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00:00:00,000 --> 00:00:02,935

Hello, hi and welcome to Skipping the Small Talk with Empower Autism,

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00:00:02,935 --> 00:00:07,538

a podcast where we discuss everyday experiences, Autism-affirming advice and more.

3

00:00:07,572 --> 00:00:11,308

My name is Riley and I'm here today with Forrest.

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00:00:11,308 --> 00:00:16,812

Hello, my name is Forrest. My pronouns are he/him and I have a special interest in wolves.

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00:00:19,814 --> 00:00:22,482

Currently when we're filming is June. June.

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00:00:22,482 --> 00:00:25,151

Fun month. Yeah, very fun month.

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00:00:25,518 --> 00:00:31,122

For anyone who doesn't know, June is Pride Month. Wooooow. Wow.

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00:00:31,155 --> 00:00:33,090

[Both laugh].

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00:00:34,024 --> 00:00:38,561

Pride Month is an interesting topic. Yeah.

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00:00:40,162 --> 00:00:44,698

Obviously there's a lot of contentious elements about it. Yes. A lot of fun elements as well. Yeah.

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00:00:45,466 --> 00:00:51,937

This episode we thought we'd talk about a little bit of a '101 history' of

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00:00:52,604 --> 00:00:55,573

LGBT experiences and identities, because

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00:00:56,173 --> 00:00:59,809

there's a lot of LGBT people in the Autistic community.

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00:00:59,809 --> 00:01:02,778

It's a big overlap, there's quite an overlap.

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00:01:03,479 --> 00:01:06,447

There's a big overlap. A nice venn diagram, it's kind of nearly a circle. Yeah [laughs].

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00:01:07,682 --> 00:01:14,787

Not all LGBT people are Autistic. No. But a large portion of Autistic people are LGBT.

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00:01:15,354 --> 00:01:20,224

Which is a very- it makes it very nice when you're meeting other Queer people. Yeah.

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00:01:20,257 --> 00:01:25,128

It's like, "ah you and I, we're on a frequency." Yeah, yeah.

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00:01:25,228 --> 00:01:27,329

But yeah, we thought we'd talk about

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00:01:27,329 --> 00:01:30,298

just the basics of that sort of thing, because there's

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00:01:30,331 --> 00:01:34,768

people who are Autistic who maybe don't necessarily know a lot about LGBT identities

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00:01:34,768 --> 00:01:38,504

but maybe want to learn a bit more, expand your horizons.

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00:01:38,837 --> 00:01:41,539

You know, support other people in the community. Yeah.

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00:01:41,539 --> 00:01:46,009

Because we are all part of the Autistic community and it's great to include everyone within that. Yeah.

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00:01:46,209 --> 00:01:49,512

Where do you want to start off? Do we want to talk about Pride Month a little bit?

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00:01:49,512 --> 00:01:50,713

Yeah, why not?

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00:01:50,713 --> 00:01:55,583

Probably like, I mean my personal experience with Pride Month was when

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00:01:55,583 --> 00:01:57,451

I discovered the LGBTQ+ community,

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00:01:57,451 --> 00:02:00,186

and then subsequently discovered I was a part of it.

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00:02:00,186 --> 00:02:03,155

I was like, "oh Pride Month is THE month." Yeah.

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00:02:03,155 --> 00:02:05,457

Like, "this is exciting, this is fun." And I was like 14.

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00:02:05,457 --> 00:02:08,125

Yeah. And I feel like a lot of younger teens experience that,

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00:02:08,125 --> 00:02:12,962

where they're like "oh!" You know, there's a sense of pride in having a month to represent

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00:02:12,962 --> 00:02:15,364

a part of yourself that is so important.

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00:02:15,364 --> 00:02:18,333

Especially, you know, when you're discovering who you are.

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00:02:18,333 --> 00:02:21,635

So, I remember being really excited about Pride Month, and then

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00:02:21,702 --> 00:02:25,371

it's slowly just become a "oh yeah it's Pride Month." [Shrugs]. Yeah. "Yay."

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00:02:25,504 --> 00:02:29,140

Yeah, the reason this episode is coming out a little bit later in the month

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00:02:29,140 --> 00:02:32,543

is I did forget Pride Month was happening- [laughs]- until the week before.

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00:02:32,543 --> 00:02:35,278

Oh my gosh. I was like, “oh that’s next week.” “Oh, whoopsies.”

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00:02:35,278 --> 00:02:37,513

So that is my bad. [Laughs].

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00:02:37,980 --> 00:02:43,217

But yeah, Pride Month is something that is routed in a lot of good things. Yeah.

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00:02:43,618 --> 00:02:47,287

You know, freedom to express yourself. Yes. Being proud of your identity.

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00:02:47,420 --> 00:02:51,890

It’s great having a specific time where- Where it’s recognised.

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00:02:51,890 --> 00:02:54,359

Yeah, you have more “permission,” sort of.

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00:02:54,359 --> 00:02:57,461

Yes, and it's more recognised by the broadened communities

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00:02:57,461 --> 00:03:01,130

of people who might not be so associated with LGBTQ+ people. Yeah.

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00:03:01,130 --> 00:03:04,099

It's kind of our opportunity to be like, "hey, we're here!"

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00:03:04,132 --> 00:03:07,101

And for them to be like, "yes you are."

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00:03:07,101 --> 00:03:10,070

Yeah. "And we are ok with that." Yeah.

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00:03:10,170 --> 00:03:12,238

Which is nice. Yeah. [Laughs]

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00:03:12,238 --> 00:03:16,174

And historically it's been great for pioneering for LGBT rights and

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00:03:16,174 --> 00:03:19,143

things like that. Yeah. Visibility on social issues.

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00:03:19,177 --> 00:03:23,246

There is the, maybe not the flip side, but another part of Pride Month

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00:03:23,246 --> 00:03:26,882

which has maybe become- a bit more prevalent- recently. Yeah.

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00:03:27,649 --> 00:03:31,686

Which is organisations and brands and stuff like that

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00:03:31,886 --> 00:03:35,955

putting up some rainbows and saying happy Pride Month, and that's it.

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00:03:35,955 --> 00:03:40,092

And it's not that it's bad that they're doing that

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00:03:40,092 --> 00:03:44,862

No. Like you see the rainbows and you think, “great.”

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00:03:44,862 --> 00:03:49,632

Rainbows are a sign of safety within the LGBTQ+ community.

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00:03:49,665 --> 00:03:54,202

It’s not just a symbol that we’ve claimed ourselves,

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00:03:54,202 --> 00:03:58,271

it is whenever I’m around and I see people with,

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00:03:58,271 --> 00:04:01,907

like at Coles and Woolies they have little rainbow stickers on their nametags sometimes

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00:04:01,907 --> 00:04:06,511

And I’m like, “oh!” I know that you are either an ally or part of the LGBTQ+ community,

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00:04:06,511 --> 00:04:09,479

and that makes me feel safer knowing that that's around.

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00:04:09,479 --> 00:04:12,448

but also obviously it's like, "well what are you-"

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00:04:12,448 --> 00:04:15,417

We could do more. Yeah "what else is happening?"

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00:04:15,417 --> 00:04:18,986

With the state of things currently; "what else?" Yeah.

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00:04:19,020 --> 00:04:19,887

[Laughs]. Yeah.

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00:04:20,087 --> 00:04:25,091

We wanted to talk maybe to some of the older people in the Autistic community.

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00:04:25,124 --> 00:04:30,295

Yes. Maybe some of the non-LGBT people.

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00:04:30,695 --> 00:04:33,664

Yeah. Some of the straight people in the community. [Chuckles].

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00:04:33,664 --> 00:04:34,598

We're reaching out.

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00:04:34,598 --> 00:04:38,867

Yeah! 'Cause, we know that there's a lot of questions that people want to ask,

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00:04:38,867 --> 00:04:41,903

but don't necessarily have anyone to ask.

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00:04:41,903 --> 00:04:46,273

Yes. Or don't feel safe asking 'cause they're scared of causing offence.

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00:04:46,339 --> 00:04:50,176

Yes. Or they're afraid that they'll say the wrong thing.

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00:04:50,209 --> 00:04:53,578

Yeah, and it really depends on the person.

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00:04:53,578 --> 00:04:55,112

It really does, yeah.

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00:04:55,279 --> 00:04:59,983

For me personally, I'm happy to answer any questions as long as people are cool about it.

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00:04:59,983 --> 00:05:04,486

Me as well. Obviously 'cause I'm going into education

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00:05:04,486 --> 00:05:05,820

I've always considered myself an educator.

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00:05:05,920 --> 00:05:10,057

So I'm like, "whatever questions you have, as long as you're asking them respectfully."

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00:05:10,090 --> 00:05:12,091

Then I am so willing to answer. Yeah.

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00:05:12,525 --> 00:05:16,528

I get people all the time, in high school after I came out,

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00:05:17,162 --> 00:05:21,632

and it would be kids who would have otherwise disregarded me,

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00:05:21,632 --> 00:05:25,468

being like, "hey. Can I ask you a genuine question?"

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00:05:25,468 --> 00:05:27,369

"I don't want to be rude, I'm just curious."

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00:05:27,369 --> 00:05:30,071

And I'd be like, "Yes! Oh my god, yes, ask the question."

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00:05:30,071 --> 00:05:32,039

Yes. Yeah, "I'm here to answer."

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00:05:32,039 --> 00:05:36,909

“You are genuinely curious and I’m willing to meet you half way.”

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00:05:37,009 --> 00:05:40,679

Yeah. Which is fantastic. It’s just about being curious.

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00:05:40,745 --> 00:05:46,283

Yeah, as long as you’re being respectful about it and coming from a place of genuine curiosity and empathy,

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00:05:46,850 --> 00:05:50,252

and wanting to support someone. That’s fine with me,

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00:05:50,252 --> 00:05:54,022

Some people are not necessarily in that same situation.

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00:05:54,155 --> 00:05:57,324

And would find that quite invasive and quite stressful.

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00:05:57,324 --> 00:06:01,293

So I wouldn’t recommend going up to strangers and asking people questions.

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00:06:01,427 --> 00:06:05,563

But in this situation- in this situation, you've got two people who are very willing.

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00:06:05,563 --> 00:06:08,098

We're here to answer your questions. Yay!

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00:06:08,565 --> 00:06:12,702

We're gonna go through a couple more basic questions to start with.

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00:06:12,735 --> 00:06:16,738

If people have more questions, feel free to put them in the comments. I will answer them.

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00:06:16,871 --> 00:06:19,006

We'll answer them. Yeah. [Giggles].

103

00:06:19,040 --> 00:06:22,609

One of the things that I hear in the office most

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00:06:22,609 --> 00:06:26,245

is people talking about the LGBT acronym. Acronym.

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00:06:26,412 --> 00:06:29,380

[sing-song voice]: “Acronym” . Lots of questions about the acronym

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00:06:29,380 --> 00:06:30,781

because there’s a lot of different versions of it. Yes.

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00:06:30,781 --> 00:06:35,885

There are, especially in the modern day, which obviously makes it an expansive knowledge.

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00:06:35,885 --> 00:06:39,554

And there’s a lot of different perspectives and opinions on that.

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00:06:40,255 --> 00:06:43,457

Obviously, the basic history of the acronym is that

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00:06:43,457 --> 00:06:46,426

it started as the GLB alliance. Yes.

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00:06:46,559 --> 00:06:49,528

Starting in, probably America.

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00:06:49,895 --> 00:06:52,030

Yes, I wanna say 1960s America.

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00:06:52,030 --> 00:06:53,931

Yeah, around then.

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00:06:54,098 --> 00:06:56,567

Which stood for, "Gay", "Lesbians" and "Bisexuals."

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00:06:56,567 --> 00:06:58,802

So no "T" yet. No. [Chuckles].

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00:06:59,836 --> 00:07:02,638

And then after the AIDS Crisis

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00:07:02,738 --> 00:07:06,240

After the Stonewall movement, but especially after the AIDS Crisis

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00:07:06,340 --> 00:07:09,609

it became the LGB Alliance because of the

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00:07:09,743 --> 00:07:14,279

lesbians who stepped up and took care of all the gay men who were suffering from AIDS.

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00:07:15,414 --> 00:07:19,050

And then it kind of just went from there. We have the “T”

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00:07:19,183 --> 00:07:23,019

and then more people were like, “hey. I don’t fit the norm

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00:07:23,019 --> 00:07:26,889

of being straight, but I’m not “L”, “G” or “B”,

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00:07:26,889 --> 00:07:28,290

I'm kind of this other thing,”

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00:07:29,991 --> 00:07:34,994

For a long time, for me at least, was “LGBTQ”

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00:07:35,061 --> 00:07:36,963

And then also a “+”. Yeah.

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00:07:37,163 --> 00:07:39,298

So that's where I've always been at,

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00:07:41,499 --> 00:07:43,300

I'm always just like, “LGBTQ+”

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00:07:43,300 --> 00:07:46,703

That's the shortest version that I've found

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00:07:47,070 --> 00:07:49,472

that's easiest for me to just spit out real quick. Yeah.

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00:07:49,472 --> 00:07:51,907

Obviously, and I get this a lot,

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00:07:51,907 --> 00:07:55,576

people being like, “LBWQZY...”

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00:07:56,577 --> 00:07:59,979

And that’s mostly from people trying to get a rise out of me,

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00:08:00,146 --> 00:08:04,983

or are just being ignorant for the sake of being ignorant.

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00:08:06,584 --> 00:08:08,519

It doesn’t really work ‘cause I’m just like,

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00:08:08,519 --> 00:08:11,187

“I can just tell that you’re not really putting in any effort,”

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00:08:11,187 --> 00:08:13,122

“so that’s ok and I don’t care.”

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00:08:13,122 --> 00:08:16,791

There’s a lot of different variations of the acronym that are quite long,

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00:08:16,825 --> 00:08:18,292

You don’t have to know all of those.

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00:08:18,292 --> 00:08:23,429

“LGBTQ” or “LGBT+” or “LGBTQ+,” they’re all fine.

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00:08:23,529 --> 00:08:27,466

Those are fine because the “Q” and the “+” are all encompassing.

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00:08:27,732 --> 00:08:31,702

Yeah. We recognise that this is the acronym,

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00:08:31,735 --> 00:08:35,805

and then this little is “+” is for the rest of the community

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00:08:35,872 --> 00:08:37,973

Which is, you know, large.

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00:08:37,973 --> 00:08:41,176

And because it's so large,

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00:08:41,909 --> 00:08:46,846

we can't include every single letter because it would just be the alphabet probably.

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00:08:46,980 --> 00:08:48,347

Yeah. [Laughs].

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00:08:48,548 --> 00:08:53,184

People do use longer versions of the acronym. Absolutely. It's not useless.

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00:08:54,152 --> 00:09:00,890

Especially if you're talking about a specific part of the LGBT community,

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00:09:00,890 --> 00:09:01,991

that you want to highlight.

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00:09:01,991 --> 00:09:05,326

Like if you are in the health industries for gender services specifically

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00:09:05,326 --> 00:09:07,628

and you've got a lot of people who are intersex,

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00:09:07,628 --> 00:09:11,431

or just different gendered people in general,

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00:09:11,431 --> 00:09:14,433

you can get "LGBTQI" or "LGBTQIA,"

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00:09:14,700 --> 00:09:19,870

Another one that is used a lot in Australia at least,

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00:09:19,870 --> 00:09:21,204

is Brotherboy and Sistergirl. Yes. Yes.

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00:09:21,738 --> 00:09:24,307

It's 'cause of our Aboriginal and Torres Strait Islander population.

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00:09:24,307 --> 00:09:28,143

Which is obviously specifically relevant here.

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00:09:28,343 --> 00:09:33,713

Yeah, other indigenous populations might have different terms- Yeah.

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00:09:33,780 --> 00:09:35,982

but for us specifically, there's Brotherboy and Sistergirl.

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00:09:35,982 --> 00:09:39,684

Which is really cool. I only found out about that within the couple recent years.

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00:09:39,751 --> 00:09:45,555

Yes. No, I think it's included in there, 1. to signal to Brotherboys and Sistergirls

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00:09:45,555 --> 00:09:48,858

that this is a safe space for you, but also 'cause a lot of people don't know

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00:09:48,858 --> 00:09:53,027

about those identities, and I think there needs to be a conversation about that.

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00:09:53,328 --> 00:09:56,997

Oh my god yeah. Which we are not- Yeah, I'm not qualified to have that conversation.

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00:09:56,997 --> 00:09:58,465

We are not the people to be doing that conversation.

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00:09:58,465 --> 00:10:01,233

But it would be very awesome. Yeah. You should definitely look into it.

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00:10:01,233 --> 00:10:03,935

Go talk to actual Indigenous people about that.

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00:10:03,935 --> 00:10:06,904

And use Indigenous made resources because they are the most accurate.

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00:10:07,071 --> 00:10:10,673

I will say, the one version of the acronym that is used,

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00:10:10,807 --> 00:10:14,409

that is made not so much with love, is just LGB

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00:10:15,644 --> 00:10:17,779

That's been becoming a bit more relevant recently.

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00:10:17,779 --> 00:10:21,581

Would not encourage the usage of that. Yes.

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00:10:21,681 --> 00:10:26,451

The erasure of the "T" is a little significant right now.

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00:10:26,485 --> 00:10:32,156

Trans people are kind of being targeted by legislation and discrimination-

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00:10:32,156 --> 00:10:35,124

In a lot of different countries, including Australia.

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00:10:35,191 --> 00:10:39,828

Which is unfortunate, and not something I love to see.

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00:10:39,895 --> 00:10:43,497

Obviously. No. So yeah,

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00:10:43,497 --> 00:10:45,532

the "T" is kind of important right now. Yeah.

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00:10:45,532 --> 00:10:49,568

What I would say is, "be open minded."

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00:10:50,335 --> 00:10:53,304

"Be kind to trans people," Yes.

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00:10:53,871 --> 00:10:56,173

Be curious.

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00:10:56,173 --> 00:11:00,109

And if someone presents their identity to you,

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00:11:00,609 --> 00:11:05,346

thats about them. That's their lived experience. That has no real impact on anyone else besides them.

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00:11:05,813 --> 00:11:09,516

The least you can do is take them at their word for it. Yes, exactly.

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00:11:09,683 --> 00:11:13,018

And just believe them.

186

00:11:13,018 --> 00:11:18,522

Maybe you are interacting with a teen, and your teen is like,

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00:11:18,589 --> 00:11:21,558

“hey, I’m feeling like this,”

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00:11:22,225 --> 00:11:26,428

and maybe they're not sure, but they're willing to trust you

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00:11:26,428 --> 00:11:31,065

with this part of themselves. Especially with the whole, "teens are so shut off,"

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00:11:31,065 --> 00:11:34,334

but it's not that they're shut off, it's that they're choosing who to trust. Yeah.

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00:11:34,334 --> 00:11:38,937

in this moment of discovery. And so, if you are

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00:11:38,937 --> 00:11:43,540

lucky enough to be chosen to be trusted. It's not something that

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00:11:43,741 --> 00:11:48,511

is easily given as a teen. I know it took me ages to tell my parents

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00:11:48,511 --> 00:11:55,616

about myself. And there wasn't any real bad things that could happen,

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00:11:55,616 --> 00:12:01,720

I just knew that there could be. Like there were some differing opinions.

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00:12:01,820 --> 00:12:06,190

And now that I am out, they know. And they know better.

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00:12:07,858 --> 00:12:09,859

And that was quite lovely.

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00:12:09,859 --> 00:12:15,430

It's hard even if you think your parents are- Chill with it. Like you love your parents and stuff like that.

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00:12:16,197 --> 00:12:19,833

But if this isn't a topic that you've spoken to your parents about before,

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00:12:19,833 --> 00:12:21,601

you don't know how they're going to react to that.

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00:12:21,601 --> 00:12:25,771

Exactly. And you have to go off of what media tells you and what other people in your life tell you.

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00:12:25,771 --> 00:12:29,373

And media typically depicts trans people as having bad experiences with their parents. Yeah.

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00:12:29,373 --> 00:12:32,342

'Cause you work with our Autistic community quite a bit-

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00:12:32,376 --> 00:12:36,012

Yeah I do. Do you have any stories that you wanted to share

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00:12:37,212 --> 00:12:42,416

explaining your LGBT identity and how that's interacted

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00:12:42,416 --> 00:12:46,286

with your experiences with our Autistic community?

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00:12:47,286 --> 00:12:53,157

It has definitely made me a person who is very approachable, I feel.

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00:12:53,157 --> 00:12:56,493

Because I am kind of like a trifecta,

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00:12:56,493 --> 00:12:59,896

I'm a young person, I'm LGBTQ+, and I'm neurodivergent

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00:12:59,896 --> 00:13:04,799

For example at the Careers Day Expo that happened recently that I was working at,

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00:13:05,766 --> 00:13:07,868

there was a lot of high schoolers around.

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00:13:07,868 --> 00:13:13,072

And they would see Empower Autism as a banner across it,

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00:13:13,072 --> 00:13:16,040

and probably be like, “oh, Autism, I know that word,”

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00:13:16,107 --> 00:13:19,877

And then they’d like, my assumption is they’d see our table,

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00:13:19,943 --> 00:13:22,912

with the fidgets and stuff, and be like, “oh that looks cool,”

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00:13:22,979 --> 00:13:24,346

and then they’d see me.

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00:13:24,346 --> 00:13:27,315

My hair was a lot brighter at that point

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00:13:27,315 --> 00:13:31,385

and I had a sweater on with a pawprint on it and stuff,

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00:13:31,418 --> 00:13:34,854

and a lot of people were coming up to me and being like,

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00:13:34,854 --> 00:13:38,523

“Oh I love your hair dye, like your hair colour,”

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00:13:38,523 --> 00:13:43,227

Which I’ve kind of associated with a secret kind of code.

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00:13:43,227 --> 00:13:47,130

[Laughs]. A very subtle, “hey I see you.”

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00:13:47,130 --> 00:13:50,499

A lot of LGBTQ people also tend to be alternative. Yes.

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00:13:50,499 --> 00:13:52,767

With clothing styles and stuff like that. Very much so.

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00:13:52,767 --> 00:13:58,838

And so seeing somebody under the Empower Autism banner

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00:13:58,838 --> 00:14:04,142

that they've seen at the table. They're like, "Oh! That's not just some random organisation,"

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00:14:04,175 --> 00:14:07,144

"That's somebody who is kind of like me."

228

00:14:07,277 --> 00:14:10,780

So that's kind of nice. And then obviously at the peer groups, there is

229

00:14:10,780 --> 00:14:13,749

a few LGBTQ+ kids. Yeah.

230

00:14:13,749 --> 00:14:18,152

that come in each week. And I feel like I've been able to be a good-

231

00:14:19,086 --> 00:14:23,723

not so much a role model, but just a example of an adult

232

00:14:23,923 --> 00:14:26,892

who is LGBT+ and Autistic

233

00:14:26,892 --> 00:14:29,160

and is getting through life. Yeah.

234

00:14:29,193 --> 00:14:32,429

‘Cause I remember being a teen and being like,

235

00:14:32,429 --> 00:14:37,933

“I don’t really see that much.” It’s definitely gotten better in recent years, especially with representation in media,

236

00:14:37,966 --> 00:14:43,404

but I was like, “Do I get an opportunity to grow old?” ‘Cause I just never really see it.

237

00:14:43,470 --> 00:14:46,039

Yeah. “Is that an option for me?”

238

00:14:46,039 --> 00:14:48,907

But now I’m like, “Yeah, I do.”

239

00:14:48,907 --> 00:14:52,543

Yeah. "I get to grow up." Going through high school

240

00:14:52,543 --> 00:14:54,278

or all kinds of schooling I guess,

241

00:14:54,278 --> 00:14:57,047

as an Autistic person, is hard.

242

00:14:57,047 --> 00:15:01,783

And then going through high school as a Queer person is also quite hard. Yes.

243

00:15:01,817 --> 00:15:04,786

So combining those two things. [Laughs]. Yeah, doing it together.

244

00:15:04,786 --> 00:15:08,722

"Am I going to make it out the other side?" "What does the world look like for me?"

245

00:15:08,755 --> 00:15:12,658

Yeah, “What are my options?” Because I do not fit “the norm.”

246

00:15:12,658 --> 00:15:17,928

No. And even when I was one or two years out of high school,

247

00:15:17,928 --> 00:15:22,932

being able to say genuinely, “it does get better. It’s so much better out of high school.” Oh my god, yes.

248

00:15:22,965 --> 00:15:26,168

High school sucks. High school is the worst. It’s bad.

249

00:15:26,234 --> 00:15:28,536

The rest of the world is not like that.

250

00:15:28,536 --> 00:15:32,939

No, it is just the forced proximity of hundreds of children

251

00:15:32,939 --> 00:15:37,409

in the one place, for 6 hours a day, every day for forty weeks a year.

252

00:15:37,476 --> 00:15:40,445

I think it just makes people crazy.

253

00:15:40,511 --> 00:15:44,948

Yeah. And I am going into education and becoming a teacher,

254

00:15:44,948 --> 00:15:50,118

so I'm like, "Woohoo! I get to be on the other side of this now."

255

00:15:50,619 --> 00:15:56,189

and it's like, people aren't always going to be like that.

256

00:15:57,057 --> 00:16:01,026

There's a certain amount of maturity that you gain as soon as you graduate.

257

00:16:01,160 --> 00:16:04,896

I don't know what it is, it just comes with graduation I guess.

258

00:16:04,929 --> 00:16:08,632

A lot of people that I've run into from high school that I never would have talked to,

259

00:16:08,632 --> 00:16:11,600

will be like, "Oh, hey! Forrest! How you been?"

260

00:16:11,600 --> 00:16:14,569

And I'm like, "Hello? Person?" [Laughs].

261

00:16:15,036 --> 00:16:19,173

You wouldn't have talked to me in high school but here we are I guess.

262

00:16:19,239 --> 00:16:21,174

but I obviously don't say that outloud.

263

00:16:21,307 --> 00:16:24,276

And that's the other thing. Community tends to flock to community.

264

00:16:24,276 --> 00:16:27,979

So, I always make the joke; if you're

265

00:16:28,079 --> 00:16:33,817

a straight, neurotypical person and all of your friends are neurodivergent and LGBTQ+

266

00:16:35,885 --> 00:16:36,852

Maybe there's something there? [Laughs].

267

00:16:36,852 --> 00:16:39,821

I mean there might not be, but often. It might not be.

268

00:16:39,888 --> 00:16:42,389

Often times though? Again, community flocks to community.

269

00:16:42,389 --> 00:16:45,792

Well it's the same thing as someone being like, "oh why are all my friends Autistic?"

270

00:16:45,792 --> 00:16:49,861

"Why does this keep happening?" "Oh you've just been diagnosed? Wow, oh that's cool."

271

00:16:49,928 --> 00:16:51,096

“But like, what?”

272

00:16:51,096 --> 00:16:54,998

You share lived experiences and you share communication styles.

273

00:16:54,998 --> 00:16:57,967

Ways of seeing the world and things like that.

274

00:16:58,101 --> 00:17:01,070

Obviously people flock to people who are similar to them.

275

00:17:01,270 --> 00:17:04,072

Even if you don't have labels for that at the time. Yeah, exactly.

276

00:17:04,072 --> 00:17:06,440

People also have pronoun badges
a lot the time.

277

00:17:06,440 --> 00:17:07,241

Yes. Woahhh.

278

00:17:07,241 --> 00:17:10,009

You're rocking a really cool
pronoun badge at the moment.

279

00:17:10,009 --> 00:17:13,078

Obviously there's a camera,
but also for the listeners,

280

00:17:13,078 --> 00:17:16,080

it's a frog with a rainbow
hat and "he/him" below it.

281

00:17:17,148 --> 00:17:18,282

I love it.

282

00:17:18,282 --> 00:17:19,116

It's very cool.

283

00:17:19,116 --> 00:17:22,285

I got it I think this year, maybe
last year, at Pride Fest in Moreton Bay.

284

00:17:22,352 --> 00:17:23,753

Big props to that.

285

00:17:23,753 --> 00:17:27,022

Because that's another thing that, people
are unsure about a lot of the time. Yes.

286

00:17:27,255 --> 00:17:30,624

With getting to know LGBT people. Yes.

287

00:17:32,626 --> 00:17:34,660

Especially trans people, obviously.

288

00:17:34,660 --> 00:17:37,129

And obviously
a lot of people are like, again,

289

00:17:37,129 --> 00:17:40,131

afraid of offending,

so don't know how to ask.

290

00:17:40,498 --> 00:17:44,301

The simplest way is to just ask “Hello,
what do you pronouns?” Yeah.

291

00:17:44,534 --> 00:17:46,536

It's a good way

to introduce yourself. Yes.

292

00:17:46,536 --> 00:17:49,538

Even if you're a Cis person.

293

00:17:49,705 --> 00:17:51,372

Cis being the opposite of Trans.

294

00:17:51,372 --> 00:17:54,708

Yes. Somebody who is born with the gender

they still identify as. Yes.

295

00:17:55,309 --> 00:17:59,512

Even if you're not trans,
and you're like, "hey,

296

00:17:59,512 --> 00:18:01,847

people can probably guess my pronouns
by looking at me." Yeah.

297

00:18:01,847 --> 00:18:04,882

It's still like,
introduce yourself with your pronouns.

298

00:18:04,882 --> 00:18:08,351

And it gives like it opens up the floor
for other people

299

00:18:08,351 --> 00:18:12,621

who might be trans to be like, "oh, okay,
that person said their name and pronouns.

300

00:18:12,654 --> 00:18:15,323

I can say my name and pronouns
and it's not weird.” Yeah.

301

00:18:15,323 --> 00:18:16,124

Because it's also like

302

00:18:17,291 --> 00:18:19,359

trans people who are passing. Yes.

303

00:18:19,359 --> 00:18:22,361

Who, might not want to out themselves,

304

00:18:23,262 --> 00:18:25,764

as trans because they're not sure
if it's safe or not.

305

00:18:25,764 --> 00:18:28,399

And then if someone else says

their pronouns, they're like,

306

00:18:28,399 --> 00:18:32,002

“okay, it's safe for me to say mine.”

“Without being questioned.” Yeah.

307

00:18:32,402 --> 00:18:33,303

And that's why in uni,

308

00:18:33,303 --> 00:18:36,638

when we're doing the ice breakers

at the beginning of semester.

309

00:18:36,638 --> 00:18:39,941

They'll be like “have

your name and a fun fact about you.”

310

00:18:39,941 --> 00:18:43,043

And I'm like, okay, “my name is Forrest,

my pronouns are he/him

311

00:18:43,043 --> 00:18:46,612

and this is my fun fact.” It's
just so simple to just tack it on.

312

00:18:46,679 --> 00:18:48,447

Yeah. It's good online as well.

313

00:18:48,447 --> 00:18:50,782

Yes. People can't
see your face and things.

314

00:18:50,782 --> 00:18:51,849

Yeah.

315

00:18:51,849 --> 00:18:52,817

How are they supposed to know.

316

00:18:52,817 --> 00:18:54,518

Some people have ambiguous names. Yeah.

317

00:18:56,153 --> 00:18:57,320

So it's just easier to

318

00:18:57,320 --> 00:19:00,622

be like “here’s my name, and in brackets
here's my pronouns.” Yeah, exactly.

319

00:19:01,089 --> 00:19:03,691

And it makes me feel,
when I see it on social medias as well,

320

00:19:03,691 --> 00:19:04,992

if people have their pronouns listed

321

00:19:04,992 --> 00:19:09,195

in their bios, or Instagram has a feature
where it's in your name tag now.

322

00:19:09,195 --> 00:19:10,129

It's pretty cool.

323

00:19:10,129 --> 00:19:14,799

When I see that I'm like, "I know
this person is at least cool." Yeah.

324

00:19:14,799 --> 00:19:16,434

And everyone has pronouns.

325

00:19:16,434 --> 00:19:19,369

Everybody does. Pronouns
are a part of the English language.

326

00:19:19,369 --> 00:19:22,805

Pronouns also go outside of like he/him,
she/her, they/them.

327

00:19:22,905 --> 00:19:24,907

It's like you, I, us, we.

328

00:19:24,907 --> 00:19:26,374

You know, basic primary school stuff.

329

00:19:26,374 --> 00:19:29,176

Yeah.

330

00:19:29,176 --> 00:19:30,477

People

331

00:19:30,477 --> 00:19:32,679

complain about they/them pronouns. Yes.

332

00:19:32,679 --> 00:19:35,448

Being like, “oh,
but it's not for singular use.” Okay.

333

00:19:35,448 --> 00:19:37,582

When is the English language
ever followed rules, firstly?

334

00:19:37,582 --> 00:19:39,417

Also it is for singular use. Yeah.

335

00:19:39,417 --> 00:19:43,587

We use it for singular use all the time
without it being for nonbinary people.

336

00:19:44,087 --> 00:19:46,622

I think the example I hear
all the time is like, “oh,

337

00:19:46,622 --> 00:19:48,257

someone left their keys behind.” Yes.

338

00:19:48,257 --> 00:19:52,060

Or like you're on the phone and it's like,
“the doctor called, they said this.”

339

00:19:52,160 --> 00:19:53,027

Yeah, yeah.

340

00:19:53,027 --> 00:19:54,862

Like,

if you don't know the gender of someone,

341

00:19:54,862 --> 00:19:57,597

you say they, probably

without even realising.

342

00:19:57,597 --> 00:20:00,666

Yeah, but it's only because nonbinary

people are like, “hey,

343

00:20:01,466 --> 00:20:04,602

I want to use they/them for me

all the time,” that people are like,

344

00:20:04,602 --> 00:20:08,505

“NOOOO.” And it’s like, “hey, it's okay.”

You probably already do it.

345

00:20:08,505 --> 00:20:12,207

Yeah, and like you were saying, the
English language is constantly changing.

346

00:20:12,207 --> 00:20:13,508

Constantly
changing. Language is always changing.

347

00:20:13,508 --> 00:20:15,410

Oh my gosh. And it's kind of beautiful.

348

00:20:15,410 --> 00:20:18,979

Also on the topic of pronouns, people
sometimes get confused about people

349

00:20:18,979 --> 00:20:21,781

using multiple sets of pronouns.

Yes. That's a big one.

350

00:20:21,781 --> 00:20:23,215

Different
people have different preferences.

351

00:20:23,215 --> 00:20:28,352

Yes. Usually it means a person
likes a mix of both pronouns.

352

00:20:28,352 --> 00:20:30,787

Or is happy for you to use
both sets of pronouns.

353

00:20:30,787 --> 00:20:34,690

So like, I mean, the most common
I think is, he/theys and she/theys.

354

00:20:35,224 --> 00:20:36,425

So if somebody has

355

00:20:37,359 --> 00:20:40,428

for example,
mine says he/him but some other peoples

356

00:20:40,428 --> 00:20:43,630

it might say he/they or she/they
obviously.

357

00:20:43,630 --> 00:20:48,767

It's literally just, "you
can use she/her pronouns and you can use

358

00:20:48,800 --> 00:20:52,236

they/them pronouns for me."

And it is as simple as that.

359

00:20:52,303 --> 00:20:53,804

You can use either. Yeah.

360

00:20:53,804 --> 00:20:56,106

And you can use a mix of the both.

361

00:20:56,106 --> 00:20:57,473

I typically tend to mix it up.

362

00:20:57,473 --> 00:20:59,842

Yeah, I love to mix both in one sentence.

363

00:20:59,842 --> 00:21:01,209

It's so much fun.

I think that's really fun.

364

00:21:01,209 --> 00:21:02,711

Yeah, it's just so much fun.

365

00:21:02,711 --> 00:21:05,713

I think most people enjoy that. Yeah.

366

00:21:06,146 --> 00:21:07,848

If someone gives you

multiple sets of rounds

367

00:21:07,848 --> 00:21:12,117

and then you proceed to only use one set

of of their pronouns, that's not ideal

368

00:21:12,117 --> 00:21:17,488

because they are explicitly saying,

“I like both of these.” Yes.

369

00:21:17,488 --> 00:21:22,258

Sometimes people will do like they/he

or they/she, which means.

370

00:21:22,258 --> 00:21:24,860

Which means it's

kind of indicating that they

371

00:21:25,927 --> 00:21:27,929

are more leaning towards they/them

pronouns

372

00:21:27,929 --> 00:21:30,998

than the binary he or she pronouns.

373

00:21:31,298 --> 00:21:33,233

Which is perfectly valid as well.

374

00:21:33,233 --> 00:21:35,634

Yeah, Some people use all pronouns. Yeah.

375

00:21:35,634 --> 00:21:38,636

Some people prefer different pronouns
at different times.

376

00:21:38,970 --> 00:21:40,805

Depending on the day
and how they're feeling.

377

00:21:40,805 --> 00:21:41,705

It can change up.

378

00:21:41,705 --> 00:21:44,107

It really just depends on the person.

379

00:21:44,107 --> 00:21:47,243

If they say to you like, “hey,
these are my pronouns,

380

00:21:47,243 --> 00:21:51,579

but it will change.” “So like,
I can either let you know,

381

00:21:51,579 --> 00:21:54,948

you can keep asking,” that’s
something that can just be established.

382

00:21:54,948 --> 00:21:57,517

Yeah.

Some people have like a bracelet system.

383

00:21:57,517 --> 00:21:58,751

Yeah. Which is pretty cool.

384

00:21:58,751 --> 00:22:00,752

So like on certain days

they're wearing a blue bracelet

385

00:22:00,752 --> 00:22:04,522

for masculine pronouns, or a yellow
bracelet for nonbinary pronouns.

386

00:22:04,555 --> 00:22:06,223

It's pretty cool. Yeah. It's cool.

387

00:22:06,223 --> 00:22:08,858

And yeah, if you do mess up, that is okay.

388

00:22:08,858 --> 00:22:11,860

People mess up. Mistakes happen. Yeah.

389

00:22:12,061 --> 00:22:15,230

You don't need to make a whole big deal
out of it.

390

00:22:15,396 --> 00:22:15,663

Yeah.

391

00:22:15,663 --> 00:22:17,931

It's just about being like, "whoops,
sorry, my bad.

392

00:22:17,931 --> 00:22:21,100

I'm going to correct myself." And
then correcting it and then keep going.

393

00:22:21,100 --> 00:22:21,701

Yeah, yeah.

394

00:22:21,701 --> 00:22:25,237

I get a lot of older adults
who are interacting with me

395

00:22:25,270 --> 00:22:30,307

being like- they'll use she/her for me
and I'll be like, "hm, he/him," you know.

396

00:22:30,407 --> 00:22:33,309

And they'll be like,

“oh, it's just so hard.

397

00:22:33,309 --> 00:22:35,111

Yes. There's

this thing is, and it's all new.

398

00:22:35,111 --> 00:22:39,514

And it wasn't around when I was younger,”

and like, firstly, it probably was.

399

00:22:39,680 --> 00:22:41,048

Secondly.

400

00:22:41,048 --> 00:22:43,617

It's okay, I don't care. Yeah. And then

401

00:22:44,651 --> 00:22:45,385

Like, as long

402

00:22:45,385 --> 00:22:48,387

as it was a genuine mistake,
it wasn't malicious.

403

00:22:48,453 --> 00:22:53,390

And, you know, you are actively trying
to use the person's correct pronouns.

404

00:22:53,891 --> 00:22:55,158

Yeah it's okay to make mistakes.

405

00:22:55,158 --> 00:22:58,094

You also don't need to profusely apologise
about it.

406

00:22:58,094 --> 00:22:58,594

It's okay.

407

00:22:58,594 --> 00:22:59,161

It happens.

408

00:22:59,161 --> 00:23:03,031

And funnily enough, as trans people,
when other trans people come out to us, it

409

00:23:03,031 --> 00:23:05,166

will take us a little bit
to get used to the new pronouns.

410

00:23:05,166 --> 00:23:06,900

We get wrong
sometimes too. We get it wrong too.

411

00:23:06,900 --> 00:23:09,302

We are only human. Or like people
changing names and stuff like that.

412

00:23:09,302 --> 00:23:10,870

Yeah, yeah, Yeah.

413

00:23:10,870 --> 00:23:13,772

So it's okay. And trans
people mess up too.

414

00:23:13,772 --> 00:23:16,774

It's okay. Yeah.

415

00:23:16,941 --> 00:23:17,274

I feel like

416

00:23:17,274 --> 00:23:21,044

those are kind of the main questions-
Yeah, those are the main things I think.

417

00:23:21,044 --> 00:23:25,313

-that people get about how you can,
support Queer people around you.

418

00:23:25,780 --> 00:23:28,282

It's really just about being kind

and respectful. Yes.

419

00:23:28,282 --> 00:23:31,418

Being curious and knowing
that the internet is a free resource.

420

00:23:31,418 --> 00:23:34,653

Yes. You can always ask the internet.

421

00:23:34,653 --> 00:23:38,890

And if you're too scared to ask in
person, I'm sure there's a Reddit forum.

422

00:23:38,990 --> 00:23:40,091

Yes, Reddit,

423

00:23:41,759 --> 00:23:43,994

honestly
a pretty good source for information.

424

00:23:43,994 --> 00:23:48,497

As a closing thing,
we wanted to shout out a wonderful LGBTQ

425

00:23:48,497 --> 00:23:50,598

organisation in our community.
Brisbane based.

426

00:23:50,598 --> 00:23:53,434

It is fantastic.
Yeah. Open Doors Youth Service.

427

00:23:53,434 --> 00:23:58,704

Don't get confused with the UK service,
which is a Christian organisation.

428

00:23:58,704 --> 00:24:01,640

The one with all the rainbows in it.

429

00:24:01,640 --> 00:24:02,140

Yeah, look for the rainbows.

430

00:24:02,140 --> 00:24:04,742

I think they use Open Doors

AU a lot of the time. Yes, yes.

431

00:24:04,742 --> 00:24:09,445

They're based in Fortitude Valley,
and have a lot of social groups

432

00:24:09,445 --> 00:24:12,881

that are welcoming to,
a whole range of different people.

433

00:24:13,348 --> 00:24:17,451

And they also provide a lot of, help
when it comes

434

00:24:17,451 --> 00:24:20,453

to people with their transition,
especially monetary help.

435

00:24:20,553 --> 00:24:21,954

I was able to get my name
changed through them

436

00:24:21,954 --> 00:24:23,989

because that was quite expensive.

437

00:24:23,989 --> 00:24:25,957

Yeah, it's quite expensive.

438

00:24:25,957 --> 00:24:28,359

It's it's kind of insanely expensive.

439

00:24:28,359 --> 00:24:32,695

So, that was one of the most recent,
like,

440

00:24:32,862 --> 00:24:36,465

steps in my transition was getting my name
legally changed, especially before

441

00:24:36,465 --> 00:24:38,066

I became a teacher. That was my main goal.

442

00:24:39,567 --> 00:24:42,569

And they were able to help out with that
and paid for the entire thing.

443

00:24:42,569 --> 00:24:46,972

And took me to the registry
and laid out the process for me.

444

00:24:46,972 --> 00:24:49,641

So that was easy to understand
because paperwork is terrifying.

445

00:24:49,641 --> 00:24:51,943

Yeah.

446

00:24:51,943 --> 00:24:53,877

They've got some good education
pieces as well. Yes, they do.

447

00:24:53,877 --> 00:24:57,447

It was like a parents forum at one point.

448

00:24:57,447 --> 00:24:57,880

Yeah.

449

00:24:57,880 --> 00:25:00,916

They welcomed parents of LGBTQ+

450

00:25:00,982 --> 00:25:03,985

kids and yeah.

451

00:25:04,251 --> 00:25:07,921

And were like “hey, you know,
if you have questions, come on in.” Yeah.

452

00:25:07,921 --> 00:25:09,822

“We're welcoming.”

And that was pretty cool.

453

00:25:09,822 --> 00:25:13,158

One of my friend's mums went and she said
that was very informative, very good.

454

00:25:14,125 --> 00:25:14,425

Yeah.

455

00:25:14,425 --> 00:25:16,961

If you want to learn more,
go check them out.

456

00:25:16,961 --> 00:25:17,961

Yeah.

457

00:25:17,961 --> 00:25:20,230

Thank you for watching this Pride episode.

458

00:25:20,230 --> 00:25:21,998

Yayyy,

Pride themed! of Skipping the Small Talk.

459

00:25:21,998 --> 00:25:24,666

And thank you for joining me on such late
noticed as well. That's ok.

460

00:25:24,666 --> 00:25:25,834

Oh no, that's perfectly fine.

461

00:25:25,834 --> 00:25:28,169

I was like, "yeah,

I love yapping about this." Yes.

462

00:25:28,169 --> 00:25:29,937

There's so many things
we could have talked about.

463

00:25:29,937 --> 00:25:31,238

Oh my god there's so much.

464

00:25:32,438 --> 00:25:35,441

There's stuff on the basic level
that we could talk about, and then

465

00:25:36,174 --> 00:25:37,375

there's a whole other side of that.

466

00:25:37,375 --> 00:25:38,776

There's so much more in-depth stuff.

467

00:25:38,776 --> 00:25:40,644

that we could have talked about,
but that's ok. That's okay, that's okay.

468

00:25:40,644 --> 00:25:42,045

We'll get there.

469

00:25:42,045 --> 00:25:43,246

Yeah, we covered some good stuff.

470

00:25:43,246 --> 00:25:44,814

Yeah. I enjoyed this.

471

00:25:44,814 --> 00:25:47,116

Well thank you for joining me. That is ok.

472

00:25:47,116 --> 00:25:48,217

Thank you for watching.

473

00:25:48,217 --> 00:25:50,985

And we will see you in the next one. Yay.

474

00:25:50,985 --> 00:25:52,086

Bye. Bye!