

# Supporting Bi+ Youth

1. **When a bi+ youth comes out to you**, listen and let them define themselves. The language they use might be different, but the identity is valid.
2. **When bi+ youth come to queer spaces** and events, make them feel like they belong. Because they do.
3. **If a bi+ youth changes the label they use**, believe that they aren't confused or lying. They are finding a label that suits them. Trust that they are an expert on themselves.
4. **Challenge negative stereotypes** that bi+ people are greedy, attention-seeking, or "not queer enough." Youth internalize biphobia early on, impacting a lifetime of mental, emotional, and physical well-being.
5. **Include bi+ people** in programming and spaces. Wherever queer youth are, bi+ youth should be there, too.

## Resources

**Bisexual Resource Center**  
[biresource.org](https://biresource.org)

**Bi+ Health Awareness Month**  
[bihealthmonth.org](https://bihealthmonth.org)

**PFLAG**  
[pflag.org](https://pflag.org)

**LGBT National Youth Talk Line**  
[lgbthotline.org/youth-talkline](https://lgbthotline.org/youth-talkline)

**BAGLY**  
[bagly.org](https://bagly.org)

**Boston GLASS**  
[jri.org/glass](https://jri.org/glass)



## 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 (e.g., bisexual, pansexual, omnisexual, fluid, and queer). 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 individual donors. There are many ways you can give. Visit [biresource.org/donate](https://biresource.org/donate) or scan the code:



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

# Getting to Know Bi+ Youth



## Where Bi+ Youth Find Each Other

Many bi+ youth turn to the internet first.

- 82.2% report frequent social media use, more than other youth populations.
- Online spaces can offer language and connection, but they're not a replacement for real-world support and can often put bi+ youth face-to-face with rampant biphobia.

Bi+ youth need spaces where they can:

- Be recognized without having to explain or defend themselves
- Make connections with others like them
- Ask questions without fear of being judged
- Feel like they belong

Connection can also happen in schools, homes, and community spaces, but only if those spaces make room for them.

## What Helps Bi+ Youth Thrive

It doesn't take a whole lot to help bi+ youth feel safe and affirmed, but it does take effort.

- One adult who listens without questioning or correcting the bi+ label
- One space where they don't have to shrink themselves to make room for others they've been told "deserve it more"
- One moment of being believed and celebrated

Bi+ youth do better when they are:

- Affirmed in how they identify
- Included in LGBTQ+ spaces and programming
- Connected to other bi+ youth and bi+ role models

# Say Hello

## 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, **bisexual, pansexual**, and other non-monosexual people make up the **majority of LGBTQ+ youth**, and their population is increasing.

In 2025, a Gallup poll found that 23% of Gen Z (1997–2006) identified as bi+ compared to 14.2% of Millennials (1981–1996) and 5.1% of Gen X (1965–1980).

However, despite quickly **increasing** numbers of bi+-identified youth, there are **very few resources**, social spaces, and programs focused on bi+ youth and their needs.



## What Bi+ Youth Are Up Against

Although bi+ youth struggle with many of the same issues as their gay and lesbian peers, they also face unique challenges. Bi+ erasure and 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.

***Invisibility has consequences.***

- 65% of bi+ youth experience anxiety.
- Over 50% of bi+ youth suffer from depression
- 37% of bisexual and 47% pansexual youth seriously consider suicide.
- 81.5% of bi+ youth report emotional abuse
- 46% report physical abuse
- 20% report sexual abuse
- They are also more likely to grow up in environments affected by household mental health challenges, substance use, violence or instability

There's nothing wrong with bi+ youth. They are too often unsupported and/or misunderstood.

