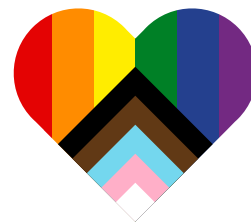




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Leading With Love for People Who Are Bisexual+

You don't need to know everything before you can take action as an ally to people within the bisexual+ umbrella—and your work doesn't stop when you feel you've reached Super-Ally status. Consider incorporating these suggestions to build your ally skills.

- **Reflect.** We've all been taught myths, stereotypes, and negative ideas about bisexual+ people that we should question and reconsider.
- **Ask and listen.** Express genuine curiosity about peoples' experiences and the language they use for themselves.
- **Respect boundaries.** "No" is a complete sentence in response to any question about identity and relationships.
- **Use inclusive language.** Include bisexual+ people when discussing the LGBTQ+ community and creating policy.
- **Remember.** Bisexual+ people have always and will always exist and should be included in the historical record and future progress.
- **Seek varied stories.** Bi+ people can be any gender or race, from any background, and of any ability. Seek info that reflects that diversity.
- **Don't let things slide.** Speak up when you hear anti-bisexual+ comments, jokes, or misinformation.
- **Elevate and uplift.** Intentionally include bisexual+ people in your community and workplace; celebrate #BiWeek every September and Bisexual+ Health Awareness Month in March.



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