

USQ ALLY Network Newsletter



Issue #38 July 2019



Welcome back to Semester Two and our July edition of the Ally newsletter! We wish to start by saying a big thank you to all our Ally volunteers who helped out at our Student Life Expos. Check out the photos of the stall and our new badge maker which was a great hit at the events.

Please don't forget that we are always on the look out for interesting articles, information about events and professional development opportunities to include in the Ally newsletter. Please email ally@usq.edu.au to share your points of interest.



**Student Life Expos
Semester 2, 2019**



If you are reading a hard copy of this newsletter and wish to access the links,
please go to
<https://www.usq.edu.au/current-students/support/lgbtiq-community>
where this and past editions are posted.

USQ Ally Network Natter

Wednesday 7th August, 12.30-1.30pm, B154 Springfield

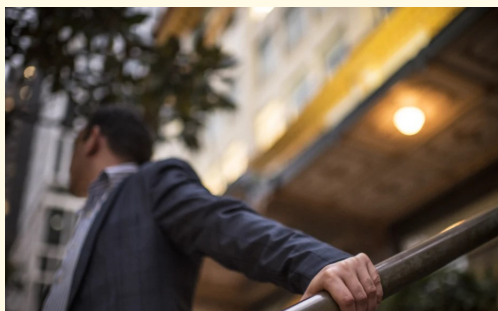
"An international gay love story – from the USA to Australia" – Ken Gideon

Ken Gideon, the new Director (Alumni) for USQ, was an active member of the Norfolk, Virginia LGBTIQ community from his early days as a uni student in 1988 – 1993. He was also instrumental in starting the Faculty/Staff LGBTIQ network at his alma mater, Old Dominion University. Ken's life changed in 1997 when he spent a month in Australia visiting his gay pen pal who lived in Australia. While in Brisbane, he met the man of his dreams. For 8 years, from 1998 to 2005, he was in an international long distance relationship with this man. Together, he and his partner worked out the best way they could be together, and in 2005, Ken made the move to Australia. Despite not having a plan on how he was going to stay in Australia permanently, he took the leap of faith, and the rest is history. Ken has now been in Australia for 15 years and he and his partner have been together for 22. Come and hear this incredible story of commitment towards each other during a time when there was no facetime or facebook chatting, and even the internet was quite new.



To register your interest in attending at USQ Springfield, please email ally@usq.edu.au. If you are unable to attend in person, you can register to watch the presentation live online [here](#).

In the News



'You just feel so alone': violence in same-sex relationships in the shadows

Peter Bridge remembers a time when he needed three or four police officers to stand between him and his violent ex-partner in a Sydney courtroom. He also remembers calling a domestic violence hotline and being "treated like a leper". "It was like, 'why is a male calling?'" he said. "They gave me a number for Lifeline. I thought, Lifeline is not going to get me out of here." [MORE](#)

LGBTIQ people under-reporting mental illness due to 'distrust and fear', royal commission told

The chair of Victoria's mental health royal commission has described the suicide rate among sexually and gender diverse people as "totally unacceptable".

The inquiry heard on Wednesday that lesbian, gay, bisexual, trans and gender diverse, intersex and queer communities have the highest suicide rate of any group in Australia. [MORE](#)



Transgender kids need family support but many parents don't know what to say

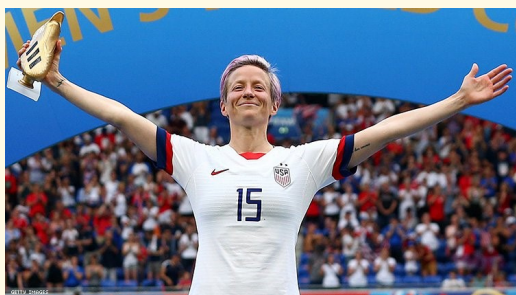
Saffron, 15, had previously been through a goth stage that lasted three weeks, so when she announced she was transgender, her mother wondered if it was just another phase.

"We didn't see it coming," said Sharnya Thomson-Yates, who admitted she didn't know how to react.

"Looking back, I feel terrible about that, but with Saffron, she'd been through quite a lot of different phases before this.

"We weren't expecting Saffron to be walking into our living room and say, 'I want to be called Saffron'. [MORE](#)

Sport



Megan Rapinoe Is Officially Writing a Book for kids!

"I hope this book will inspire people to find what they can do, and in turn inspire other people around them to do the same," Rapinoe told [The New York Times](#), who report that the book will include anecdotes from her life and tackle LGBTQ+ issues. [MORE](#)

Entertainment

Cara Delevingne's Next Role Is a 'Pansexual Faerie' in the upcoming Amazon series *Carnival Row* [MORE](#)



The Pinnacle Foundation Scholarships

Applications for 2020 scholarships with [The Pinnacle Foundation](#) are now open. Applications will close on 15 September 2019. A link to the scholar application page can be found [HERE](#)

The Pinnacle Foundation provides multi-year educational scholarships and mentoring support to young adults (between the ages of 17 and 26) across Australia where their gender identity, sexual orientation or sexual characteristics have prevented or hindered the achievement of their career aspirations or personal development.



FREE TRAINING USQ STUDENTS!

Ever wondered what to do if someone close to you was having a mental health emergency? Could you recognise the early warning signs of a mental health problem? Would know where to send someone for help? Interested in having a mental health qualification to add to your resume?

Mental health first aid is the help provided to a person who is developing a mental health problem or who is in a mental health crisis. Like physical first aid, mental health first aid is given until the person receives professional help or until the crisis resolves.

USQ is offering FREE MENTAL HEALTH FIRST AID TRAINING to all students over the age of 18. This two day training program will teach you:

- How to recognise the signs and symptoms of mental health problems
- To help people in the early stages of these problems
- Where and how to refer people to get help
- Understand what types of help are effective
- Know how to assist in a mental health crisis until professional help arrives.

To register email mhfa@usq.edu.au



SafeZone App

Safety is important for all of us. SafeZone is a free app that connects you directly with the University's Campus Security team or Emergency Services. SafeZone is available free for all staff and students. This is a safety app for your phone which allows you to request assistance from USQ Campus Security easily and discreetly. Download it, and log in with your uni email address! [MORE](#)



Support Services



QLife/Diverse Voices

QLife is Australia's first nationally-oriented counselling and referral service for people who are lesbian, gay, bisexual, trans, and/or intersex (LGBTI). QLife provides nation-wide, early intervention, peer supported telephone and web based services to people of all ages across the full breadth of people's bodies, genders, relationships, sexualities, and lived experiences.

3:00pm to midnight in your state, around Australia, every day.

CALL 1800 184 527

ONLINE CHAT

PFLAG

A support group for the family and friends of Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Agender and other diverse people.



Toowoomba

Phone: 0478 735 242

Email: pflagtoowoomba@gmail.com



Brisbane

Phone: 0400 767 832

<http://www.pflagbrisbane.org.au/contact-us>



Ipswich

Supporting our GLBTIQ community, their families and friends

<https://www.facebook.com/pflagipswich>



Black Rainbow is Australia's first and only National ATSI LGBTQI Suicide Prevention National Advocacy Platform. They support LGBTQI ATSI people who are homeless, leaving DV relationships or in the justice system.

[CONTACT](#) or their [Facebook Page](#)

www.blackrainbow.org.au

Open Doors

Open Doors provides Advocacy and support

services for lesbian, gay, bisexual, asexual and/or transgender, Intersex and queer (LGBTIQ) young people aged 12 to 24 and their families who live in South East Queensland.

<http://www.opendoors.net.au/>



Relationships Australia—Rainbow Program

Relationships Australia, Ipswich and Toowoomba, now provides The Rainbow Program,

striving to support the mental health and wellbeing of people of diverse bodies, genders and sexualities, including lesbian, gay, bisexual, transgender & intersex (LGBTI) people, as well as those questioning their gender identity or sexual orientation. Includes counselling and support groups. <http://www.raq.org.au/services/rainbow-program>



Our House Our Haven Inc. is a brand new registered charity organisation based in Ipswich. They are a nurse-led clinic providing care, psychotherapy and different treatment options for chronic and crisis mental health clients. Where staff are trained in supporting those who identify as LGBTIQ+ <https://www.ohoh.org.au/>

