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Panoply Panorama panpipe pansy aha pansexual that week no boundaries of sex or gender sound interesting then join Sally on Sundays at noon for out of the pan. All those gender questions making you think too hard whether it's transgender bisexual polyamorous or Beyond will throw those questions into the pan and cook up the answers for you. So go on push that gender envelope only on 3 CR

Five five am digital and 3cr Dot org dot a you

Cold Chisel can't stop playing and well, the music goes on come to that in a second 3ci 855 am 3cr Digital 3cr Dot org dot a you and 3cr On Demand out of the pan with Sally first broadcasting noon till 1:00 every Sunday afternoon. Thanks for your company 3cr broadcasts from the lands of the were Andre people.

The kulin nation and we pay respects to Elder's past present and emerging and acknowledge any Aboriginal and Torres Strait Islander peoples tuning in and acknowledge that all the lands were stolen and never seated and that on some of the lands that make up this big island and the ones around it there have been people here for tens of thousands of years including sister girls and brother boys, and we acknowledge their contributions to diversity as well and that a lot of the language in this program is of

A western or Colonial nature if you want to get in touch with the program, there's lots of ways to do it. You can email out of the pan 855 at gmail.com. You can SMS 6 1 4 5 6 7 5 1215 you can tweet at Sal gold set. So and that's the bottom line and they'll be some wrestling news today and that fits in with the program and you can look for posts on Facebook Sally goldner page and out of the pan 3cr 855 am Melbourne remembering that

Opinions expressed on the show are my own and I will give possible content warnings for mention of topics because I'll choose my guests in the minute and tell me why these content warnings may come up is that there could be mentions of biphobia by a razor mental health issues family, including intimate partner violence and sexual harassment. Well, two things opened up with cold chisel the

The things I love in you and there's going to be lots of music from albums released on the mushroom label this classic Ozzy. Rock fan has to do that in honor of the late Michael kadinsky. That's from the last wave of summer when cultures or reformed in jewelry grouped in 1998 and a great album there and we've had a Conte request coming. It's I feel like I feel like Casey Kasem. This is our long-distance dedication. Hopefully said, is it too late to request the ultimate collaboration between Jimmy Barnes in an excess good time.

And we will play that in the next couple of weeks is plenty of mushroom music to play and I'm not sure I'm going to get through all my selected playlists today because we have an awesome guest as part of by Sexual Health Awareness Month I have on the zoom line and tapping in to the technology the president of bisexual Alliance Victoria Rebecca Dominguez declaring my interest as a Committee Member of violence Rebecca a good to have you on out of the pan on this long weekend as part of by Health Awareness Month.

Thank you so much and I will ask if it's okay to ask which pronouns you use if any will get this right in the end technology stuff.

Anyway, there's lots to talk about as part of by health awareness month. And well I said I'll start off by saying that we have to congratulate WWE announced that and interviewer Kayla Braxton on coming at us by Walt least I am because this Sports entertainment fan will do that. But well, I suppose the unfortunate side of it which can lead into why we need to buy health awareness month is sadly. She copped some stuff and deleted her Twitter account not long.

Oh doing that and there's the possibility. I will say In fairness that that was biphobia and I think sadly as much as we all want to be happy and healthy and valued diversity reality and realism say that by health awareness month comes out in part because of biphobia

Rebecca, I think well take it from sadly take it from there. All right. Thanks Sally. So I think the first thing to talk about is the size of the bisexual population. So we multiple

Is have across Australia and internationally have shown that bisexual people make up the majority and and I'm using bisexual but really what I should be saying is by Plus or even multi-gender attracted people. So anyone who identifies as being attracted to more than one gender which includes pansexual people queer people polysexual and a lot of other labels. It's about attraction and that can be sexual and or romantic. It doesn't necessarily have to be both well,

At the same time to the same degree. Yeah, so so we've got in studies of somewhere between 3 to 11 percent of people identifying as bisexual. However, if we look at multi-gender attraction and people talking about who they're attracted to it somewhere between nine percent of men and 19 percent of women, which means that there's a round 2.5 million to 3 million Australians who

Identify as bi bi Plus or multi-gender attracted and that's actually a fairly substantial amount of people in Australia who fall under this multi-gender attracted umbrella. So they can they can experience some of the the health stuff that I'm going to be talking about next and a lot of the health stuff is not because bisexual people are intrinsic or most gender attracted people or pansexual people are

Equally problematic themselves is because Society is quite biphobic and queer phobic and pan phobic when people do not fit into neat boxes or are different in some way then Society tends to make life difficult for them. Hmm. I think it's really important as well to point out that one study in Canada identified that 25% of bisexual people identified as trans or non-binary. So there's a

Number of trans and non-binary people who are multi gender attracted and and a lot of

A lot of bike park people. So a lot of people who are not white who tend to identify as bisexual versus gay or lesbian as well. So

By plus multi-gender Attractive people are more likely to belong to multiple marginalized group groups in society. And that that compounds issues. Obviously. Yeah a few things

to come out of just, you know, sort of flesh out that I'm going to start. I think I probably feel I need to acknowledge my privilege as someone who is white non-indigenous. Not that I use these words for myself, but people would reasonably see me as middle-class Anglo-Saxon that sort of thing. Also, of course in terms of

Finding you can of course have no label at all, which is perfectly fine as well. And yes this by pan and trans woman certainly fits that intersection from the Canadian research as well and sort of had a small inward gleeful smile. Oh Matt that but it does bring up a really important question. And I sometimes say this as an educator when trans, you know, the conservative estimate, we've got to adjust the trans population shifting onto that for a sec just for a second is around 1.2 percent. So that's 250.

Fifty thousand Australians now, I'm ignoring intersectionality there and you've just said there was and what was the number of Australians you were thinking of based on that research that could be there it between two point five and three million. Okay. So let's sort of allow for intersectionality there. Well, you know, we'll talk somewhere around the three million Mark obviously have to just get my Venn diagram calculator out for a second. I always say where are all these people you know on both.

Both groups, you know if that's the numbers we've got if that's the random representative samples. Where are they? Which didn't it in in a way links into our issues of by health month that they're feeling disconnected isolated arised all that sort of thing and that can lead to these health issues definitely and one of the other things that a lot of people try and point out as a kind of gotcha to the vacuum energy is like well most of you end up in different gendered relationship, so therefore

Doesn't matter. Are you really a member of the rainbow communities because you're in a relationship with someone where it you look like. You're straight or you passes straight. Hmm. And and that's I mean arrays having to erase part of your identity. Our to hide part of your identity is never good for you to remain constantly in that closet is bad for you as many people who have had to do that in their lives will know it also.

Being in a relationship with a different gender person doesn't suddenly make change your orientation. I got did my my relationship before I am in a relationship with a man who is straight and cisgender. I am still bisexual and that relationship is automatically

queer because I am queer. Mmm-hmm. And and I think as Shiri Eisner pointed out today instead of asking the question of why are so many

Multi-gender attracted people in relationships with different gendered people. The question should be how do those relationships work and was the people's experience in those relationships and we know that

Bisexual pansexual and queer people experience greater rates of sexual assault and rape and greater rates of intimate partner violence than other populations and when you when you add and when I say other populations, I'm generally talking about sexual orientation populations. I'm not talking about gender at this particular point because when you add those gender or even race aspects into it,

Those rates can increase again. Mmm, which is a sad indictment on society as a whole across the world. There is so much extra Ransom so much intimate partner violence, and it's not really acted upon and we're coming up to very important days for women and women still and women and trans people. Hmm. I'm talking transfer the whole transfer population. Yeah tend to experience.

Greater rates of violence. Yeah, and so we bear this extra burden. Yeah should just mention if anything is distressing in the program. Please talk to someone and as much as we love all our listeners and want you to listen if it's not comfortable for you to do that, please move away and maybe come back and listen at a time when it's more, you know, you're in a bed, you know, sort of feel safer or something also numbers to call Q life including switchboard in Victoria and Tasmania 101 8

For five to seven and four Family Violence issues in Victoria one eight hundred five, four two eight four seven being the with respect line and yeah acknowledging International women's day tomorrow and I think we expose the you know, whilst where events of the last few weeks have a will say focused on heterosexual situations. We can't really ignore the proverbial elephant in the room at the moment. That is the which actually isn't fair on elephants because they're really nice but

Seriously this horrible problem that's emerging in Canberra which talks about violence and degradation of people. So, yeah International women's day tomorrow and that it's

happening in a workplace. And of course tomorrow here in Victoria and possibly other states and territories is Labor Day and now there's issues there for 4 people in workplaces, but it's like why don't we value people what value is there in putting people down in any way and want misusing Power which comes into so much of this but and so this Lots in there in

In terms of all those intersections for by people as well.

Absolutely. I'm sorry. I think I should talk about somewhere. Some of this data is coming from talking to and there's the last 12 months 3 very key and important pieces of research of come out for Australia. These three pieces are actually based in Victoria. So they do have Victorian slant on it. So the first was the health and well-being of the lgbtq population in Victoria, which came out of the Victorian government's

And health survey that they run every three years. They just did the did one late last year. It's a phone survey randomly across good Sound by a certain number of randomly selected by numbers in local government areas. So it's a good population.

Sample size usually around 37,000 people are so so there's a whole range of questions that they asked for that private lives three, which is as you can tell by the name. Third of a group of raw materials studies based done by arches and rainbow Health Victoria and writing themselves in for which is talking about the health and well-being of lgbtq.

Plus young people in Australia. So we've got very recent very recently some really good quality research that talks about the disparities in our communities. We'll all of the rainbow communities, but I'm specifically talking about multi-gender attracted people ya know there's certainly there and you know this I suppose there's also, you know, we could break this down a lot and of course everyone's I think everyone's experience.

His need to be affirmed of any background but I suppose another one that comes in is in the past older by people were in times that I know this seems incredibly quaint because we're doing this on Zoom, but there used to be no internet so you couldn't just go and find a Facebook group or a local group in your area that supported you, you know, a lot of isolation at the bisexual Alliance monthly discussion groups. We've had people turn up whether they're

Zoom it's an online or in person and they're in their 50s and go this is the first time I've ever been in a room full of largely. If not totally by people and all that sort of thing. But also all the people will have experienced sadly Erasure and lateral hostility from elements of the gay and lesbian communities, for example and Ivan. I'm very particular about elements as lots of good allies out there and I think sometimes that can be forgotten that people.

I think our sexual orientation wise in same increasingly in Australia. So it's all okay now well, of course, we know it isn't and so I think there's a lot of elements to speak to their as well in terms of those intersectionalities. I've definitely I was reminded yesterday someone in Sydney shared a copy of I can't remember which queer press it was from at the time, but 1996 someone writing.

How gay men rushing outraged that the by Community had been banned from Mardi Gras? A lot of people don't know that this actually happened the Mardi Gras board in the mid 90's ban bisexual people from participating in Midsummer, and that wasn't that long ago and

And often they tend not to talk about that and it's you know, it's sort of brushed under the carpet is something that you know, well that's in the past. It wasn't it's not that long ago that we were banned from marching and participating in an event that's meant to be for all of us. Yeah. I should just clarify there that Mardi Gras ball board banned people from Marching In Mardi Gras not it's uh, there was a and Midsummer and pride much we just we do want to say what kind of company fantastic absolutely after week.

Biphobia it pride March is going management put us up the front and it's sort of gradually faded away. And now it's wonderful to hear people going on the sidelines. There's the by croup there's our tribe and also great set for other groups because of course some by people could be asexual and remember at the 2020 Pride March just in front of us was the asexual group and someone in Ace colors and high heels was literally jumping up and down going there's my tribe and I thought don't jump too much. You might break an ankle or something, but you mentioned Mardi Gras which

Each great telepathy because I just had a comment on the Facebook post. Will there be talk about Mardi Gras? Well, I suppose we just have and it was great to see a couple of pictures on Twitter of The Fabulous by conic group marching last night. I believe there was another bike group as well. You know possum died. I didn't watch my degree last night so I can't comment. But I do also want to talk about the pride in protest. Oh, yes that that marched.

Pick up permission from the chief Health officer in New South Wales to March during even though as long as I kept covid safe to maintain the spirit of protest that Mardi Gras started with and they'll were protesting for many things including obviously the rights of our communities the little against the religious freedom bill that keeps raising.

It's ugly head in ml of government against mr. License private bill that would ban people talking about transgenders children and transgender experiences as a whole in schools black deaths in custody black lives matter movement a whole range of things and that went really well yesterday and I'm very proud of all of the people who participated in keeping the event safe and

And marching it seemed like it was a really big crowd to it did on it's called Little Bits, but I had a bit of trouble streaming it live and I hope there is a full recording of it to go up somewhere later on. But what I saw it did seem like it was pretty big for the so-called in inverted commas alternative March and then in terms of alternative commas, you could say the same for religious discrimination bill or use these sick after it and also, you know, I was in a bit of a niggly mood a few weeks ago and now I saw a Mardi Gras event.

Advertised for about how inclusive our communities and I tweeted back at it. So how inclusive is Mardi Gras and bisexuals? Will it apologize? Oh, well, look, you've got this group Marching In My undergrad not the point. They said I will look into an apology G. I'm not holding my breath and I'm still waiting about three weeks on but I suppose they've been busy organizing dance parties and biodegradable glitter or something. So look Marty gra hasn't been great for by people. I thought coming helping our health.

No, it hasn't and idea when you talk about intersections as well. I do remember talking to some sex workers from Scarlet Alliance we were talking about how when they

wanted to margin Mardi Gras. They were they were basically quizzed on their their attraction to people and ask which of the lgbtiq letters. Did they fall under and they basically were they felt like they're going to have to justify every single

Marching with them because well obviously sex workers must all be straight or something and it was just, you know, gross sex worker phobia as well. It's not unfortunately historically Mardi Gras may have started out as a very inclusive protest movement but has gotten very narrow and there is points about who is and who is not acceptable. Well, yeah, there is a lot of debate that it's become a sort of corporate dance party organization rather than the protest

Moment and also want to give a mention to Vixen Collective Victoria's peer-based sex worker organization who can contact for support issues around that may have done research which found two-thirds of sex workers identifies. I'll say lgbtq would probably be a reasonable approach or I'll say plus I'm not so sure. I'm careful there about intersex and possibly a sexual as well. What could be a romantic so not sure but so

Formal just a little particular about which acronym I'm going to use their but in the point bottom line is let's just go with Greer. I think that so yeah, you know, there's all these intersections that have not been brought along and at times there has been this, you know, sort of and like you've just demonstrated this sense of betrayal which Hurts by and all the intersections and you know damages that are by Health as per that some of the

Researcher found what are the will say outcomes or well, is it symptoms or resulting outcomes? You suppose might be words that can be used when that health is damaged in terms of mental and physical health and acknowledging any content warnings for this topic. Well, there's a lot so so multi-gender attracted people is you need for Sunbrella turn generally have a high level of mental distress. Hmm and that's been found through multiple studies around.

The world not just in Australia, but it's a repeating pattern. So generally depression anxiety eating disorders and PTSD. Hmm and that then obviously flows onto the fact that there's also high levels of suicidality. Hmm, which I'm not going to go into but it's just at that is something that also occurs in the multi-gender attraction community.

You have we have as a coping mechanism so high levels of Alcohol and Other Drug use. Hmm. So that's self-medicating attempting to deal with the pain of biphobia. And that completely makes sense for as a coping mechanism because Alcohol and Other Drugs and we tend to make you feel better. Even if in the short term and in physical health of this this actual disc bit of research surprised me.

That

People who are multi-gender attracted at greater risk of a range of certain illnesses than heterosexual people and so things like arthritis and diabetes and hypertension and some heart diseases. And if you think about the fact that it's ongoing stress to the body is bad for you. It's not that surprising when you actually sit down and think

About it, but you generally don't go. What is the likely outcome of this on my physical body? This is my mental health. Yeah. Well, you know, it does sort of well sadly flow through in that if you are struggling with mental health, you run down you're tired, you know, it can affect the body. If you're a holistic health type of person it can all linked together. And then if you drink then possibly you're not going to eat as many healthy foods if your

Sadly, there's another aspect if we're talking Labor Day tomorrow. If you're facing the stress of not being out at work or Worse facing discrimination or vilification or sexual harassment as a bio as a by person but I also might say particularly possibly as a by woman given that it's International women's day all these things, you know can lead to a rundown in mental health run down in physical health or sort of sad downward spiral. And so, you know, it's almost it is I have to some feeling a little heavy having to talk about all this.

But it's reality and we will try to get to what we need what we can do and what we need to have more of before we get to the end of the program. So, yeah, there's a lot that we need to consider their absolutely and I think

I think having an awareness that the biphobia and your natural reaction to it impacts more than just your mental health can help people find ways to manage both physical

and mental health. However, you shouldn't have to manage biphobia biphobia just shouldn't exist. It's unfortunately in this world. We have to manage with biphobia and transphobia and homophobia.

Into sexism and all these things that this pile on the shoulders of people and they had racism or you know people who

Just a very ableist around disabled people and so many different layers tend to just pile up and make life much harder for minority groups and it should be well. Absolutely. No, I'm going gosh. I was actually about to mention disability phobia, and I'm including neuro phobia. And yeah every form of whether we call it discrimination vilification harassment Family Violence any form of miss you

Power I suppose could be one way to describe it or any violation. You know, it just doesn't add value its destructive and we yes we need to get rid of everyone the guy now Focus obviously for this discussion. The center of our intersection is what if I can use that term today is bisexuality and what needs to happen. I reckon we might just have a little music and message break just for a few minutes to give ourselves a breather and see where we go.

From there. So continuing with our line of mushroom. Music Here's Paul Kelly from the big breakthrough album of 1985. And that was of course with the band that became later the messages, although it had another name earlier and he's one of the big hits darling. It hurts 3cr 855 am 3cr Digital 3cr Dot org dot are you and 3cr on-demand out of the pan with Sally and guest Rebecca Dominguez from bisexual Alliance, Victoria.

Discussing bisexual Health, Awareness Month

You know this people want instead of being on casual serve me. It's supposed to be casual informing people want full-time jobs, and I want to be sitting there casual not knowing they're going to get any any days any leave or what whatsoever. Especially you look at all the castles in the air wind.

At the moment. It's hitting home. People want full-time employment. They should be entitled to hold on and look at all the people who were used and abused as casuals in

the Aged care sector and all the problems that are facing people now all the deaths are following and the meat works that a lot of that's casuals Labour hire, you know, your blokes are traveling around, you know, we want full-time positions and that's and people want it. We want to be full-time employed you wanted to have the Christmas holidays you want to have time with your family, but when you're a catcher

You get none of that you're listening to its greasy our community our radio A vibe. I am on digital and online 3cr radical radio.

Three CI Community radio 855 I am

I'll start that again three co.org w3c our digital 3cr on demand and 3C outside five am out of the pan with Sally first broadcasting noon to 1:00 every Sunday afternoon. Thanks for your company just heard from Paul Kelly darling. It hurts and from the original gossip album and part of our mushroom music tribute that I'll be running today and possibly for another couple of weeks in honor of Michael Kandinsky.

And whoa darling, it hurts, you know could be a song about sex workers. It could maybe it's a song about Kink and of course some by people are essentially into BDSM as well, which is that they're cool, but there's all sorts of intersectionalities in bisexuality, but all need to be brought along and we wanted to sort of talk a little about that and what can what can be done is being done now, but what more needs to be done and we're things perhaps, you know are falling short and we being my myself.

And my guest Rebecca Dominguez president of bisexual Alliance she/her pronouns Rebecca back to you. Well, thank you. So we talked a little bit about the research that yeah, and I summarize some of the research in relation to the poor health outcomes for multi-gender attracted people. And so I think it's also good to talk about some of the solutions and there's a lot of research but not a lot of money. There's not many programs.

That's specifically funded and this again is a global problem. It's not an Australian problem. It is a problem replicated around the world that research comes out pointing out by Health disparities, but not providing funding or program specifically to address those there seems to be this overall attitude that

Multi gender attracted people will be picked up by the mainstream.

Or programs or will fit under programs and specifically tailored for gay and lesbian people it is very there are very few and too close too close to none by specific programmed programs are that are tailored for our community and so money would be a great start to try and look at some of these health issues so that we can address them as a society to to fund.

Whatever needs to be funded to reduce the issues and that can that can happen in multiple ways the obviously the bisexual pansexual Community groups need to be involved in the design and rollout of these programs. So they don't necessarily have to be fully run by organizations who are represented by and or pain communities like

Victorian or fire lines Victoria or the Melbourne bisexual Network. They can be run in conjunction with or even by organ other organizations, whether they be mainstream or rainbow provided that the design of those programs involves the but the multi-gender attractive Community really needs to to make sure it's effective and tailored you need to make sure you're you're designing with the communities that you're attempting to reach. Mmm.

And that doesn't happen anywhere near as much as it should which is why I have had researchers who are trying to serve a community has come to me and go I can't we're not getting enough. Most gender attracted people. Can you can you help spread the news and like obviously you haven't actually talked about with the Washington retractor Community about how you would find.

How you would find people are your questions even appropriate in the in your research Gathering and stuff and some of the ads sometimes the answer that is very much an oh, yeah.

So yes money money is always a good start and there is there is a lot of money that goes into rainbow Health as a very broad term and a lot it needs it needs to be reconsidered in a who are you trying to help and who is missing out on that help

because obviously part of the community are missing out on their health as we can see from the research one program that the

I like Victoria with Drummond straight services and Melbourne bisexual Network were running was the by five project which is currently unfunded. The state government had funded it. We did the first year of the project then covid happened and hopefully will be funded out of the budget this year and that was actually an audit tool for organizations to look at how buying and multi-gender attracted includes exclusive they were did how did

A feel safe and coming out did were their clients provide a safe environment to come out as multi-gender attracted and obviously

They are the aim of it is to say this organization is is mostly under attraction friendly, please you know broader Community feel safe and going and utilizing their services or working there or have whatever that will that organization does be involved with them.

And that's one of the few programs in the world that was actually funded by government to look at the health and well-being of multi-gender attracted people Mmm Yeah. Look it's if it's a huge issue that there isn't this specific sort of targeted approach for or includes and inclusive approach for the bike Community. As you said earlier given that we are the biggest sexual.

Leti attraction to more than one gender in the rainbow communities and sometimes in research if we are in covering the whole Community it almost feels like in some age groups. I'm close to rivaling the numbers of heterosexuals because you know we have on the positive side scene is set in some countries as there's been progress and younger people happily are being able to be certainly more their authentic self in sexuality so we can't just ignore this but if

If I use the term broader Community organizations want to do something with the by plus communities you touched on this a little bit. What would be sort of some tips apart from just obviously working with by plus people as equals. Let's just flesh that out a bit more. I think employing specific people who are multi-gender attracted to particular if we're talking about developing programs for all even

Doing further research about specific issues to sort of narrow down why the whys of issues we know what the issues are. We just need to know why some of them exist to make sure that you have people on the project teams who have lived experience of being multi-gender attracted and understand the issues that multi-gender attracted Community faces. Obviously, no one can be across everything but

Someone who's across my things is better than having nobody who's across there and just not involving us at all. Mmm.

Basically Consulting with the community as much as you can you can I recall a survey that was produced by one of the aides councils about that initially had been targeting the targeting lesbian women in the workplace. Then someone one of their stakeholders said no, no. No, we need to also ask questions about bisexual women.

And so one of the questions in the survey ended up being are you do you feel safe coming out as a lesbian in your workplace to which I obviously answered. No when I filled in this survey because I'm not a lesbian hmm. However that poor design massively skewed the results so you how reliable is that study to talk about the experiences of lesbian and by women in the workplace when the survey design was so poor and that's because they didn't engage.

Well, if they did engage I did not engage well enough or early enough the by plus Community to basically provide.

Advice and also pay us when we provide you with advice. Absolutely. We have we have bills feito particularly. If you are a funded organization and it's an end all you have even a project budget this idea. I'll we didn't put it in the budget. Well, it's an accountant who studied accounting and remembers about well, you know first year you have a budget you have an actual and sometimes there's a variance. Well, you might have to just trim some expenditure somewhere else to pay people for a little bit.

On today leaved expertise. Thank you very much umpire. So yeah very very much. So and of course by people are sadly often underemployed and unemployed and we have this evidence that by people particularly cisgender by men are less likely to be out in

their sort of will so I'll use the term corporate workplace as well which can add that layer of stress. So there's all those factors and of course if there's an

That income distribution type of factor as well. So yeah also want to mention other supports out there. Hello to buy plus community of wa-hoo. It's one of these and they're wonderful Sunday morning covers which sometimes depending on the time zone were in with currently in in the East wearing in More Melbourne and some of the eastern states where it in summertime, but sometimes in regular time we get to I get to go to those on a Sunday morning, which is wonderful.

And also great groups Sydney by Network Brisbane by Network and we do have around the country contacts in South Australia. And now least one person in the Northern Territory who we can put people in touch with an I do know personally of a couple of by people in Tasmania. Hello to those on the Apple the Apple aisle and all that sort of thing. So it is really important that you know, we sort of have that connection and I suppose it's a good time.

Declaring the interest to mention the monthly by Alliance discussion group on the fourth Tuesday of most months of the year barring public holidays and other things and in other days where it needs to be moved. So there is some you know, some things we can do is just while I've been talking any other ideas come to mind on what our like people who want to be good allies can do I think one of the best things to do is to indicate that you support the bike.

Maybe if people know that the people around them are positive towards multi-gender attracted people. They're more likely to come out because they will feel safe. It's about provoking and creating safe environments. So that includes speaking up against any sort of biphobia or by a razor if people say, oh, you know, it's just a phase just replied. No, it's not because it really isn't and particularly as Sally mentioned with by

My men being the least likely to come out in corporate work places. That's a lot of that is because people tell men that if you are attracted to other men you obviously are gay and there was no other option and which is rubbish as well because by men do exist and they're fantastic people. So, you know, if you hear that sort of stuff that any sort of negative stereotypes about mmm.

He gender Attractive people speak up and say no and that way people will know that you are supportive and some when they can they could come out to and coming out is a protective factor for people when they can come out in a safe environment. If they cannot come out in the safe environment, they're forced to be out then it's not a protective Factor at all, but it's a protective Factor when you can come out in a safe environment. So creating those safe environment so that people can come out.

Out and they can be there and authentic and self they can bring all of them selves to work or to the sporting club or to church or whatever that is really important. Well, absolutely. And I mean there's a couple of other one things that people can do is say if you're a Health Service, you could acknowledge. I'm hashtag by health month but in both the on social media, but also doing something else and it's still 24 days to have an event and of course.

Leading up the end of the month. If you want to be intersectional you can do that in Khan in conjunction with trans day of visibility on the 31st of March and you can support 3cr who are having our binary Buster's broadcast from 12 till 7:00 on Sunday the 21st two weeks from today. And of course you can if you want to do something that nearly really needs planning cell of start planning something for 23rd of September or thereabouts in around celebrate bisexuality day. They are really good days to communicate your support, but

But of course the thing with yes, you can have a day or something, but make sure that you do all the work and align your will say values and behaviors so to speak as well. There's nothing there's that actually I think sometimes a bit worse. We're an organization puts itself as rainbow or bi or trans inclusive, you know and using Mardi gras' the obvious. Yes. We've marched in Mardi Gras and I ring up and I'm having a croaky voice. Yes. Good morning, sir. How are you that sort of thing as a trans person, but also

You know by by stuff always we marched in Mardi Gras. But yeah, are you gay or gay or heterosexual that sort of thing? So yeah, I've got to do the work as well. Yeah, so lots of other thoughts. Well any other thoughts I might just play a couple of quick messages while we I give you a chance to have a thought and then we'll better wrap it up and be

ready for freedom of species at one o'clock. So I'll just do a couple of quick messages and

And then we'll come be able to come back and wrap up the conversation with Rebecca Dominguez president of bisexual Alliance Victoria on out of the pan on 3cr 855 am Digital 3cr Dot org dot U 3 CR on demand out of the pan with Sally.

Yellow bug ready at 10:00 to 10:30 every Monday morning on 3C our community radio all things to do with cycling in yellow region and around Melbourne listening in

We've got a common enemy the same government that locks up these refugees just behind us here at the Park Hotel is the same government that's going for our rights trying to attack the very limited gains that casuals have and so when Union activist take up the cause of refugees among their fellow workers. It's not an act of Charity. It's about building Workers United self-defense mechanism understanding that we're all part of the same battle.

Subscribe to 3cr in 2021 feed radical radio subscribe today go to 3 c r dot org dot a you forward slash subscribe or call the Station on 9 4 1983 double seven.

3 C R8 V 5A m3c our Digital 3cr Dot org dot a you and 3cr On Demand out of the pan with Sally wrap which first broadcast noon to 1 Australian Eastern Time currently summertime here in the state of Victoria Australia and will be for a few more weeks until we go back to Standard Time. And there's another group that well Need is Another intersection, which granted is beyond?

A lead expertise but issues of by and I think we're refugees which I documented on shows on 3C are like Refugee radio and other queer shows, but certainly need our support and can possibly give them the poor record in this so-called country of Refuge queer Refugee treatment and someone is by would just be probably table. Why can't you pretend to be heterosexual or something which is the sort of thing we know of her, but that's obviously other that is

Other people's experiences beyond that before we go. We just wanted to do one other thing.

Yes, I would particularly like to thank all the Pioneers all the people who came before us doing by activism in Australia and that have basically helped us be where we are today. There's been some fantastic work done by different Community groups around Australia. There was a huge political scene in the late 90s and early 2000s multiple conferences of run. It sounds like an absolutely amazing time to have been a by activists and

It is it is thanks to them that we we are where we are at today and there's still a long way to go but they definitely laid the foundations for us. Absolutely we stand on the shoulders of giants and we need to acknowledge that and plenty of others around the world to you know, some we were fortunate pretty covid to have a couple of those be here in person which was so awesome and give that sense of

Connection and a big sort of by 5 to all of them and all the binding is around the world. I better let it wrap it up there because we you know sort of being to run out towards the end of time Rebecca absolutely huge to have you on the show. I think you know, I think that for all we've discussed and these are real issues that need affirming. I do feel like we are I use the analogy of a semi Taylor semi-trailer turning a corner where sort of gradually getting onto the right road, but there's still lots of stuff too.

To come to follow but thank you for your time on the show. Today is part of life or what is a long weekend here in Metropolitan Melbourne. And yeah, we'll catch you around the buyer Awareness Month traps. Thanks Ali. Thanks Rebecca. And yeah better get out of here very quickly have a little today more mushroom stuff Hunters & collectors from the human Frailty album. Let's have a bit of the track.

This morning. Thanks for tuning in to out of the pan on this afternoon freedom of species coming up next on Sally Gardner. Catch you next week.

I know I know she's gonna go this morning. No sun will shine today and this body's feeling strained and dispossessed full of fear and trembling for her.

Yeah, but Blind Faith trying to tell me it isn't over tell me do not have to be stopped.

She's gonna go this morning and this body is feeling stressed and and is possess full of fear and trembling for her.