



**Straight for Equality in the Workplace:  
Bisexual+ 101: Understanding & Supporting  
People Who Are Bi+**

**Background:**

As allies and businesses become increasingly educated about the LGBTQ+ community and feel more comfortable participating in these spaces and joining in advocacy, there is still an unfortunate lack of representation and understanding of the bisexual+ community. Please join PFLAG National to learn more about the largest identity group within the LGBTQ community – people who can be attracted to more than one gender. We'll help you understand why it's so important to understand and respect bi+ people and give you tools to be a great bi+ ally, and we'll help you get connected with organizations led by, and resources created for, individuals and communities with bisexual+ identities.

This learning session provides key learning on common bi+ terminology and how to use it. Participants will walk away with a wealth of knowledge of some of the issues that people who are bi+ face. We will also walk through some questions for employees and leaders to ask themselves to stay on track as better bi+ allies. Finally, this learning session will help employees and network groups learn about resources created for, and organizations led by, individuals and communities under the bisexual+ umbrella.

**Content Overview:**

- Review terminology about sexual and romantic orientation, gender identity, gender expression, and how they relate to bisexual+ identities;
- Learn definitions for commonly discussed bisexual+ identities, such as bisexual, pansexual, omnisexual, fluid, queer, and more;
- Discuss research and statistics about the disparities that people who are bisexual+ face as compared to people who are not;
- Engage in a guided conversation about questions to ask to hold oneself accountable as a bi+ ally;
- Connect with organizations led by, and resources created for, individuals with bisexual+ identities.

<b>Recommended Session Length:</b>	60 minutes (online), 90 minutes (in person)
<b>Target Audience:</b>	Advanced audience with core LGBTQ+ knowledge, an understanding of what allyship is, and why diversity and inclusion are important in the workplace.
<b>Participant Materials:</b>	Online resource page with custom URL
<b>Additional Information:</b>	“Want to be an Ally: Straight for Equality in the Workplace” and “Straight for Equality in the Workplace: Becoming a Trans Ally and Going Beyond the Binary” are both suggested as prerequisites for this course.

For more information on this session, contact Mackenzie Harte (they/them), Learning & Inclusion Coordinator, by e-mailing [mharte@pflag.org](mailto:mharte@pflag.org) or calling (202) 467-5411.