



HRC's

BI+

RESOURCES & ADVOCACY



BI THE WAY: HRC'S MUST-HAVE RESOURCES FOR THE BI+ COMMUNITY

A bisexual person is someone who can be attracted to more than one gender, and studies show that as much as half of the lesbian, gay and bisexual population identify as bisexual. In other words, bisexual, pansexual, queer and sexually fluid people — or bi+ — comprise the largest single group in the LGBTQ community. HRC is working with other advocates to increase bi visibility and address the unique needs of those who identify as part of the bisexual community.

Find all of our Bi+ resources at:
HRC.org/Bisexual

COMING OUT AS BI+

For bisexual+ people, coming out can present some unique challenges. Bisexual+ people often face skepticism and stereotypes about their sexuality, are ignored and excluded from LGBTQ spaces and, as a result, are often invisible to each other — all challenges that can make coming out complicated. But coming out can also be wonderful, relieving the stress of having to hide and giving people the chance to connect with others in the bi+ community. This guide is designed to help people prepare for potential challenges of coming out as bi and to give tools to come out and live openly wherever and whenever they are safe, able and ready.

BI+ HEALTH

One of the keys to receiving good health care is being open with your health care provider. Doctors, nurses, physician assistants, psychotherapists and other professionals treating you need to know about your LGBTQ identity to give the best care possible. Yet surveys consistently show bisexual+ people are far less likely to disclose their sexual orientation to any medical professional when compared to their gay and lesbian peers. This guide is designed to help those who are bisexual, pansexual, queer, sexually fluid or similar in navigating complicated conversations in a medical setting.

CARING FOR BI+ YOUTH

Far too often, bisexual young people report heartbreaking levels of stress, anxiety and rejection in their homes and communities, well beyond that of their gay and lesbian peers, according to HRC and the University of Connecticut's 2018 LGBTQ Youth Report. Statistics like these are even higher for the bi+ youth who are also transgender, youth of color and/or youth with disabilities, who experience biphobia at the intersections of transphobia, racism and ableism.

But there's also hope — parents, educators, allies and the broader LGBTQ community can do so much to support and care for bi+ youth.

ABOUT
HALF

of all people in the LGBTQ
community identify as Bi+.

Find these resources and more at:

[HRC.org/Bisexual](https://hrc.org/Bisexual)

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