and celebrities out there—more now than ever before. Bi+ people are everywhere!

Remember that bi+ people are the majority of the LGBTQ+ community—especially among LGBTQ+ youth! If you think you don't know any bi+ youth, we bet you actually do... you just don't know it yet!



Supporting Bi+ Youth

Listen to bi+ youth carefully.

Bi+ youth may use a variety of terms to describe their orientation. Some common terms are bisexual, pansexual, omnisexual, multisexual, and queer, but there are many other words they may use to describe themselves, their experiences, or their attractions. Regardless of the words they use, listen carefully and be supportive of their identity, first and foremost.

Bi+ youth are not confused.

Again, bi+ youth are not going through a phase. They may use different labels at different times in their lives, but that doesn't invalidate their previous identity. Just because your hair color is brown now doesn't mean it wasn't blonde before. When bi+ youth share something about themselves with you, don't tell them they're confused or misguided. Trust them to know themselves better than anyone else can.

Be welcoming to bi+ youth.

In LGBTQ+ spaces, it's important to remember not everyone is "gay", "lesbian" or attracted only to the same gender. Be welcoming to people in mixed-gender or "straight"-passing relationships. Bi+ youth should feel comfortable in LGBTQ+ youth spaces.

Create room for bi+ youth.

Adults who work with LGBTQ+ youth should explicitly include bi+ youth in their programs, display bisexual and pansexual flags, and create spaces where bi+ youth can connect with each other. Simply being intentional about including bi+ youth can significantly improve their mental health and emotional wellbeing.