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3 CR 855 am 3 CR Digital 3 CR dot org Dot au 3 CR on demand; Out of the Pan with Sally first broadcasting noon through one every Sunday afternoon; thanks for your company.

3 CR proudly broadcasts from the lands of the Kulin nations at the overlap of the Wurundjeri and Bunnerong peoples and we pay respects to elders past present and emerging. Hello to any Aboriginal Torres. Strait Islander First Nations people tuning in and we acknowledge that all the lands were stolen and never ceded.

I'm Sally Goldner, I use the pronouns she and her, I am your host for this show out of the pan, which as I like to say covers pansexual issues and very much more so today, because it's a special presentation. In September 2026 the bi community organized a great panel discussion we love those and a film to watch thereafter a film “There's Something about Harry” and this panel was one of the bi highlights of my life. So yours truly had the job of facilitating it, and we're just going to play that one today. You don't even get - sorry, I haven't got time for pansexual music but it's going to be absolutely awesome and put lots of bi pride out there. So let's get into it. First of all, Anthony Lucas will introduce the proceedings and we will hear from the Victorian commissioner for LGBTIQA+ communities, Joe Ball.

Welcome, welcome to this event. Thanks everyone for coming along. It's very exciting to be joined with everyone for an event of vibe visibility day tomorrow, 23rd September, but bi Awareness Week for this week. So, so I just like the first we start off by acknowledging the traditional custodians of the land that we are on the people of the Bunnerong nation of the Kulin nation, and pay respects to their elders past, present and emerging. I also want to acknowledge we any Aboriginal Torres Strait. Islander people with us here today and just saying growth. First Nations people for their constant fight and struggle but also come on but also any work. Towards reconciliation and justice for their ongoing living culture of all Aboriginal peoples.

So thank you for allowing us to be in this beautiful building. The pit positive Living Center, which is so much history as well in the queer community in the fight for HIV recognition and the fight against HIV stigma. So thank you to the gorgeous people here. It becomes positive Living Center who have given these face to assert their one.

Good evening. My name is Joe ball and the Victorian commissioner pett lgbtiq across communities. Now, I did plan to be with you tonight. Unfortunately, I could invade it before I go any further, I just want to acknowledge the traditional owners, your glands, the bunnerong people, the coordination. Want to pay my respects to their Elders past and present happy and sexual by class Awareness Week, / month. / day, depending on how you're marking this time of the year, the way we should all Market is by celebrating the true diversity of The Human Experience which includes bio class attracted people multi again, de Attractive people, that's what this time of the year is about. That's what tonight is about tonight is also about having fun and connecting with your community the bi plus Community. I would like to just take a moment to talk about the importance of representation of I plus people and also Community.

Now tonight, you're coming together to watch a film. I think representation is positive representations of it means to be bisexual are essential and very important and a marker of our time that we now have more representations in popular culture than ever. Before of what it means to be multi-gender attracted. However, we also have just a couple of weeks ago, representation in a public domain of a candidate that his private life that he was bisexual and the same breath. You'll see there was also discussion about that multi-gender attracted. Him being bisexual was deviant. Now, this went across multiple news sources and of course is

extremely harmful for representation of being bisexual. So on one hand we have a huge increase in a representation of bisexuality and then we also have continued stigma and discrimination and poor representation of what it means to be bisexual. We are a long way from just being a positive representation. We need to have weeks months days, like we are having at the moment around by visibility and that is why it's so important is that it's a chance to celebrate being bisexual to be in community with each other, to not be isolated and alone. Because we know that what stigma and discrimination causes is it causes that people do not seek help at very moments when they need it. Most and we know that Community is a protective Factor gets called mental health and suicide and other causes of poor, poor health outcomes to be the lgbtiqa classic stationer is to work with the whole LGBTIQA+ acronym and I do to your ideal work. That impacts everybody in our community. For example, working on the angular application protections but there are also times where we need to works with specific letters. And one example, I've done that with the bisexual Community, is it hundreds of tax of gay and bisexual men that have happened in the last two years. I have worked hard to get up the Parliamentary inquiry. To represent our communities at the Parliamentary inquiry. And constantly talk about how we need to stop the hate build application event against gay and bisexual men and the violence against gay and bisexual men and committed to fighting for the rights protections and community of the bio class multi-gender attracted pansexual communities here in Victoria. I'm very proud to support this event tonight and I want to acknowledge Christy Yates my senior advisor who have also identifies as bisexual and has done a lot of work to Champion this, and it's been my pleasure to support this event again, wish I could be there.
I also want to recognize the other partners for tonight by plus project Toria and Northside Counseling Services. Switchboard Victoria broad, have a health. These volunteers are with us tonight. Positive Living Center and relationship matters, or providing counselors in the room tonight. We can't do this work alone. It's best when it's done in partnership. With Penn State running, has been involved, have a wonderful night, and I hope to see you out in community soon.

I forgot to say my name is Anthony like this. And I were very proud bisexual, man. And Advocate. I do what I can in the by space to bring visibility and unapologetically push the by agenda to be at the center of queer discussions and so I just want to say a couple of things and then I'll shut up and I'll hand it over to this wonderful panel for the discussion. So why we're here tonight because we live? We live in a culture shaped by monosexism. That's the assumption. Sexuality means being attracted to only one gender. We are often presented with the straight or gay binary and anything outside of that binaries pathologize and treated as confused, temporary or somehow less real these assumptions often give rise to biphobia not only through other Prejudice but also through bisexual Erasure and invisibility, where attraction to more than one gender is ignored denied Rewritten or simply never considered as a possibility.
One of the most common manifestations of this is the persistent reluctance to explicitly named bisexuality, even when it is a plausible or obvious, interpretation of a person's experience relationships or attractions and because it is bisexual people can often hide their sexuality to protect themselves. Even when there is no overt, hostility bisexual invisibility, and erasure has real consequences for identity, relationships and well-being. And as a mental health professional, I've worked with lots of by people who have come to me because of the impact that this invisibility has on their mental health. So when someone's identity is repeatedly, questioned, invalidated or made invisible, it can contribute to shame isolation. Minority stress, and poor mental health, and that's why visibility matters.

This is why we're here tonight. Visibility is about more than just simply being seen. It's about having our identities recognizes authentic, legitimate and real. When bisexuality is visible, people are more able to see themselves reflected in the world around them to have their

experiences of firm and to know that they don't have to explain or defend the legitimacy of who they are and who they love And that's why we've chosen the thing about how he tonight. Like, many of us who are multi-gender attracted Harry finds himself in a mixed orientation relationship in this film, where these assumptions made, where there are assumptions made about his sexuality. And so the film gives us an opportunity to talk about this and to think about sexuality be on the straight, a binary, so we're not presenting. This is the perfect bisexual queer film but we're going to watch it through a buyer.
Firming lens. Or what does that mean? We're inviting you to notice how sexuality attraction relationships and identity are represented and to question the assumptions, its shape those representations by affirming. Lends us, not only to consider what is readily visible, but also what remains possible once we stop assuming that everyone is either straight or gay or even sis in doing. So it expands our understanding of queer representation by recognizing that.
To ality is often present in cultural narratives, but rendered invisible through silence, assumption or Omission. Our aim is not to critique this film, but they use it as a catalyst. For thoughtful conversation about bisexual identities, about how we come out or choose not to how privacy and disclosure is a negotiated across different contexts and different people. However, identities a shape through our interactions with family Partners community and helped by people Continue to navigate lives that are too often interpreted through a mono sexual things. So tonight's an opportunity to enjoy the film, it's a great film and to be. And but also to use it as a starting point, for a bigger conversation about bisexuality and pansexuality, visibility identity representation and belonging. And that's what this wonderful panel is going to touch on tonight. So I'm going to introduce the wonderful salad, goldner order of Australia said, it's a lie goldner Pronoun, she her and I've been asked not to introduce her as well. Known wrestling ring announcer. That's for another day that I'll hand it over to Sally. Thank you everyone Sally Goldner.

Out of the pan with Sally. We continue our special presentation of the bi Plus panel discussion. And after we heard from Joe ball and Anthony lacquers in the opening segment, I get to introduce our panellists and get the show rolling. Let's continue with our bi panel discussion.

Thanks Anthony. So awesome to be here tonight for this event. And yep, I got my vibe is on it's bright and it's safe with me so you will not be put in a sleeper hold. Anyway let me refocus. Not do a autism and focus on one thing too much like wrestling and let's dive into our wonderful panel. What I'm going to do is just dive directly to. We've got some questions or dare, I say we really would like to discuss and I'll get its person when they speak the first time. Just say a few words about themselves because you've seen the, the buyers that are around and I did I sighs fine? Yes, because it's so about bothered a, so we're going to just die actually met wife.
So the first question that we wanted to discuss is the field of celebrates the magic of queer friendship and the importance of having people around you who truly see and value you and what does grayish be a friendship? Mean to you? And what is it that makes those spaces. So special and the film shows how our friendships can evolve and become something deeper and more meaningful over time. And so what is it?
You make think makes a friendship last especially within the queer Community. I'm going to ask you to respond first to this one. Hi. My name is Ellen friends, she her and recently I participated in the -18 young leaders program where I got to work with query here in Melbourne and Victoria at the pride, March, and Melbourne's 2026, queer formal, which was a really exciting experience. Yeah, that question, I think.
I think the isolation is often a very default option with cleanest and feeling other. So I think that many of us, find us in a position of having found family in friendship and Community, something that I always want very laughable, is the very says heteronormative idea of you can't be friends

with someone of the of another gender, which is, of course, doesn't apply to us because we're supposed to be friends at all.
Oh yeah. So I think that a lot of in in rewriting the way that the relationships look like, I think that also applies to friendships and you know, testing the bounds of that. I know they're coming from an artistic perspective as well. There are so many I really expected growing up undiagnosed that I would reach a point where attraction just kind of fit into these neat little boxes and everything kind of just made sense and came together on its own and
Of course, it didn't. And yeah, I think that there are really comfortable ways that you can explore that in friendship and in relationships, and I think we should always be leaning on each other for support. I'm sure we all know the longer quote from Dan Savage, which is the dance kept us in the fight because the dance is what we were fighting for. And yeah, I think that's really sums up how I feel and how I'm sure many of us feel I think in terms of what sustains our friendship I think.
Choice is really what it comes down to. I think choosing to love someone choosing to continue supporting someone and being there for each other. I think is really how I feel about that.
My pronouns, are they, then I'm bisexual. Thank you. Thank you for celebrating me and all of us. I'm correction astray.
And I long-term Community organizer and activist. I say my my day job is climate advocacy, and my night job is queer, advocacy. And then, I do sleep. Sometimes between all of it. Yeah. Thank you very much for your thoughts, Ellen. I was reflecting this well, about that theme of the sort of narrow boundaries that
That Society can put around friendships in the kind of friendships were allowed to have and kinds we aren't. And I think that's something that I really like about by + KV + by + friendships. Is that it will both be in by 10:00? Seems to be pretty subversive like it supports a lot of work, things about gender and sexuality, but I think it also supports some of those Norms about friendship and
You know, I think is bypassed people. We get to be friends with we, with a wide range of people from across all kinds of changes, that will cross all other kinds of diversity as well, whether it might be different ages, whether it's different cultural backgrounds, whether it's different abilities. Whether it's different, socioeconomic backgrounds, and I love, I love about y. + friendship that it's exciting. Like this, always this little
Like, it's lovely and affirming and enjoyable. But this always for me this little undercurrent of, wow, this person's amazing and gorgeous, and look at them like what an incredible person, like, how exciting that I can be in relationship with so men and enjoy them and who they are. And, you know, like it's up to us where this relationship goes is no, no limits that we need to observe. Curve on it apart from what we both agree to and what we, what we consent to. So, yeah, I think I think that
You know, sexuality is beautiful and Rich and vibrant in the bypass Community, but also friendships are ya cool. Greetings. My name is somehow I use pronouns. She her in goddess and deeper regarding myself, and the question that was mentioned. I like to think of my own personal friendships with queerness.
And I think fire Spain and everything in between pan and flip around pain. I feel that it's allowed to have a deeper more appreciation and a lot more tolerance in terms of diversity about myself about Community about the people that I need, especially if that way, pan trans bisexual. Community as well because we had an appreciation and put more thorough, search the in, you know what, I do know what, I don't know. And to be allowed to question things around my friendships or relationships or connections with people. I identify first and foremost as 55 unit, which is an identity. That is an indigenous T to someone like myself in, we don't have lgbtiq, we just have if five units, but a timer which is the same one, so called lgbtiq identity in the Pacific something, which I'm very proud of something, which allows me to be who I am and then just to have the pet sexual identity to myself,

It's more of a western concept. If I'm allowed that because I'm here, I sit in this Western World and have for Navigators safely. So my relationship with it but also with my friends and my I have a really good friend. That is bisexual, it allows me to train to clean deeper with myself on so many levels. I feel enriched,
Buy it. I still have yet a lot to learn as life is is still a lot to learn with life, but I'm grateful for my parents sexual identity that I also identify with because it just allows for their openness, openness to share, love to be wanting to connect with people that are different. They don't come by the textbook. You know that, you know, it's not just black and white. There's so many of us
66 in different rounds in different worlds. And that, yeah, I am someone that likes to learn. You know, sometimes it's good to take a step back. Take a breath and go. Oh, I didn't get you the first time. But this is where they're in the friendship comes in there for me to learn from my bisexual frame to move from someone, that's from a different culture. It's it's encouraging because I think
Focus upon what is important to me, is the intersections of race culture in gender, which are so important to me in terms of me thriving. So yeah, just just for me, it's the connectedness, it's important, but that's the value that I take for my by a sexual siblings, is to go even deeper, even deeper sort. That's how I like to turn it.
It in terms of my connections with people, my relationships with people go and just a my point of view just to add a few further points to that. I mean, I crave a sense of, I think emotional intelligence that I found in the Bible, plus Community is quite exceptional. There is a fantastic. And I think that
Someone who's staying in involved now, facilitates the discussion group run by by +5 Victoria times where people have shared things that have gone beyond by because we don't have to go through the by one by one. We can just be totally ourselves and feel vulnerable. I think that's just a little of the depth and emotional intelligence that I think is there makes for me the by plus communities in particular. So special. And that just is that sense of connection is really what it is.
So coming, I'm going to go back to an hour because you touched on this about safe spaces and places where we can be completely ourselves. And they're really important. We're going to see tonight in the thing about Harry and you've already touched on this. But if you just want to go first up a little further on friendship or community, that gave you just a sense of safety and belonging and what made you feel
Go to go to direct the rest of that happening. I was thinking about this just a few minutes ago and I had next, you know, probably something that was just really swept me off my feet. I was it a party during the World Pride and 2019 in New York and I gotten been invited to the principal
To your who so happens to be gay. And I was just stuck in between this couple and I didn't make anything called that, but it was just a beautiful connection to realize that, oh, I happened to be sitting in between two people that identify its pain. I think what was enriching was it wasn't just
Just about attractions or sexuality. There was more to the conversation and it was just the way that the conversation seemed to be normalized. Which just that, that safety, especially from people from cultural backgrounds, they were Indian. I was someone and to know that these, you know, we're being meat.
On a common ground on a, on a ground that allowed for us to be safe to explore our different intersections, as well as it was probably the first time I ever Crush so hard on to people. I think I could have, just if they had proposed to me, I think I would have seen that used to America the following day, there was just the conversation that came from it and took to think, oh, here
Two people that look like me, that I think applies only to find that we had similar similar between us, that was beautiful and need to find out that there were both painting cells. Yeah, it was just,

it was a lovely thought, a lovely thought to be. I think for me that connection was so important. And then, yeah, the traction that we were just vibing and I don't know what was in the Maury that we were eating and the key beds that we're not just a head. But yeah, I was just so it was just, I realize the in what it fit me, so beautifully about being pain that we weren't talking about specifics. We were just going rolling with the conversation in the realizing. Oh, okay. We share the same. And that was, that was just
Stab you like that. Like that just, I had never felt like that in particular, as a as a queer trans person is well, person of color that goes often goes in that would often go into spaces and try to find something that I identify only to find out that a bit of Heartache that I don't really fit the mold. So to be in their presence of the tooth pan sexuals
But you know, like gay Indians party was a beautiful thing for me. You know, suspect like it's okay to hi.

This is Vicki Bull and you're listening to 3 CR 855 am.

Yes, let's hear part three of our bi+ panel. We heard from a male. Let's hear from Ellen will just note there may be a couple of small language warnings in this segment.

And I'm actually going to go with earlier this year, I volunteered at the 2026 Pride, march with - 18 and this is if I'm correct the only event where people that the young people, because the events are usually 43220.
The today 18 year olds, this is the only event where they're allowed to bring along family members and you can come along for support. And so I'm going to say yeah, that one was I was on face painting Duty which is of course, incredibly loves her fun and I think just seeing people able to come along with their parents who were supportive and there were rainbow families with just to be in an environment where it was all really celebrated.
And I think there's often this minimization of queer people in relation to children just because of that's can be incredibly stigmatized and sensitive which is really unfortunate that it is the case but that was a really beautiful situation to be a part of to just see all of these people around each other supporting each other, you know, even parents who were saying talking to children, that weren't theirs and teenagers, who were all kind of finding themselves in this environment. And that was a really beautiful day to be a part of. And I would say it was
But yeah, it was really nice to be a part of creating that safe space for them. And I think that's something that should be ongoing for everyone. Are you?
I have.
Safety is a complex topic, I think and there's two things that are coming to mind for me in response to this question. The first is that
Maybe they're both different angles of the same thing. I feel like safety is not a state. Safety is a process or a conversation at. It's a dance that we do with each other and it's how it's about, how we choose, how we, how we are, able to relate and how we choose to relate and be with each other. And that's something that's constantly evolving. And
There are certainly, there are spaces. I know where I definitely don't feel safe where I feel threatened or where people are.
Aggressive or hostile to me, but there's also a kind of like, I remember the first time that I went to a bisexual meeting of any kind, it was a meeting of the Melbourne bisexual Network and it was in 2019 and I remember riding riding on the bus, on the way down huddle street, I'm trying to remember where the meeting even was now was that Thorn Harbour?
Funny, my white hair and honestly trembling, when I walked into that room, I was like I'm really nervous to be around all these bisexuals and Aiko like I've only recently come out and I come

not sure I really belong here and they might be asking questions and stuff. And so that is a situation where like that.
But by the end of the meeting, I felt a lot better but there was something about the process that happened in that space and help me feel help me get there and help you calm me down and just realize it was actually okay to be here and it's partly about the questions that people ask me. It's partly about the way that I was treated. The vibe in the room. So there's something about safety being something we do, I think, and always trying to come back to them and remember that it's not, it's not a space, is safe for on the space unsafe. It's
That we can help make it safe together and that's something that it's an active thing. Not something that we just walk around until we find a safe space. I think. Yeah.
The think the thing about safety, I just had a couple of thoughts to that on of my own that took to my someone somewhat surprised. I've actually found my nine probably might seem like a hard enough, but I actually found the professional wrestling world to be surprisingly, queer friendly which, you know, because we grow up with want also. I should say aye, I grew up with all I saw was this man when and yes, the predominant wrestling company both in terms of its storylines and how it run is run behind the scenes for when you buy one, man, who lets it doesn't have a good record on diversity, it's sort of thing. I liked was our projecting onto that, but I've almost found that happily query in a nice Lake, we're in different. The other thing that a safe spaces where you can be yourself even without realizing it and the running joke in thing is that 99.4% of people in pro wrestling and neurodivergent and the other point, six of percent haven't come to terms with care. And it probably did help me connect with autism and ADHD what very late in life. It was just over a year ago at 60. And so when there's that well, to quote dentist and you do from the castle 30 years next year, the why'd you can just feel that safety, that it is.
There it does help, relax and help you be more yourself. I think is the thing and it also says something about that space. That probably three close friends whilst they not, don't talk about it, a lot, a queer. And but also that space where you can also just by being yourself that has helped a couple of people to stop those things to me but they hadn't disclosed to other people which was really be helpful to them. So these are two ways of what it's a multi-directional street because we don't like binaries that there's good traffic lights and you can sort of well in simple terms, gift take and all points in between
But a combined, a couple of questions, I think they combinable combinable, whose things upon count and this is where we really get to some. Will the court, I think a critical part of this which is what the bottom bypass me, what does Thing by plus mean on our own terms where we Center by perspectives and
Just take multi-gender attraction as the norm rather than the exception which is how I think it's been framed in. Well, I'll say, you know, sort of of the same most popular Australian or so-called Western Society. I don't think I want to talk for anyone else beyond that and how do we reduce or stop needing to compare ourselves to other ways of viewing attraction? You're getting past terms like straight presenting relationship.
Or something which sometimes even by people, you know, fall into that trap and you know, why is there more by representation? How do we find it better and what does positive by representation look like? So there's a fair bit of that length depth and breadth in that but I'll throw it to you first and then we'll go around the grounds.
Thanks Ali. Yeah, this is one that I'm came to talk to you. I've been on a bit of a journey around this and I have some feelings about identity, so maybe I pick up on this point that you were saying about like that, that kind of idea of a straight presenting relationship or a straight passing relationship. I was really I listened to quite a few queer and by podcasts and on some of those I hear that term used. Like are, you know, Alex Ginger relationship, and male presenting person a female presenting that it's a straight presenting relationship. And this is like, I have a long-term partner, my time. Yay. We've been together for ages. And, you know, we some people might

perceive us as a man and a woman, even though that's even though I don't identify as a man. And, you know, the people make assumptions.
And this herb language its try presenting relationship. People could apply that to me in my relationship and I was thinking that over and I was like, wow, like get your terms of my relationship like get your labels out of my life. It's not okay. To be like like I'm I don't feel our relationship is presenting a straight. We're not attempting to present as a heterosexual couple when I try to pass as straight like
I'm out as bi and, you know, pretty open about it. I'm non-binary pretty open about that. Like, but still still, there's this kind of labeling and happens from outside and what was I think, what was making me kind of angry about it was that it was it. Sometimes it happens from within out my post Community to and I like, I sort of understand some of the reasons for that. I understand that those assumptions easy for people to make that. There's like a
Way that, you know, heteronormative way to sort of see the world that, you know, working through that lens. You might look at our relationship like that but I was like, well that's that's that's not how relationships are. And that's not, it's not okay to be labeling Us in that way. Like and and that got me thinking about this this journey that I've been on. I think when I first came out as bi for it before, I can buy this file cycle, I I do that.
About me, like something a little bit different. He going on here. That's sort of not not what I'm saying around me, and when I did come out as Phi, I was like, yes, there is something different about me. Woo-hoo. Is that awesome? Like, yeah, I'm different and but as times go not going on and I'm like, it's sort of settling or into my pythons identity. I'm just like, that's just
Perfectly fucking normal to be by work. Basically, there's nothing weird about it. It's just like, like, and if you look at the science and like history, if you like cross-culturally, like sexual fluidity, like he's quite as pretty normal thing. Like there's, you know, there's a lot of it around and it's actually like the little rigid boxes that our society puts people in that of the weird thing, I think. So. Yeah, just come to this point of view of saying, well look,
Damle, General, that. Fuck the labels. Like, let's I want to be just by and proud of it and see that it's normal. And look at the strengths of that and celebrate that like I'm in a by presenting relationship and we'll look around. I see, lots of, by presenting relationships, everywhere. I look like this heaps of them everywhere. Let's use that lens.Are you guys my rent the pen

3, CR 855 am Digital 3 CR dot org, dot U, + 3 CR on demand. We just had a good bi rant, which we love from Aria. Let's now hear from a mouth as we continue with the by panel special.

And I'd like to think that the identity my identity as being puffiness, but also being paying comes with conditions but also no conditions. So sometimes I find with my own specific way counterparts. It, they sometimes will struggle because we cultures it and things to the opposite day that what we stand culture brings out all allows us to be. I take it as a grain of salt for me because it's probably an area that I have a bit more privileged to how I feel. But for me, the way I see it is, you know, you shouldn't be conditioned to be one way. I've been. So, you know, I've learned, you know, since the get-go to be taught to be straight acting to go find someone to be an assist, so-called relationship. And when I realize those things with the things that to it was acting of China. Because me so much headache. So much grief in so much pain, and when I leaned upon my own cultural understanding is understanding is we do things with empathy. So, being a Pacific Island,
Piercing is a bit more deeper flow so we can not talk Place emphasis on certain things that that Warrior. So what I'm saying is that the example for me is this fixation on trying to get us to adhere to a sexuality or thing, it exhibits that the thing that is most important to me
Is that I had empathy and I have love and that I can serve my family and my community and that's what works for me. And it doesn't take away from this identity of being pain, sexual being trans, it's just as, as a person, from a cultural background or a person of color. This is what

works for me. This effect that I'm allowed to be fucked up being a and I'm not getting hangs up. So about it. So there's no need for me to kind of visit there. I'm just allowed to get on with my life in the best possible way. And that's something that I try to, you know, to do in, in the waist and cultural world that I live in. It's been a challenge because, you know, it's it's having two egg here. One set of cultural roles and then another. And so for me I've come to the point is you just do what's good for you Boo and anybody that you can bring in with you that's going to support you or be with you. Then serve people in terms of who you love and be around the Nets, it is no big Hang-Ups for me it's just what I'm doing to do to survive, survive as a queer brown person in the Western World with such you know, specific rules, it, don't adhere to someone like myself. So I hope that makes sense.
Thank you.
Look really processing all these answers and it does make me sort of sort of say. Yeah. We're so it's, it's, it's an interesting one and I suppose it's about Nuance in some sense because it's sad that we do have to fight the negatives that have been put into
Society and the structural things that stop people just being totally thought their authentic selves and I suppose sometimes we have to do that. But I think what our panelists of says, right on the button that we can just be ourselves where we can be that and that, you know, nice Equinox, your energetic sense and we're coming up for liver disease and I'm at Liberty, which is a nice see that set of balance? I think we
Can do both, and by being ourselves and sort of, you know, what was that you said about. I'm just seeing where you said it boo, you're just being, you know, I'm just being me but I think often that is the best thing. The best thing for all of us to do. I think, particularly today's world where we seem to be very, very low and authenticity, and a lot on social media B,
Grabbing the new cycle. And I think maybe I'm not not, maybe I'm pretty sure some more things. You see sounds like a good thing.
So the last thing we have, which I'm going to condense is just to talk about what by plus pan by on me similar, Pride means to us and we're sort of touched on this focusing on the strengths and positives of being multi-gender attracted, which sometimes get overlooked in all that other stuff and how we sort of. Yeah, we don't get to suck.
In some of those by myths that sadly we all know about my supposed for me I'm going to put in a personal thing in. Yes. Someone who's been out for over 30 years and I always say it was a by person who helped me come out as trans first by today's language, a ceasefire woman and now I said II instantly had this view that by People Are Awesome, which of course is true. The research has proven that every person in this room,
Awesome. It's obvious but yeah, when I realized a couple of these lighter, but I was born, I was like, I had this person who probably saved my life in a sense, it was like, oh wow, I was one of probably the rare people who thought didn't start off with the negatives. So these about talking about the positives and sort of how could we as was touched on? Do it just like talk a bit more about praying, you know, framing by rather than this is Sting? We have to you know, sort of push our way in. Let's take it as the given. Let's take it at, take it as the foundation. Let's just explore that a bit and then we I think better take a couple of questions and then wrap it up. Anyone go first it's a it's a pan pourri so to speak. Who wants to go first?
No one wants to go. I think either area, I think I got a funny feeling finding feeling or elements, okay? I don't have a very coherent answer to this, but I'll just say that I 100% agree. Doris the research clearly by positively or some post a link to it life. Yeah, I
Yeah, I do feel really proud to be a bipartisan like I think that a lot of the by pain only fluid people, I know I really thoughtful. They're awesome people.
A caring, we're carrying weight creative, we're smart. We see things from different perspectives, like, I think, I think we're actually really important to society. Like bringing bringing in those different. What different raises different ways of viewing things. And we can we can help too.

See the see the ways that things like I think I think being by Price gives you this built, like you just look at societal expectations about relationships and love and marriage and those sorts of things in how they were can you just go? It doesn't make a lot of sense.
Doesn't really ring true for me. Like my experience is something different and and I think that ability to question and see things from different angles is actually really important. And that's that's like a way that we will contribute to progress and to making things better in the world. So yeah, I society would be a lot more shit place without us.

Hi this is Ros Ward co-founder of safe schools Coalition, you're listening to 3 CR Community radio that uses solidarity to fight back against homophobia and transphobia, let's continue with our by panel discussion on 3. CR 855 am 3 CR Digital 3, CR dot-org daughter. You and 3 CR on demand will hear from Maria and then Ella and then we'll have some questions and wrap it up.

I very much share that sentiment. I think there's so much cool Incredible openness about being by plus, there's so much diversity and intersectionality in the community and that's definitely something that needs to be celebrated. Yeah, and I definitely agree with what sort of time that I've heard from around allies, because I do a relationship and off-key of just completely reconstructing the idea that you approach a relationship, whether that's romantic. It's friendship. Community. And I think that yet being by plus really opens the door for that too. Yeah, come from a different perspective and just really rewrite the way that you're experiencing that in a way that suits you in a way that suits other by placed people. Yeah. And I think that veering towards pride and joy is always such an important core thing.
Two.
Both unique and different. I think that this flavor the flavor to the world, its flavored culture, it exploded to what is the other via. And I think the singing of
The layer that comes with, you know, I know, I know for me personally because it keeps me thinking it keeps me thinking how to grow and want to grow and want to grow with a community and want to connect more with the community. And those are thoughts that I value a day 10. The fact that we can validate that as a community, but the thing that was so unique and so different I think is quite
Specialist for my cock out, leaning into it. Like a superpower is such and that's my good thoughts. I'd like to think the fact that unique and different. There's something special about that, you know, that we should always feel empowered to be unique and different in the fact that we're paying all the fact that we may be by. Hey,
Go for it, love it.
I think I'll see if there are any questions comments or queries from our audience.
I can see went down the back. All, if you ask the question, all then sort of paraphrase. So it gets onto recording, so, go for it. So, the question is,
I talked about being authentic unique yet different. And does that make us feel too much? If I've got the gist of the question, I posed it make us feel a bit almost overloaded emotionally. Taking on the energies and emotions in the world. Yeah, yeah, that's a great question. Of course, because it's an around dominated by bodyboards thought-provoking and challenging, who wants to write on our panel, wants to rise to that challenge first. So yeah, the taking on the energies and emotions of the world wants to have a
Response to that.
I think sometimes it comes with a double-edged sword, that's with respect. Sometimes we tend to put ourselves out there, sometimes these interviews, I think so-called identities that are unknown to, so called the straight world and sometimes we have to show up, we have to show up, not just for ourselves, but

So, the community, it's the fact of trying to allow for us to live and Thrive like the privileged status person and what they had thing, you know, the laws that protect them. I think, you know, personally, for me, it's effect that I have to keep working to them.
Legate myself because there's a whole nother world that doesn't validate who I am and it gets tiring, but I also look at the joys and pleasures of being able to be myself. Uniquely myself, but it comes on two sides. Good. And he's also the bad. I take things with a grain of salt because I know
That I have to keep fighting, not only for myself but for our community because I look at it and go who else is going to show up for my community who else is going to give a damn about this community and that said, you know, like it's what you can take aboard because sometimes it can be, you know, to be the only black person in the in the room, you know, sometimes that can be
Be a struggle. So so, you know, I personally see it is, yeah, we gotta show up for ourselves because nobody's nobody gives us the benefit of the doubt, a lot of the times. And that's what a lot of I can say, for a lot of us in this room.
So yeah, I just wanted to say thank you think that's really beautiful. And the other thought that came to me is that I think it's really important for us to focus on pleasure as well. We the fight is really important and keep making sure we keep on fighting, but also like life is about pleasure to enjoy.
Let's also make space for that and hold on to that because that's you know, if we only fight and never have joy. Eventually we're going to burn ourselves out. Well we are we going to drag time a little. So I'm going to have to leave it there but I'll just ask for one just a couple of quick. I'll use the phrase popcorn to thoughts from each of our panelists on what you like everyone.
To take to heart tonight as we finish the conversation, but I think we've got it, but we'll just leave. It will do the to say that quick couple of thoughts. 10 seconds, each, I'm happy to go first just for change. I will simply borrow from my dear dear friend. Mm, why are in Victoria Rebecca Dominguez and just say, bring on the by nine dictatorship.
I'm going to go with I think, once you've met one by person, you've met one by person there so many of us in so many different ways. Yeah, hit me, people think.
I'm going to go with bypass paper or some for all of those in the room who are by. Plus you are awesome. You are valid your wonderful, keep on doing you. Let's do it together.
For my own beautiful unique community, and found more just love yourself unconditionally and fiercely in fabulously.