PFLAG

Bi+ 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+ (bi+) community in the workplace and in our communities. Statistics show that nearly 60% of the LGBTQ+ community identifies as bi+, including identities such as pansexual, fluid, queer, and more. Yet somehow only about a third of non-LGBTQ adults in the US say they know someone who is bi+. Participants in this session will learn more about the bi+ 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, 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.

Session Length:	90 minutes (in-person or hybrid), 60 minutes (online only)
Target Audience:	Advanced audience with knowledge of why belonging and inclusion are important in the workplace and an understanding of core LGBTQ+ terminology
Participant Materials:	Online resource page
Additional Information:	"Want to be an Ally" and "Want to be a Trans and Nonbinary 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, please contact training@pflag.org.

Updated January 2026