# 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.

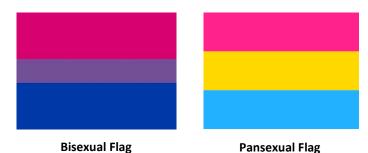
Sometimes these terms are shortened to "bi."

## 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 panmeans "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."



Looking for more information about bi and panidentity?

## **Articles**

<u>"Bisexual"</u> – The Trevor Project

<u>"Pansexuality 101: It's More Than 'Just Another Letter'"</u> – Kaylee Jakubowski

<u>"13 Lies We Have to Stop Telling About Bisexual People" – Eliel Cruz</u>

<u>"8 Questions to Stop Asking Bisexual People"</u> – Elena Novak

<u>"Being Black and Bisexual Comes with Extra</u> <u>Obstacles – But They Can Also Be Overcome"</u> – Crystal Fleming

"Invisible Majority: The Disparities Facing
Bisexual People and How To Remedy Them" –
Movement, Advancement, Project (MAP)

<u>"How To Be An Ally To Bisexual People"</u> – Bi Resource Center

## **Videos**

<u>"Bi YouTubers (Who Caption!) #BiWeek [CC]"</u> – Annie Elainey

#### **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: <a href="https://biresource.org/">https://biresource.org/</a>

# **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 <a href="mailto:mvanderv@email.arizona.edu">mvanderv@email.arizona.edu</a> or 621-3334.

#### **Tucson**

## **Thornhill Lopez Center on Fourth**

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