

Looking back to my article last year on Bi-Visibility, I wanted to write a short follow up piece on allyship.

When you walk into your office, when you see your friends, when you speak to your neighbours, you might see people who are a lot like you. Maybe they look like you, maybe they have the same interests or the same family structure and they might have the same preference for sexual or romantic partners that you have. There might not be a lot of people in your life, who you speak to regularly that are different to you in these ways. This gives you a lot of validation that the way you live your life, the clothes you wear, the people you date/fall in love with/live with/marry are the 'right' ones.

People who identify as bisexual don't always get the same validation and representation in everyday life; we are not in adverts and it's not easy for us to find a positive representation of bisexuality in film or literature compared to the countless references to heterosexuality and more recently accepted references to homosexuality. This might not seem like a big deal but a lack of representation can lead bi people to feel invisible or that they should work harder to 'fit in' and ignore how they feel. To add to this, bisexual people are often subject to biphobia (the fear or dislike of a person identifying as bisexual based on negative views, attitudes or beliefs around bi people), we are less like to be out in all areas of our lives and we are often told either directly or indirectly that we can't possibly be attracted to two or more genders and live a happy life.

The good news is that we can change this and all it takes is for you to decide to be a bi ally. Being an ally means making a conscious decision and working proactively to be more bi inclusive. It could be something as simple as educating yourself on bisexuality (you can find links to useful resources in my previous article) and using this to help educate others on how we can all be more bi inclusive which could include using more inclusive language such as partner and not assuming someone's partner/sexual/romantic preference. You can also sign up to be an ALLOUT ally where ideas about how to be a bi ally are discussed: <https://www.staffnet.manchester.ac.uk/equality-and-diversity/staff-network/lgbt-staff-network-group/allout-allies/>

My challenge to you is to set yourself one goal to work towards being a more active bi ally. For more inspiration, you can take a look at Stonewall's list of [10 ways you can step up as an ally to bi people](#)