



## PFLAG+ Brisbane Newsletter

July 2022

*Welcome to the PFLAG+ Brisbane July 2022 Newsletter. Our committee hopes that you and your LGBTIQ+ loved ones are healthy and well; both physically and mentally. PFLAG+ Brisbane is a group of people supporting each other, while learning from our shared experiences. Our hope is to help each other on our respective journeys as **amazing** Parents and Friends of LGBTIQ+ Individuals.*

### Next Community Meeting

**Date:** Saturday the 6<sup>th</sup> of August

**Time:** Committee meeting – 12:30 until 1:25 pm  
Community meeting – 1:30 until 3:30

**Details:** You are invited to the community meeting for PFLAG+ Brisbane held on Zoom.  
We ask that you register in advance for this meeting:  
<https://us02web.zoom.us/meeting/register/tZMsdeitqTkrHdVEHXRZeXZE4mrc7TMnY7to>

After registering, you will receive a confirmation email containing information about the link to join our Zoom meeting.

**Guest**

**Speaker:** Brian Beckhen from the Centre for Human Potential  
Brian works at the Centre for Human Potential in Brisbane. This practice of psychologists supports LGBTIQ youth and adults.  
<https://www.cfhp.com.au/>

### Future Community Meeting Dates for 2022

**1<sup>st</sup> October**

**3<sup>rd</sup> December (AGM)**

### Notes from 4<sup>th</sup> June Community Meeting

We had a great turnout at our Zoom Community meeting on the 4<sup>th</sup> of June. There were many new families, as well as many older, ongoing supporters to make for a wonderful virtual gathering. We were also fortunate enough to have families in attendance from far afield: Townsville, Toowoomba, Cairns, Hervey Bay, and the Sunshine Coast! Additionally, we were privileged to have **Carolyn Rogers** as a guest speaker. Carolyn is a Rainbow Counsellor with an LGBTIQ+ informed, affirming, and supportive background. She and her colleagues hope to break down the barriers that our young LGBTIQ+ people face daily.

Based on the questions that Carolyn received from our group, she recommended that our young gender diverse people get an **immediate** referral from their GP to the Brisbane Children's Hospital Gender Clinic due to the long waiting period for this service. This referral will allow for their medical/transition journey to begin as soon as possible. Should they choose to cancel the appointment at any point for whatever reason, this opening allows another young person on the list to jump in sooner. No harm there!

Next, Carolyn discussed the importance of connecting with safe and qualified organisations to address immediate mental health issues. Some organisations mentioned during the discussion included:

**Lifeline (24/7)**

13 11 14

Lifeline.org.au

**QLife (3:00 pm – midnight every day)**

1 800 184 527

Qlife.org.au

**Qld Ambulance Mental Health Unit – dial 000**

Carolyn also reminded parents and friends that longer term care for our young ones includes such resources as Relationships Australia's **Transilience** program (for children aged 6-12), and the **Transcendence** program meetings for older kids.

During the discussion, **Headspace** was also recognised as a great resource for LGBTIQ+ people and their loved ones. Stonewall Medical Centre, Haven Psychology, Open Doors, Holdsworth House, Left of Centre Therapies, the Centre for Human Potential's '*Journey to Gender*' program, and PFLAG+ Brisbane were also mentioned as additional resources for parents and friends to investigate as longer-term resources, depending upon where they are in their journeys.

In closing her presentation/discussion, Carolyn mentioned that 56% of all LGBTIQ+ people will not access or book themselves into counselling due to previous discriminatory experiences. She stated that it is very important to allow our young people to have a say in whom they choose as their counsellor so that they feel comfortable attending a counselling session of their own free will.

A huge thanks goes out to Carolyn for joining us in our PFLAG + Brisbane meeting. She enriched our knowledge, shared her experiences, and all the while, educated us on our views toward our LGBTIQ+ loved ones. Many thanks from PFLAG+ Brisbane!

### **Queensland Children's Gender Clinic**

From their website: "The Queensland Children's Gender Service (QCGS) sits within the integrated Child & Youth Mental Health Service providing specialist outpatient care at Queensland Children's Hospital and statewide through telehealth and local partnerships. The aim of the QCGS is to improve the health, wellbeing and function of Queensland children diverse in gender identity through affirmative, family focused, interdisciplinary assessment and specialist care. Being trans or gender diverse is viewed as part of the natural spectrum of human diversity by Children's Health Queensland and the Australian Standards of Care and Treatment Guidelines that inform our practice." For more details: <https://www.childrens.health.qld.gov.au/service-gender-clinic/>

### **Gender-Diverse Kids and Teens FB Page**

One of our new members, Vanessa, is an amazing mum with gender diverse kids. She is also active with the group "Free Mum Hugs" and has attended many LGBTIQ+ functions and activities. As a volunteer, Vanessa kindly organises events for youngsters and teenaged kids' events around Brisbane. Should you wish to join the meet-up site, please see the details below:

***Gender-Diverse Kids and Teens Events Brisbane & Beyond (trans, enby, fluid)***

Search for the above group on Facebook. You will need to join because this is a private site.

### **Save the Date – Next Social Gathering**

Our next social meet up will take place on **Saturday, 27 August at 6:30**. The venue is still undecided, but we will keep you posted via email/Facebook...

### **Recent PFLAG+ Brisbane Events**

### Face-to-Face Get Together for IDAHOBIT – 13 May

We at PFLAG+ Brisbane recently recognised IDAHOBIT, which is the official “**International Day Against Homophobia, Transphobia and Biphobia**”. Clearly, IDAHOBIT is easier to get your tongue around!

Our PFLAG+ Brisbane social committee thought it was a great excuse for a social event... face-to face and a time to share good food, family, and friend experiences. It worked well and was a big success! We had an impressive turnout, with several new parents and friends joining the “older” Committee members.

We hope to offer many more post-COVID opportunities for meetings and sharing stories with each other soon (see next date above). Many thanks to those who helped organise this special event.



### Domestic Violence Charity Gala, Brisbane – 27 May

The LGBTQ Domestic Violence Awareness Foundation held their inaugural **Light up the Night** gala ball on May 27, 2022. In attendance were Jane Hopkins, PFLAG+ Brisbane president and national PFLAG spokesperson. The person of the night was coordinator, Ben Bjarnesen. Ben is an operational Police officer and volunteers as the Regional Coordinator of the Queensland Police Service LGBTI Liaison Officer Program. He has previously been named as one of the top 50 most influential and inspiring LGBTI Australians. He is on the Board of Directors for DV Connect Ltd. We at PFLAG+ Brisbane are proud to have Ben as a representative of our LGBTIQ+ community and we hope that he remains in Brisbane as our representative...



### Rainbow on the Reef Pride Festival, Gladstone – 10-12 June

Promoting LGBTIQ+ support for our regional areas in Queensland, PFLAG+ Brisbane was present! Stand tall Jane, Jo, Dylan, et al.



### Photos from some of the many additional events attended by Jane Hopkins, PFLAG+ Brisbane President



*Pic 1 Queening around at Queer and Here Fortitude Valley*



*Pic 2 With Kirstine Hand from True at the Distance Education Day*



*Pic 3 Major Presentation to Aon Insurance*



*Pic 4 Jane and family presenting to Ambrose Treacy College*

## **Other LGBTIQ+ News**

### **Recent QLife Glossary of Terms**

There are always new LGBTIQ+ terms to embrace and understand. Here is a recent list of terms from our friends at QLife, who also provide free and invaluable support to PFLAG+ members and our loved ones via their phone contact line:

<https://qlife.org.au/uploads/QLife-Tip-Sheets-Glossary.pdf>

<https://qlife.org.au>

### **The UK's First National LGBTQ+ Museum**

Queer Britain is the first LGBTQ+ museum in the UK. It is a place “as exciting as the people, stories and ideas it explores and celebrates” according to their website. Additionally, it is a place for all people, regardless of their sexuality, in order to learn about the culture they were born into, have chosen, or seek to understand.

<https://www.pinknews.co.uk/2022/05/04/queer-britain-lgbt-history-museum-london-uk/>

<https://queerbritain.org.uk>

### **Scientific studies confirm that “Trans-Youth who socially transition still identify five years after transitioning”**

The American Academy of Paediatrics confirms what we parents already knew...



<https://www.pinknews.co.uk/2022/05/08/trans-youth-social-transition-project-princeton-university-pediatrics/>  
<https://publications.aap.org/pediatrics/article/doi/10.1542/peds.2021-056082/186992/Gender-Identity-5-Years-After-Social-Transition>

## **Educational Viewing**

### **Trans 101 - Courtesy of Minus 18**

Minus 18 out of Melbourne never ceases to amaze us at PFLAG+ Brisbane. They provide our young LGBTIQ+ community and parents/friends a great stash of current and to-the-point resources. We cannot thank them enough for their generosity.

So now they welcome us to **Trans 101**, their brand-new series on Gender Diversity. In these short videos, the folks at Minus 18 dive into the reality of identifying as Trans and/or gender diverse. They let the young people *experiencing it* explain it to us (what an amazing concept!). This is video one in the series... keep in mind there are several more:

<https://www.youtube.com/watch?v=-3ZzpTxjgRw>

### **Gender assigned to us at birth should not dictate who we are**

Young person, Sarah McBride, is a 25-year-old proud Transgender woman. This is what she has to say on TEDxMidAtlanticSalon:

<https://www.youtube.com/watch?v=Kw5vyJ30djM>

### **I've lived as a man & a woman -- here's what I learned**

Paula Stone Williams is an older Transgender female. Here is her perspective, as shown on TEDxMileHigh:

<https://www.youtube.com/watch?v=lrYx7HaUIMY>

### **SBS Dateline: Icelandic Kindergarten that does not gender-define toddlers**

[https://fb.watch/d9b\\_KfTr3q/](https://fb.watch/d9b_KfTr3q/)

### **25 years since Tasmania decriminalized homosexuality**

LGBTIQ+ advocate, Rodney Croome AM, was central to the campaign to decriminalise homosexuality in Tasmania. He said the 25th anniversary was an important time for reflection. In Croome's estimation, "Tasmania has gone from the worst laws to the best in Australia." For the full article, go to: <https://qnews.com.au/rodney-croome-on-tasmania-25-years-after-gay-decriminalisation/>

## **Just For Your Entertainment**

### **Eurovision May 2022**

**Gold Coast's Sheldon Riley performs an amazing... "Not The Same"**

Sheldon Riley, Australia's Eurovision contestant, made us proud...

<https://qnews.com.au/sheldon-riley-soars-at-the-eurovision-grand-final/>

**San Marino's Eurovision contestant, Achille Lauro, performs "Stripper" in Cowboy Drag**



Eurovision camp at its best (and Eurovision knows camp!):

<https://eurovision.tv/video/achille-lauro-stripper-live-san-marino-second-semi-final-eurovision-2022>

### **Stan – Queer as Folk**

Brand new series of the American drama on Stan (subscription only). See preview:

<https://www.facebook.com/StanAustralia/videos/539215460988359/>

## **PFLAG+ Brisbane Information**

### **PFLAG+ Brisbane Membership**

PFLAG+ Brisbane is a not-for-profit organization run by volunteers. One hundred percent of our funds go towards improving our services to parents and friends of LGBTIQA+ people. We encourage individuals, families, and corporations to contribute a voluntary annual membership fee of \$25 per individual/family, \$100 for corporate membership, or whatever amount you can afford. While it is not compulsory, membership fees received to PFLAG+ Brisbane help toward improving our electronic and printed resources, updating our website and social media presence, and toward covering other administration costs.

We have a membership form, including payment information, on our website which can be found at the following link: <https://www.pflagbrisbane.org.au/membership>

More information from PFLAG+ Brisbane can be found at our website:

<https://www.pflagbrisbane.org.au>

Or you can contact us directly with a request for help or questions on:

<https://www.pflagbrisbane.org.au/contact-us>

We are also on Facebook:

<https://www.facebook.com/pflagbrisbane/>

With the kindest regards to our PFLAG+ Brisbane members,

From the 2022 PFLAG+ Brisbane Committee

