

25 years of bi+ visibility and the rise of the Bi+ Equal umbrella

[Blog](#), [Civil Rights and Freedom](#), [Inclusion and Equality](#), [Bisexual](#), [Community Organising](#)

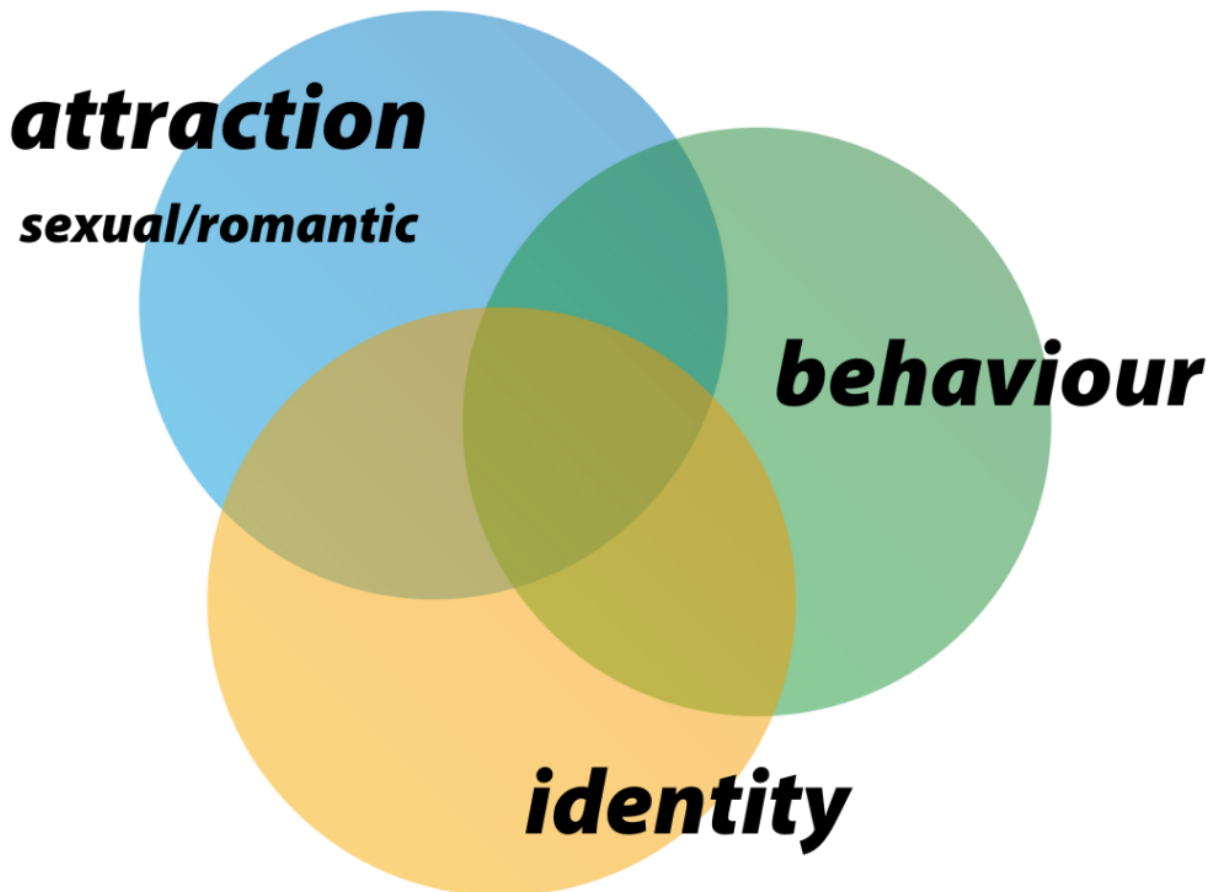
As we celebrate 25 years of Bi+ Visibility Day, today's blog is all about a newly organised initiative that's gaining momentum in Europe.

For today's blog, Barbara Oud, Soudeh Rad, and Jantine van Lisdonk from [Bi+ Equal](#), an emerging bi+ umbrella organisation working to reshape how bi+ people and bi+ equality are understood and supported across Europe, talk about the group's mission, commitment and future plans. Bi+ Equal is an initiative created by and for bi+ people, aiming to fill the gaps in representation and advocacy that have often left bi+ voices unheard in broader LGBTI spaces.

Bi+ equality

At the heart of Bi+ Equal's mission is the commitment to advocate for equality and inclusion for all bi+ people across Europe. Bi+ is an inclusive umbrella term that encompasses anyone with a sexual orientation focused on more than one gender. This includes those who identify as bisexual, pansexual, queer, or may choose not to use any specific label for their sexual orientation. The aim is to challenge the monosexual norm, also known as monosexism, which all bi+ people face, regardless of how they identify. Bi+ Equal envisions a pan-European movement that advocates for bi+ equality, ensuring the rights and visibility of all non-monosexual people.

A useful framework for understanding the complexity of being bi+ is the AIB model, which breaks down sexuality into three components: attraction, identity, and behaviour. Unlike monosexuality (attraction to only one gender), where these elements tend to align, in bi+ people, these circles don't always overlap, reflecting the unique and varied experiences within the bi+ community.



Why we need a bi+ movement in Europe

A bi+ movement is crucial because it addresses the specific needs and challenges faced by bi+ people. The pervasive monosexual norm — the assumption that people are exclusively attracted to one gender — makes it difficult for bi+ people to be recognised fully in both LGBTI and wider societal contexts. Many bi+ people face unique forms of erasure, discrimination and misunderstanding, even within the LGBTI community, highlighting the importance of a bi+ movement dedicated to addressing these issues. As Barbara puts it, ‘We are the biggest group under the LGBTI umbrella, but we remain largely invisible. We need to work on visibility and equality for bi+ people.’

A bi+ entity can ensure advocacy for bi+ rights and provide dedicated spokespeople who can represent bi+ voices and priorities in policy-making and public discourse.

Co-creating the future of a Bi+ umbrella entity

Bi+ Equal's work is by and for the bi+ community. A key component in order to create this entity and decide whether it should be an organisation, a network, a collective or community, or any other type of grouping, is Bi+ Equal's newly launched survey. Designed to assess the state of bi+ activism across Europe and capture the lived experiences and needs of bi+ people, this survey not only reflects the diversity within the bi+ community but also aims to guide the co-creation of future priorities for the movement.

By centering bi+ voices and experiences, Bi+ Equal is helping to shape the future of bi+ activism in Europe. Bi+ people are encouraged to participate in the survey and [join the movement](#), as our insights and involvement are vital for creating a vibrant, inclusive bi+ community that advocates for our shared needs and rights. If you wish to participate in the survey, send an email to research@biplusequal.org, and you will receive a personalised (and anonymous) link.