



CELEBRATING OUR NON-BINARY PEOPLE

VIDEO TRANSCRIPT

Ali: I'm presenting who I really am.

Charling: International Non-Binary People's Day is a day to recognize and celebrate how far we've come towards welcoming those who are different in a society that too often conditions us to think and act in ways that run counter to who we truly are.

Non-binary is a spectrum of gender identities. Being non-binary simply means we're not just a boy or just a girl.

Melanie: Is non-binary the same as genderqueer, agender or bigender? No, they are other aspects of gender.

Charling: Bigender means to have two gender identities either concurrently or fluctuating.

Ali: You may identify as agender – meaning none of the above.

It's important to understand the differences, to understand who you are, to be able to tell your story.

Charling: People's identities are something deeply personal and inherent to them. As such, recognizing and accepting our own specific gender identities forms a more wholistic picture of who we are and helps us feel welcomed in a world of boxes, some of which weren't really made for us.

Melanie: We are just people that want to be treated respectfully.

Ali: There is a really simple way to be inclusive of non-binary people.

Charling: Listen to our stories. Understand our desire to sometimes not disclose information.

Melanie: Just ask them their pronouns, and respect them.

Charling: That sense of affirmation that I get when my identity is validated by my outward expression is indescribable.

Melanie: We exist, we are valid.

Ali: Being authentic, being yourself wherever you.

Charling: And if me being visible helps someone, somewhere out there feel more comfortable being themselves, then that's a really good thing and that's one of the ways I will change the world.