

IDAHOBIT

with Alex

Hi! My name is Alex and I am a 17-year-old LGBTQ+ Rights and Mental Health advocate and public speaker.

I view IDAHOBIT, the International Day Against Homophobia, Biphobia, Intersexism, and Transphobia, as a day for celebration and reflection. We reflect on our history and with that, we celebrate how far we've come during that time. We also continue to advocate for our rights and the strengthening of our anti-discrimination laws.

This year I will be recognising IDAHOBIT through my advocacy. I want to make people aware of what today is and what that means, and why it's necessary to have a day that recognises what people in our community have been through.

I think we can promote inclusion and acceptance in spaces we live, work and play through adequate training, but also asking questions. Ask (appropriate) questions that give you a deeper understanding of what someone in the LGBTQ+ community is going through, as well as how you can be a better ally for them and the community in general. Knowledge and understanding, in my experience, generates acceptance.

My message to other young people is that it's okay. It's okay to be who you are and there will be a time in your life where you'll know that. It may not feel like it now, but eventually it will be okay. That's the case regardless whether you're LGBTQ+ or not. Everything will turn out fine if you persevere.

Happy IDAHOBIT!