1966 - First U.S. student gay rights group is co-founded by bisexual activist, Stephen Donaldson. Donaldson feels forced out of the gay movement after an affair with a leader from Daughter of Bilitis, the first lesbian civil rights group.

1969 - Brenda Howard (know as "Mother of Pride") conceives and coordinates a week of "PRIDE" activities to commemorate the Stonewall riots.

1974 - Dr. Fritz Klein publishes The Bisexual Option: A concept of one-hundred percent intimacy, goes on to found American Institute of Bisexuality and Journal of Bisexuality.

1977 - Alan Rockway, a psychologist and bisexual activist, co-authors the nation's first successful gay rights ordinance put to public vote, in Dade County, Florida.

1984 - After a two year battle, BiPOL activist, AIDS educator, and therapist Dr. David Lourea persuades the San Francisco Department of Public Health to recognize bisexual men in their official AIDS statistics.

1987 - A contingent of 75 bisexuals marches in the 1987 March On Washington For Gay and Lesbian Rights. The first national bisexual organization is conceived at this gathering, The North American Bisexual Network. NABN would later change its name to BiNet USA.

1992 - The Bisexual Connection (Minnesota) sponsors the First Annual Midwest Regional Bisexual Conference. BECAUSE (Bisexual Empowerment Conference: A Uniting, Supportive Experience) has run every year since.

1993 - Originally founded in 1985, The East Coast Bisexual Network revises its mandate and changes its name to the Bisexual Resource Center (BRC).

1999 - BiNet USA coordinators Michael Page, Gigi Raven Wilbur, and Wendy Curry organize the first Celebrate Bisexuality Day which utilizes the Bisexual Pride Flag Michael Page created in 1998.
BISEXUAL = HISTORICAL SIGNIFICANCE

From the 1990 Bisexual Manifesto:

• Bisexuality is a whole, fluid identity. Do not assume that bisexuality is binary or duogamous in nature: that we have "two" sides or that we must be involved simultaneously with both genders to be fulfilled human beings. In fact, don’t assume that there are only two genders. Do not mistake our fluidity for confusion, irresponsibility, or an inability to commit. Do not equate promiscuity, infidelity, or unsafe sexual behavior with bisexuality. Those are human traits that cross all sexual orientations. Nothing should be assumed about anyone’s sexuality, including your own.
“Bisexuals are **people who acknowledge** in themselves the potential to be attracted – romantically and/or sexually – **to people of more than one** sex and/or gender, **not necessarily at the same time**, **not necessarily in the same way**, **and not necessarily to the same degree.**” – Robyn Ochs
BI COMING OUT PROCESS IS UNIQUE

- More stages than gay/lesbian coming out
- Final stage is different and includes continued “identity maintenance”
- Coming out later in life
LABELS ARE IMPORTANT TO US

• Bisexual is a **Community Identity Label** (similar to “lesbian,” “gay,” “straight,” or “queer”).

• Many bisexuals use **Personal Identity Labels** that serve a vital function in describing differences while giving each individual a space to be unique.

• Personal Identity Labels can include (**but would never be limited to**): fluid, multisexual, non-monosexual, pansexual, polysexual, pomosexual, and omnisexual.

• The internal conversation between bi, pan, fluid, queer community members about labels should not be used as a rationale for not serving the needs of the same community.

*Image courtesy of The Bisexual Resource Center*
BISEXUAL IDENTITIES

• “Bisexual or Pansexual?” can be considered equivalent to internal community conversations many gay and lesbian people have regarding personal approaches (e.g. “masculine,” “butch,” or “femme”).

• Don’t “identity police” but DO spend time acknowledging the diversity that exists within the “B in LGBT”

• Bi people can “come out” while in a same-sex or different sex relationship. Coming out as bisexual does not itself indicate a person’s relationship status (e.g. single) or relationship type (e.g. monogamous).

POLL

How does your bisexual label present itself?

- Binary Bisexual-(attraction to "traditional" male and female genders (189) 26.5%
- Non Binary Bisexual-Attracted to more then two up to all genders (384) 53.9%
- Other-Pansexual, multisexual, etc. (74) 10.4%
- Bi/Pan, Bi/Multi, etc. (66) 9.3%

By thebicast - 47 days ago

2014 Poll on bisexual labels by The BiCast (a bi podcast)
THE B IS IMPORTANT FOR THE LGBT COMMUNITY

Figure 1. Percent of adults who identify as lesbian, gay, or bisexual.

- National Epidemiological Survey on Alcohol and Related Conditions, 2004-2005 (United States): 1.7% Gay/Lesbian, 1.0% Bisexual
- National Survey of Family Growth, 2006-2008 (Age 18-44): 2.3% Gay/Lesbian, 1.4% Bisexual
- General Social Survey, 2008: 2.9% Gay/Lesbian, 1.1% Bisexual
- California Health Interview Survey, 2009: 3.2% Gay/Lesbian, 1.4% Bisexual
- National Survey of Sexual Health and Behavior, 2009: 2.5% Gay/Lesbian, 1.8% Bisexual
- Canadian Community Health Survey, 2005 (Age 18-59): 1.9% Gay/Lesbian, 0.8% Bisexual
- Australian Longitudinal Study of Health and Relationships, 2005: 2.1% Gay/Lesbian, 1.2% Bisexual
- UK Integrated Household Survey, 2009-2010: 1.5% Gay/Lesbian, 0.5% Bisexual
- Norwegian Living Conditions Survey, 2010: 1.2% Gay/Lesbian, 0.7% Bisexual

Source, Williams Institute
BISEXUAL DATA COLLECTION

- Williams Institute guidelines recommend using bisexual when collecting LGBT data, and BiNet USA recommends using bisexual when developing resources or support opportunities.

- Transgender people can also be straight, gay, lesbian, bisexual, queer or asexual. Please allow them to id as such.

- Add a “bi-claimer” whenever possible:
  - “The term bisexual will be used as an inclusive term to mean romantic and/or sexual attraction to more than one gender, and includes pansexual, fluid, omnisexual, and queer self-identifications”.

![Pie chart showing the percentage of the LGBT population in Pew Research sample: 40% Gay men, 36% Lesbians, 19%, and 5% Transgender. 29% Women, and 11% Men. Notes: Based on all LGBT (N=1,197). Some transgender adults also describe themselves as gay or lesbian. Those respondents were asked to choose which identity they preferred to use for the purposes of the survey. Pew Research Center.}
WE FACE EXTREME HEALTH DISPARITIES

- Higher rate of tobacco use, compared to heterosexuals, lesbians and gays.
- Higher rate of anxiety or mood disorder compared to heterosexuals, lesbians and gays.
- Bisexual women are the most likely to have never had a cancer screening (mammogram or pap test) compared to heterosexuals or lesbians.
- Bisexual women have more risk factors for heart disease compared to heterosexuals or lesbians.

Source: Out For Health, Healthy People 2020 Bisexual Fact Sheet
MENTAL HEALTH

- Bisexuals suffer higher rates of every mood and anxiety disorder.
- Bi women also had more anger, self-injury, and suicidal ideation and attempts.
- Among women, bisexual women had highest prevalence of PTSD (26.6% versus 6.6% of the heterosexual reference group).
  - “. . . the high prevalence of PTSD among sexual minorities in early adulthood potentially sets the stage for poorer health throughout adulthood” - American Journal of Public Health, 2012

Source: Out For Health, Healthy People 2020 Bisexual Fact Sheet

Memes from disruptingdinnerparties.com and keepcalm-o-matic.co.uk
SUICIDALITY

SERIOUSLY CONSIDERED OR ATTEMPTED SUICIDE

<table>
<thead>
<tr>
<th>Group</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bi Women</td>
<td>45%</td>
</tr>
<tr>
<td>Bi Men</td>
<td>35%</td>
</tr>
<tr>
<td>Lesbians</td>
<td>30%</td>
</tr>
<tr>
<td>Gay Men</td>
<td>25%</td>
</tr>
<tr>
<td>Hetero Women</td>
<td>10%</td>
</tr>
<tr>
<td>Hetero Men</td>
<td>7%</td>
</tr>
</tbody>
</table>

Source, Out For Health, Healthy People 2020 Bisexual Fact Sheet
BI WOMEN AT INCREDIBLE RISK OF RAPE

Most studies reveal that approximately 50% of transgender people experience sexual violence at some point in their lifetime – *Journal of Aggression and Violent Behavior*

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**LIFETIME PREVALENCE OF RAPE**

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Lesbian Women</th>
<th>Bisexual Women</th>
<th>Heterosexual Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>0%</td>
<td>13%</td>
<td>46%</td>
<td>17%</td>
</tr>
</tbody>
</table>

AGE AT TIME OF FIRST COMPLETED RAPE VICTIMIZATION

“Compared to lesbians, bisexual women reported more severe adult sexual victimization experiences, greater revictimization, riskier drinking patterns, and more lifetime male sexual partners.” – 2013 Journal of Violence against women

SEXUAL VIOLENCE IS A UNIVERSAL DISPARITY

78% of bisexual men report having **only female** perpetrators of IPV

Adult bi women reported highest levels of physical violence, rape, stalking and psychological aggression in NISVS. 90% of bisexual women report having only male perpetrators of IPV.
The shelter staff told me I didn’t belong there, that they only served women abused by male partners. They referred me to a new gay community anti-battering project. That group also turned me away, saying that I was bisexual, not gay, so they couldn’t help me. What I felt too angry and defeated to say back then was, “Why can’t services be designed with bisexuals in mind? If we design services sensitive to bisexuals, they end up being responsive to both heterosexual and gay people, too, don’t they?”

– From statements read at the 2013 Bisexual Community Issues Roundtable at the White House.
POVERTY

Summary of poverty rates from national surveys by sexual orientation

<table>
<thead>
<tr>
<th></th>
<th>ACS (couples)</th>
<th>NSFG (people aged 18-44)</th>
<th>Gallup (adults living alone)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Different-Sex Married</td>
<td>5.7</td>
<td>15.3</td>
<td>20.1</td>
</tr>
<tr>
<td>Same-Sex</td>
<td>4.3</td>
<td>21.1</td>
<td>19.1</td>
</tr>
<tr>
<td>Heterosexual</td>
<td>7.6</td>
<td>20.5</td>
<td>22.7</td>
</tr>
<tr>
<td>Gay/Lesbian</td>
<td>15.3</td>
<td>22.7</td>
<td></td>
</tr>
<tr>
<td>Bisexual</td>
<td>21.1</td>
<td>25.9</td>
<td></td>
</tr>
<tr>
<td>non-LGBT</td>
<td>13.4</td>
<td>29.4</td>
<td></td>
</tr>
<tr>
<td>LGBT</td>
<td>20.1</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>21.5</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Source, Williams Institute
Funding disparities present in both public and private service providers and funders.

Source, "40 Years Of LGBT Philanthropy" by LGBTFunders.com
### Bisexual Workplace Discrimination

<table>
<thead>
<tr>
<th></th>
<th>2010 Survey* of Discrimination Experiences</th>
<th>2012 Survey** of Discrimination Experiences</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not hired</td>
<td>10%</td>
<td>13%</td>
</tr>
<tr>
<td>Fired</td>
<td>7%</td>
<td>5%</td>
</tr>
<tr>
<td>Unfair review</td>
<td>13%</td>
<td>20%</td>
</tr>
<tr>
<td>Denied promotion</td>
<td>10%</td>
<td>13%</td>
</tr>
<tr>
<td>Denied opportunity</td>
<td>17%</td>
<td>7%</td>
</tr>
<tr>
<td>Sexual harassment</td>
<td>25%</td>
<td>31%</td>
</tr>
<tr>
<td>Anti-bi jokes</td>
<td>46%</td>
<td>58%</td>
</tr>
</tbody>
</table>

*Source: Green, Payne, Green; “Working Bi: Preliminary Findings from a Survey on Workplace Experiences of Bisexual People;” *Journal of Bisexuality.*  
**Source: Tweedy & Yescavage; “Employment Discrimination Against Bisexuals and Others with Fluid Identities;” *Social Science Research Network.*
Bisexual women often report higher rates of depression and mental health problems than their heterosexual and lesbian counterparts. These disparities likely occur, in part, as a result of the unique stigma that bisexual women face and experience. Such stigma can in turn operate as a stressor, thereby contributing to poor mental health status.

- *Journal of Bisexuality, 2012*
WANT MORE BISEXUALS TO COME OUT! THAN MAKE IT SAFE FOR THEM TO DO SO!

Source: Herek, Gregory M. “Heterosexuals’ Attitudes Toward Bisexual Men and Women in the United States” University of California at Davis, 2002
ADDRESSING THE STIGMA OF BISEXUALITY HELPS SAVE LIVES

Examples of anti-stigma campaign done by the Centre for Addiction & Mental Health, Toronto. Posters, buttons, and postcards available for sale at http://www.rainbowhealthontario.ca/rhostore
RECOMMENDATIONS

• Develop bisexual-specific trainings, flyers, publications and a bisexual-specific curriculum or bisexual modules for LGBT curriculum.

• Create an OPENLY bi affirming organization by displaying bisexual affirming posters, flyers and publications.

• Work to remove heterosexist and homosexist assumptions from all LGBT outreach material. Do not presume that all transgender individuals are “straight” and understand that bisexual people in different-sex relationships still face health, mental health, safety and social disparities.

• Research is always more actionable if you see individual LGBT communities, so break out individual groups when possible.

• Regularly email, tweet, Facebook and Instagram content friendly to and inclusive of bisexual communities.

• Have a bi flag on hand for Celebrate Bisexuality Day on September 23rd of every year.
The Bisexual Resource Center created #BiHealthMonth for the month of March and is interested in working with LGBT organizations to develop more bi resources. www.biresource.net

How to Provide the Best Care to Bisexual Clients

Understand the difference between sexual identity and sexual behavior.
Set aside expectations and assumptions. Routinely ask about sexual behavior in a nonjudgmental way.
Read up on issues of bisexuality so you can respond to bisexual clients respectfully and in an informed manner.
Know that bisexuals experience many health disparities differently or disproportionately from lesbians and gay men.
Provide a welcoming environment by openly displaying pamphlets and other materials that are bi-specific.
Understand that bisexuals have unique experiences that intersect race/ethnicity, gender, age, social class, and ability.
**RECOMMENDATIONS**

- Use bi inclusive language, and a bi-claimers whenever possible:
  - “parents in the LGBT community” and “LGBT couples”
  - Different-sex and same-sex to refer to relationship type instead of “gay” or “straight” couples.
  - When referencing a bi identity like “pansexual”, consider including others like “fluid” or “queer” so it’s clear you support bi diversity. BPFQ FTW!

- Create strong relationships with local bisexual orgs, see list on www.binetusa.org/bi-groups-in-the-us
- Maintain working relationships with BiNet USA and other national bi orgs who regularly interact with the bi community. BiNet USA regularly reaches over 25k users via social media, newsletters and mailing lists.
QUESTIONS AND COMMENTS