



# PFLAG+ Brisbane Newsletter

October 2021

Our committee hopes that all our new and existing PFLAG+ members feel welcome in our group and are willing to accept their LGBTIQ+ loved ones. We at PFLAG+ Brisbane are a group of people hoping to support and learn from one another in order to help each of us on our respective journeys as **Parents and Friends of LGBTIQ+ individuals**.

As a group, our overall goal is to provide non-judgemental, confidential support and resources. If you are new to PFLAG+ Brisbane, or may be struggling with LGBTIQ+ related issues, we hope to provide you with a forum to safely share your concerns, comments, or questions.

## Cancelled - Next Community Meeting

**Date**                **Saturday the 16<sup>th</sup> of October**

**Time**                **1:30 pm to 3:30 pm**

**Location**        **Chermside Library Meeting Room**

Unfortunately, due to unforeseen reasons (thankfully not COVID related), our next Community meeting has been cancelled.

We hope that any new/potential Community members and their families having LGBTIQ+ support related questions can utilise our contacts:

**Call mobile number 0400 767 832 for general PFLAG+ Brisbane resources, information, and support**

[@facebook.com/pflagbrisbane](https://www.facebook.com/pflagbrisbane)

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

## LGBTIQA+ Dates to Acknowledge

The LGBTIQA+ calendar is full of special days to acknowledge and remember our loved ones of diverse gender and sexuality. October, November, and December have a plethora of days and/or weeks to recognise and celebrate our loved ones. Here are a few upcoming dates and events:

- |                       |   |
|-----------------------|---|
| <b>20 October</b>     | <b>International Pronoun Day</b><br><a href="https://www.mypronouns.org">https://www.mypronouns.org</a><br><a href="https://pronounsday.org/participating">https://pronounsday.org/participating</a>  |
| <b>21 October</b>     | <b>Spirit Day</b> (against bullying in LGBTIQA+ youth)<br><a href="https://en.wikipedia.org/wiki/Spirit_Day">https://en.wikipedia.org/wiki/Spirit_Day</a>   |
| <b>26 October</b>     | <b>Intersex Awareness Day</b><br><a href="https://www.forgov.qld.gov.au/search-pages/events/intersex-awareness-day">https://www.forgov.qld.gov.au/search-pages/events/intersex-awareness-day</a>  |
| <b>24-30 October</b>  | <b>Asexual Awareness Week</b><br><a href="https://www.prideinhealth.com.au/event/asexual-awareness-week-2/">https://www.prideinhealth.com.au/event/asexual-awareness-week-2/</a>  |
| <b>30 October</b>     | <b>Brisbane Pride Fair Day at New Farm Park</b><br><a href="https://brisbanepride.org.au">https://brisbanepride.org.au</a><br>More details below – tickets required   |
| <b>6 November</b>     | <b>Queeriosity hosted by Open Doors Youth Service Inc.</b><br>Free event, tickets required<br>See details below   |
| <b>7 November</b>     | <b>Transgender Parent Day</b><br><a href="https://www.pgdc.org.au/">https://www.pgdc.org.au/</a>  |
| <b>13-19 November</b> | <b>Transgender Awareness Week</b><br><a href="https://www.glaad.org/transweek">https://www.glaad.org/transweek</a><br><a href="https://www.minus18.org.au/campaigns/trans-awareness-week">https://www.minus18.org.au/campaigns/trans-awareness-week</a> |
| <b>20 November</b>    | <b>Transgender Day of Remembrance</b><br><a href="https://www.glaad.org/tdor">https://www.glaad.org/tdor</a>  |
| <b>1 December</b>     | <b>World AIDS Day</b><br><a href="http://www.worldaidsday.org.au/internet/wad/Publishing.nsf/content/home">http://www.worldaidsday.org.au/internet/wad/Publishing.nsf/content/home</a>  |



## [Brisbane Local News](#)

### **LGBTIQAP+ Sistergirl and Brotherboy Affirming Practice - 28 October**

**Half-day Training Course** Open Doors Youth Service Training

This specialised training is designed for people working with LGBTIQAP+ Sistergirl and Brotherboy young people & their families.

<https://www.eventbrite.com.au/e/half-day-lgbtqip-sistergirl-and-brotherboy-affirming-practice-tickets-163459956129?aff=erellivmlt>

### **Brisbane Pride Fair - 30 October**

Fingers crossed that Pride will be moving forward on **Saturday 30<sup>th</sup> October** (COVID restrictions permitting)! The event will occur from **10:00 until 5:00** at New Farm Park.

Tickets required. For more information, please see [www.brisbanepride.org.au](http://www.brisbanepride.org.au)

### **Queeriosity - 6<sup>th</sup> November**

Queeriosity is a celebration of LGBTIQAP+ youth in Brisbane. Queeriosity is an annual event in to promote social inclusion and resources for Queer youth. This year the event will take place on **6<sup>th</sup> November from 11 - 3 pm** in Fortitude Valley. The event will feature live performances, art activities, market stalls, Queer trivia & delicious food!

Attendance is open to young people aged 12-24 & their families/support people.

For free tickets, please visit: [https://www.eventbrite.com.au/e/queeriosity-tickets-185243707917?](https://www.eventbrite.com.au/e/queeriosity-tickets-185243707917?fbclid=IwAR2WRiKgcBi8SICBxGAgziGI10nmxn8Ik9AKqBDwawLiIEFk4ULdVpsjhoY)

[fbclid=IwAR2WRiKgcBi8SICBxGAgziGI10nmxn8Ik9AKqBDwawLiIEFk4ULdVpsjhoY](https://www.eventbrite.com.au/e/queeriosity-tickets-185243707917?fbclid=IwAR2WRiKgcBi8SICBxGAgziGI10nmxn8Ik9AKqBDwawLiIEFk4ULdVpsjhoY)

### **Rainbow Families Storytime - 13 November 11:30-12:00**

Occurring on the second Saturday of each month, Brisbane Square Library hosts a Storytime celebrating family diversity, and featuring LGBTIQ+ themed stories of family, community, and friendship. Bookings required. Please see:

<https://www.eventbrite.com.au/e/rainbow-families-storytime-brisbane-square-library-tickets-179635062307?aff=erelexpmlt>

### **Reminiscing About Trans Fair Day – Plenty of Great Resources Available**

Brisbane's Trans Fair Day was rescheduled due to COVID-19 but ultimately took place on 5 September in the West End. The event drew a good crowd of people, who enjoyed a variety of entertainers, artists, and stalls. Stall holders included PFLAG+ Brisbane, Free Mum Hugs, LGBTI Legal Services, the Brisbane Pride Choir, Open Doors Youth Service Inc., Haven Psychology (who specialise in sexuality, gender-diversity and family therapy), LP badges, and DocDir (who provide an LGBTIQ+ inclusive directory of friendly doctors and services).

Check out the following links for some of the above-mentioned services:

[www.facebook.com/FreeMumHugsAus](http://www.facebook.com/FreeMumHugsAus)

[www.lgbtilegalservice.org.au](http://www.lgbtilegalservice.org.au)

[www.opendoors.net.au/referral-form](http://www.opendoors.net.au/referral-form)

[www.havenpsychology.com.au](http://www.havenpsychology.com.au)

[www.docdir.com.au](http://www.docdir.com.au)

## **LGBTI+ Inclusive Language Guide**

LGBTI Legal Service Inc has created a 2021 Inclusive Language Guide to share, among many other free resources. You can find the guide at:

<https://lgbtilegalservice.org.au/resources/lgbti-inclusive-language-guide/>

## **Human Rights Commission – Resources for LGBTIQ People**

“The rights of lesbian, gay, bisexual, transgender, intersex and queer people have been affirmed and upheld through various international human rights treaties, including the *International Covenant on Civil and Political Rights*, which sets out the principle of non-discrimination. In 2006 *the Yogyakarta Principles* ([http://yogyakartaprinciples.org/wp-content/uploads/2017/11/A5\\_yogyakartaWEB-2.pdf](http://yogyakartaprinciples.org/wp-content/uploads/2017/11/A5_yogyakartaWEB-2.pdf)) were developed to inform our understanding of how existing human rights apply to LGBTIQ+ people.”

The Queensland government has many resources for LGBTIQ+ people and their families. Their website includes documents regarding the following topics:

Sexuality and Gender Identity Rights  
Trans @ School and Work  
Pronouns and Terminology

For further information, please visit:

<https://www.qhrc.qld.gov.au/your-rights/for-lgbtqi-people>

## **Australian National News**

### **Did You Recognise R U OK? Day on 9 September?**

R U OK? celebrates the strength, resilience, and diversity of lesbian, gay, bi, trans, intersex, queer, and other sexuality, gender and bodily diverse people and communities. In consultation with LGBTIQ+ Health Australia, they have created a guide about how to start a conversation, to listen with an open mind, encourage action and to check in with your LGBTIQ+ child, friend or loved one.

To access LGBTIQ+ Health Australia’s invaluable information and resources, please visit:

<https://www.lgbtiqhealth.org.au/communityresources>

## **Minus18 Free LGBTQIA+ Inclusion Workshops for Rural and Regional Communities... Opportunity not to be missed!**

Minus18 is funding free digital LGBTQIA+ inclusion education workshops for regional and rural schools and community organisations across Australia! In other words? Our Education Team will deliver online LGBTQIA+ professional training (or a youth workshop!) to your school, community group, council youth group, completely for free – no strings attached. We have the funding, now we just need to book the groups!

<https://form.asana.com/?k=pBZtcF4H7i72jnaFSimiNQ&d=412139285609950>

## **'No Cause for Celebration'**

Alistair Lawrie, an Australian LGBTI advocate and activist recently wrote about the NSW Anti-Discrimination Act, calling it the worst LGBTI anti-discrimination law in the country. His article states, "it is the only one that fails to protect bisexuals, and the only one allowing all private schools, religious and non-religious alike, to discriminate against LGBT students. The ADA also excludes nonbinary people, and people with innate variations of sex characteristics." For the full article, please go to:

<https://alastairlawrie.net/2021/09/24/no-cause-for-celebration/>

## **LGBTIQ+ Equality – Hope That Biden Encourages Morrison**

Just.Equal Australia has requested the US President Joe Biden to talk to Scott Morrison about the benefits of LGBTIQ+ inclusion and equality. For more details, please see:

<https://ymlp.com/zVI36oo>

## **Mental Health Resources for our LGBTIQA+ loved ones**

It has been several months since posting the links to our amazing mental health resources for the LGBTIQA+ people in our lives. Here they are again for those new families and those in need right now:

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

<https://www.true.org.au/eshop#!/Gender-Sexuality-&-Diversity/c/31604019>

<https://www.opendoors.net.au>

<https://headspace.org.au>

<https://headspace.org.au/blog/blog/lgbtqa-0/>

<https://headspace.org.au/young-people/life-issues/sexuality-and-gender/>

<https://qlife.org.au/resources/qguides>

[www.lifeline.org.au](http://www.lifeline.org.au)

(24/7) 13 11 14

[www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

(24/7) 0311 659 467

[www.beyondblue.org.au](http://www.beyondblue.org.au)

(24/7) 1300 224 636

**SANE Australia** 1800 18 SANE (7263)

**ATAPS** After-Hours Suicide Support Line 1800 859 585

## **International News**

### **Coming Out Stories... From Athletes All Over the World...**

The words 'coming out' represent a nearly universal experience, and often a defining moment, for members of the LGBTQ+ community. For International Coming Out Day on October 11, ESPN spoke to 17 out athletes from around the world about their journeys.

[https://www.espn.com.au/espn/story/\\_/id/32317311/coming-day-full-interviews-told-espn](https://www.espn.com.au/espn/story/_/id/32317311/coming-day-full-interviews-told-espn)

## **ARIA Awards**

This year the ARIAs will include a gender-neutral category. It's not about the best female singer or male singer... Let's include a gender-neutral category, shall we?

Organisers say their aim is to "embrace equality and the true diversity of the music industry". For more information, please go to:

<https://www.sbs.com.au/news/this-year-s-aria-awards-will-have-gender-neutral-categories/24d421f0-c653-439f-86c0-575294e1e9dc>

## **Psychology Today – The Trans Life, Inside the Life of a Transgender**

Amy Colbert, Ph.D. is a transgender woman and the subject of the documentary "The Pearl". She writes a blog for the journal Psychology Today addressing a variety of issues regarding gender, transgender, and intersex issues. To see the articles, please visit:

<https://www.psychologytoday.com/au/blog/the-trans-life>

<https://www.kanopy.com/product/pearl-0>

<http://www.thepearlfilm.com/#intro>

## **UK's Strictly Come Dancing**

A beautiful Tango performed by two gay men hits the mark

<https://www.pinknews.co.uk/2021/09/26/strictly-come-dancing-john-whaite-johannes-radebe/>

## **Books to Read**

### ***As Beautiful as Any Other: A Memoir of My Body***

Written by Kaya Wilson

When Kaya Wilson came out to his parents as transgender, a year after a near-death surfing accident and just weeks before his father's death, he was met with a startling family history of concealed queerness and shame. This is a Trans story.

### ***All About Yves: Notes from a Transition***

Written by Yves Rees

What happens when, aged 30, you understand you're transgender? This was the question that confronted Yves Rees, a historian whose life was upended by gender transition in 2018. Then known as a woman called Anne, Yves was forced to grapple with the sudden knowledge that they were not, in fact, a woman at all.

## **Show to Watch**

### ***Sort Of***

A coming-of-age story about a gender fluid millennial, Sabi Mehboob. Sort Of is a big-hearted series that exposes the labels that are no longer applicable to anyone. This comedy/drama is streaming on Stan. The trailer can be viewed below:

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

## PFLAG+ Brisbane News

### **Call Out for New Committee Members 2022!**

As you may already know, PFLAG+ Brisbane is a volunteer, not for profit organisation and we rely on the ongoing support of our committee and community members to keep us running as a viable organisation. **We are solely focused on the wellbeing of parents and carers, as well as the future of their LGBTIQ+ loved ones.** The new year, 2022, is an opportunity for you to contribute to our amazing organisation. As always, all Committee roles are up for consideration. Please consider your ability and availability for the following roles:

President  
Vice-president  
Treasurer  
Events Coordinator  
Communications  
Resources/Library

## PFLAG+ Brisbane Membership

PFLAG+ Brisbane is a not-for-profit organisation that is run by volunteers. One hundred percent of our funds, including your voluntary membership fees, go to improving our services to you, parents, and friends of LGBTIQ+ people. We encourage individuals, families, and corporations to pay a voluntary annual membership fee. We recommend \$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 do help improve our electronic and printed resources, update our website, and cover other administration costs, among other expenses. To pay your 2021 voluntary membership fees by Electronic Fund Transfer (EFT), PFLAG+ Brisbane's banking details are:

**PFLAG+ Brisbane**

BSB Number: 124 011

Account Number: 20238607

Reference: Your family name or corporation name

*With many thanks from the  
PFLAG+ Brisbane Committee 2021*

