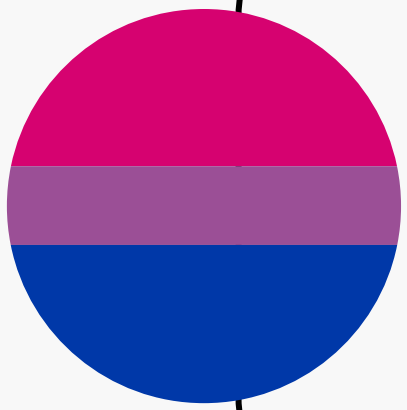


# Useful Information About Bisexuality

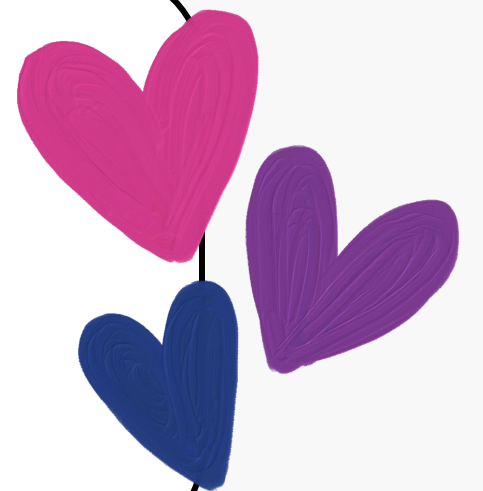


## 1. What is bisexuality?

Being bisexual can be defined as being attracted to more than one gender. Historically, bi has also been referred to as “same and different” as in attracted to people of the same gender as you or attracted to people with genders different to you.

## 2. Why do we need Bi Visibility Day?

Bisexual individuals can often be forgotten as part of the LGBTQ+ community, individuals can be made to feel invisible or dismissed both by individuals outside and inside the community. Bi individuals face negative stereotypes on their preferences as well as being incapable of monogamy, which is untrue. Increasing visibility is vital to increase support for bisexual individuals, this is needed from members of LGBTQ+ as well as allies.



## 3. Bisexual Erasure

Bisexual erasure may be an unfamiliar term, but as well as biphobia, bisexual individuals will also face bisexual erasure. Bisexual erasure can include, not recognising the need for bisexual role models, categorising openly bisexual people as straight or gay, using gay as an LGBTQ+ shorthand when discussing networks or support services.



## 4. How to be an ally to bi people?

- Believe the individual
- Don't make assumptions
- Recognise and challenge biphobia
- Support marginalised bi people
- Use inclusive language
- Make spaces and workplace inclusive
- Celebrate bisexual individuals
- Support campaigns and events



## 5. Useful Links for More Information

- [More on why Bi Visibility Day is important](#)
- [More information on being an ally to Bi People](#)
- [Welsh Government LGBTQ+ Action Plan](#)
- [Bisexual FAQs](#)

