

## Who we are

We are a network of survivors who identify as bisexual. We offer support, solidarity and community to one another through weekly virtual chats via Telegram. These chats last 90 minutes and are moderated by bi survivors. Our aim is to let survivors lead the direction of these chats and share as much or as little as you feel comfortable with.

We are not crisis support nor can we offer counselling services. We are a mixed gender group.

## Guidelines

### Names and pronouns

We encourage you to use a name or pseudonym while in the chat to create a more cohesive experience. In your first message we encourage you to share your pseudonym and pronouns so people can refer to you correctly.

Examples:

“Hi, I’m Lumpi and my pronouns are she/they”

“I’m Cam and I’m a him/he”

### They pronouns

Some nonbinary people use they pronouns. These are used the same way as she or he pronouns.

Example:

“This is my friend Jo, they are an artist. I met them at uni”

### Trigger warnings

Triggering warnings let people know that what you are about to share might be upsetting. We encourage you to use trigger warnings liberally when discussing your experiences. As a rule of thumb; if you’re not sure, use a trigger warning anyway.

Example:

Trigger warning: rape/violence - this would go at the beginning of your message

## Useful terms

- Nonbinary - someone who doesn’t identify as either male or female. Nonbinary people may use they pronouns, or they might still use she/he
- Enby - a slang term for someone who is nonbinary
- Cis/cisgender - someone who identifies with the gender on their birth certificate all of the time - not transgender
- trans/transgender - someone who does not identify with the gender on their birth certificate either some or all of the time - not cisgender

- Pansexual - another word for being attracted to more than one gender, often defined as “attracted to someone regardless of their gender”
- Queer - a word referring to someone who is not straight and/or cisgender. Sometimes used as an umbrella term for LGBTQIA+ people, although it is still considered offensive by some
- Asexual - someone who is not attracted to people of any gender