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Bisexuality is an often misunderstood and sometimes invisible identity within the LGBTQIA+ community and in society as a whole. Yet visibility is of the utmost importance for bisexual people.

Bisexual visibility plays a crucial role in combating prejudice and stereotypes. We often face misconceptions that call our sexual orientation into question. Blurred assumptions and prejudices that tell us who we can and may love. Many people still believe that bisexuality is just a phase or a form of confusion. Such prejudices contribute to bisexual people hiding their identity and feeling invisible and unsafe in both worlds, in both heterosexual and queer communities. Only through visibility can we counteract these stereotypes and promote better understanding and acceptance. For all of us.

Visibility is essential for mental health and well-being. Studies have shown that bisexual people are exposed to higher levels of psychological stress than their heterosexual or homosexual peers. This is often due to feelings of isolation and not belonging. Greater visibility can help to create a sense of belonging and encourage bisexual people to live their identity openly and proudly.

Another important aspect of bisexual visibility is its role as a role model, especially for young people. Young bisexual people are looking for role models who share their experiences and challenges. By being visible and sharing their stories, bisexual people offer valuable support and inspiration to a generation that has just taken the first steps of their long journey. This not only promotes individual self-esteem, but also strengthens the entire community.

In addition, of course, our visibility also plays an essential role in political and legal recognition. Visible bisexual people act as advocates for equality and justice. They help to influence policies and legislation that address the specific needs and challenges of bisexual people. A strong and visible bisexual community can also drive progress towards a more inclusive society.

That we are there - that we are loud, not quiet, and that we show our faces is important not just for the bisexual community, but for everyone. In a more diverse and inclusive society, all people should have the right to be themselves and live out their identity without fear of discrimination, exclusion or hate. Let's work on this together. On our visibility and presence. On our cohesion and our community.

We are one!