

IDAHOBIT

with Felicity

When I think about IDAHOBIT I think that..

Sexual and gender identity is such a complex and fluid part of our being. Unfortunately, we have very specific notions in our society about having a fixed idea of this for ourselves, this can feel quite pressuring. And unimaginative, it can be so limiting

From a young age we are exposed to certain gender narratives about sexuality, quite often creating an unconscious 'normal' which can restrict our thinking and sense of self discovery. Yet, I believe we are free to explore and discover this in our own way, in our own time. Perhaps, accepting our expression of identity and desires as ever-changing!

Identity is a choice, and there should be no barriers to living a fulfilling and autonomous life. IDAHOBIT allows us to acknowledge differences and similarities and be mindful towards individuality in this world!

As apart of celebrating this day, it could be helpful to be open and try to have conversations about sexual identity and gender expression with those we feel safe with. Reminding ourselves and supporting people that there is no shame or stigma around any kind!

Initiating open dialogue can take any form, as long as we feel comfortable to do so. This should be with ease and respect for ourselves :) We all deserve kindness and space to be respected ✨