

Bisexual and Pansexual Resource Guide

What Is Bisexuality?

Bisexual is “an umbrella term for people who experience sexual and/or emotional attraction to more than one gender (pansexual, fluid, omnisexual, queer, etc.)” (TSER, 2017).

When specifically discussing romantic orientation, some people might use the term **biromantic**. Biromantic is a type of romantic orientation in which a person is emotionally and romantically attracted to people of multiple genders.

Sometimes these terms are shortened to “bi.”

What Is Pansexuality?

Pansexual is a term used to describe “a person who has the potential to be attracted to all or many gender identities and expressions” (Williams, 2017). The prefix pan- means “all” in Greek; however a person who is pansexual may be attracted to many but not all genders.

When specifically discussing romantic orientation, some people might use the term **panromantic**. Panromantic describes someone “who has romantic feelings for a person regardless of their sex or gender” (Williams, 2017). The prefix pan- means “all” in Greek; however a person who is panromantic may be romantically attracted to many but not all genders.

Sometimes these words are shortened to “pan.”



Bisexual Flag



Pansexual Flag

Looking for more information about bi and pan identity?

Articles

[“Bisexual”](#) – The Trevor Project

[“Pansexuality 101: It’s More Than ‘Just Another Letter’”](#) – Kaylee Jakubowski

[“13 Lies We Have to Stop Telling About Bisexual People”](#) – Eliel Cruz

[“8 Questions to Stop Asking Bisexual People”](#) – Elena Novak

[“Being Black and Bisexual Comes with Extra Obstacles – But They Can Also Be Overcome”](#) – Crystal Fleming

[“Invisible Majority: The Disparities Facing Bisexual People and How To Remedy Them”](#) – Movement, Advancement, Project (MAP)

[“How To Be An Ally To Bisexual People”](#) – Bi Resource Center

Videos

[“Bi YouTubers \(Who Caption!\) #BiWeek \[CC\]”](#) – Annie Elaine

Books

- Beauchemin, Faith. How Queer! Personal narratives from bisexual, pansexual, polysexual, sexually-fluid, and other non-monosexual perspectives. On Our Own Authority! Publishing. 2016.
- Castillo, Ana. Black Dove: Mamá, Mi'jo, and Me. Feminist Press. 2016.
- Eisner, Shiri. Bi: Notes for a bisexual revolution. Seal Press. 2013.
- Ochs, Robyn and Sarah Rowley. Getting Bi: Voices of Bisexuals Around the World. Bisexual Resource Center. 2009
- Pallotta-Chiarolli, Maria. Bisexuality in Education: Erasure, Exclusion and the Absence of Intersectionality. Routledge. 2015

Other Resources

- Bisexual Resource Center: <https://biresource.org/>

Organizations

On Campus

LGBTQA+ Support Group

When: Tuesdays from 4-5:30 pm

Where: SUMC 412

Free and confidential

For more information, contact Martie van der Voort at mvanderv@email.arizona.edu or 621-3334.

Tucson

Thornhill Lopez Center on Fourth

<https://www.lgbtcenters.org/LGBTCenters/Center/6882/Thornhill-Lopez-Center-on-4th>