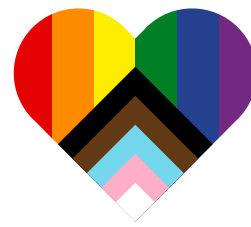




PFLAG

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Being Kind and Respectful to People Who Are Bisexual+

You don't need to know everything before you can take action to be a more visible, vocal, and active ally to people who are bisexual+. Consider incorporating these behaviors into your day-to-day life to build your ally skills and create a lasting difference.

- **Reflect.** Reconsider and dispel the myths, stereotypes, and negative ideas about bisexual+ people that you've heard throughout your life.
- **Ask and listen.** Express genuine curiosity about peoples' experiences and the language they use to describe 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.
- **Don't let things slide.** Speak up when you hear anti-bisexual+ comments, jokes, or misinformation.
- **Celebrate representation and visibility.** Bisexual+ people have always and will always exist and should be included in the stories we tell.
- **Recognize diversity.** Bisexual+ people can be any gender or race, from any background, and of any ability. Be sure your support, education, and advocacy reflects that.
- **Elevate and uplift.** Center the voices of bisexual+ people all year long, and especially when organizing events for Bi+ Health Awareness Month, #BiWeek, and Pansexual Pride Day.



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