

## Learn More

### Bisexual Resource Center

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

### Bisexual+ Health Awareness Month

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

### Bi Women Quarterly

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

### Still Bisexual

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

### Bisexual Organizing Project

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

### American Institute of Bisexuality

[bisexuality.org](http://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](http://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](http://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](http://biresource.org/donate).

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

# What it Means to Be a (B)ee

# Bi+ 101



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



Photo by Kate Estrop

## What are some challenges that face bi+ people specifically?

Bi+ people are less likely to be out than their gay counterparts and at a higher risk for mental health struggles and intimate partner violence. Our unique challenges are often not taken into account, and we are too-often lumped into categories of *gay* or *straight*. Our identities may be negated or ignored all together, or they are acknowledged, can often be fetishized in negative ways.

## Yikes, that sounds hard! What are some things to celebrate about being bi+?

So many things! We have a rich culture of out bi+ celebrities and a strengthening worldwide community. Bi+ folks have a unique and fascinating perspective on the world, and actually make up the largest portion of the LGBTQIA+ community!

## 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/](http://biresource.org/bisexuality-101/)
-  The HRC guide to coming out: <http://assets2.hrc.org/files/assets/resources/BisexualGuide-March2016-Final.pdf>
-  Find a bi+ community near you at [biresource.org/find-a-bi-group/](http://biresource.org/find-a-bi-group/)
-  Volunteer with the BRC either in the Boston area or remotely! Email us at [brc@biresource.org](mailto:brc@biresource.org)