

Gender clinic – Optimising health

Our experience - Transcript	
Vimeo link:	https://vimeo.com/596920399/9c00cb29df
[MUSIC PLAYING]	
Raja:	<p>Like, just being brought up in a negative environment like that, I did find myself quite a homophobic, racist young person. Which is ironic, now looking at me. But I was honestly just a product of my environment. And I didn't know any better because that was the home environment, and the school environment, and the community environment. But I did start realising that maybe I do like girls a bit more than I actually think.</p> <p>I thought the whole world was ending. Because it was like, no. I was like, I spent all this time thinking they're bad people and just being horrible about it because I didn't understand it. And they had just been totally these uneducated, terrible things about people. So I just had this real complex about identifying as Aboriginal and then identifying as queer, because they were two things that I'd been told my whole life were bad.</p>
Ash:	<p>It made me anxious to interact with other people. It made me not want to talk to parents about it, especially. It made me distrust people's parents. I thought, maybe my friends will get it, but their parents will never. And I'm just not going to talk to them about it.</p> <p>I think that at the school that I was at at that time, that, on top of being at that school, on top of not really fitting in, not really being able to talk to anyone about it, made me just super sad all the time. And that all affected my social anxiety, because it was like, people don't like me. Like, I've seen somebody's already called me into question means that I feel uncomfortable talking to really anybody anymore that I don't know, that I don't already have a really deep connection with. So I think all of it adds up to make it really difficult mental health wise.</p>
Ewen:	<p>If you're taking this journey alone, you've got a lot more dark room moments where you're sitting in a room thinking, oh, this is me, and I'm not part of the society anymore, and all that sort of stuff. And that could probably turn a child down the wrong path of bad mental health, I guess.</p> <p>Whereas, having the support mechanism in there from both inside the family and also through societal means is that the child is feeling supported in society. And where there is problems with certain aspects of their, say, day to day life, or their job, or their school, they know that there is a part of society that is accepting of this and understands.</p>

Raja:

I think I'd still be in the closet, to be honest. If I didn't have community around me, yeah, I don't know where I would be. Because they're the people that have given me the support and given me the time of day to sit down and talk about things that I've needed to.

And taking a holistic approach means you encompass everything in their life. Like, not singling out things like just their sexuality, or just their gender, or just their cultural identity. Because they're a billion intersections, and it just complicates it if you try to take out a little bit of this and a little bit of that.

It's the best way that's going to be the best for the young person. And I don't know if it's going to be easier for the person, or the doctor, or whoever it is. But holistic approaches are everything.

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