



## Bi+ 101 Allyship: How to Not Let Things Fall Bi the Wayside

### Session Description:

There is still an unfortunate lack of representation and understanding of the bisexual+ community in the workplace. Statistics show that over 50% of the LGBTQ+ community identifies as bisexual+, including identities such as pansexual, fluid, omnisexual, queer, and more. Participants in this session will learn more about the bisexual+ community, why it's so important to understand and respect bi+ people, and some tools to be a great bi+ ally.

### Content Overview:

Now's the time to learn more about the largest identity group within the LGBTQ community – people who can be attracted to more than one gender. Leveraging PFLAG's 50 years of experience as the nation's original ally organization, this session will:

- Review terminology about sexual and romantic orientation, gender identity, gender expression, and how they relate to bi+ identities
- Provide definitions for commonly discussed bi+ identities including bisexual, pansexual, omnisexual, fluid, queer and more
- Discuss data and research about the disparities that people who are bi+ face
- Provide questions to help hold oneself accountable as a bi+ ally
- Connect with organizations led by, and resources created for, individuals with bi+ identities

<b>Session Length:</b>	90 minutes (in-person or hybrid), 60 minutes (online only)
<b>Target Audience:</b>	Advanced audience with knowledge of why diversity, equity and inclusion are important in the workplace and an understanding of core LGBTQ+ terminology
<b>Participant Materials:</b>	Online resource page
<b>Additional Information:</b>	"Want to be an Ally" and "Becoming a Trans Ally" are strongly suggested as prerequisites for this course.  Online only events may be scheduled for 75 minutes, to allow for an extended Q&A session with the PFLAG team.

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.

*Updated January 2023*