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Bi+ speech

Dear friends and fellow campaigners,

More than 90% of bi+sexual people who took part in our study on bi+ (in)visibility last year feel that they are “never”, “rarely” or only “sometimes” seen in general society. This not being seen, this invisibility, permeates all areas of life: our everyday life, the queer environment, even our most intimate relationships. This feeling of not being seen is also one of the main reasons why we have come together today: We are fighting for better visibility!

From a scientific perspective, we know that bi+ people often face greater challenges than heterosexual or homosexual people. Discrimination, which unfortunately also occurs within the queer community, leads to less life satisfaction and is psychologically stressful. The risk of suffering from loneliness or depression is increased. But as a scientist, I am also aware that in research we often focus primarily on the problems. What is neglected is the many positive aspects of the many facets of love.

That is why my colleagues and I at MSH have deliberately focused on the enriching aspects of bi+sexuality and highlighted the strength of the bi+ community. In our studies, many bi+ people report how they actively campaign for their visibility. They inform those around them if they are wrongly classified as “hetero” or “homo” and develop other diverse strategies to make themselves visible. They also talk about how much they perceive their sexual orientation as an enrichment.

Let me put it in the words of some of the participants:

“I love being bisexual.”

“Since accepting my bisexuality, I feel much freer in my being.”

“For me, my bisexuality explains a lot in my life: the search for variety, an openness to new things, the urge for diversity, the questioning of gender stereotypes and much more.”

Or as one person succinctly summarized it:

“Bi is awesome.”

These statements paint a clear picture: We bi+ people are not just those who suffer and struggle with challenges. We are strong because we are able to withstand stress and stand up to injustice. We are open, inclusive and passionate about diversity. We are flexible, fluid, and experience our sexuality as a source of freedom. We are proud to be bi!

Let's highlight these positive sides of bi+sexuality together today! Let's show Hamburg what love and community can look like! Let's celebrate being bi, because: Bi is awesome!