



Wear it Purple Day:

# **A MESSAGE TO YOUR YOUNGER SELF**



**RAINBOW  
WESTERN**

This booklet is a  
Rainbow Western  
Initiative



# BACKGROUND

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In August 2023, to commemorate Wear It Purple Day, Rainbow Western invited the staff and students of Western Sydney University to share their reflections on the question: **"What would you write to your younger self?"**

LGBTQIA+ participants were encouraged to "think and reflect about what life was like for you in the past, and what wisdom you have obtained from your experience" while allies were asked to contemplate "Is there anything you wish you have done earlier to support LGBTQIA+ people, or to be a stronger Ally?"

To ensure privacy, all responses have been anonymized, except for the identities that respondents chose to reveal. The Rainbow Western Committee hopes that this compilation of insights may serve as a source of comfort and light for those currently navigating their own paths.



**Wear It Purple** strives to foster supportive, safe, empowering and inclusive environments for rainbow young people.

## **WEAR IT PURPLE**

The 2023 theme for the day was  
"Write your Story"

Participants are encouraged to don purple clothes and accessories to stand with and support LGBTQIA+ youth



Photo by Alex Jackman on Unsplash

Find out more at:  
[\*\*wearitpurple.org\*\*](https://wearitpurple.org)

## Staff and Student reflections:

**"If you identify as an LGBTQIA+ person: What would you write to your younger self?"**

**Think and reflect about what life was like for you in the past, and what wisdom you have obtained from your experience"**

### 01.

"I would tell myself that it would all be ok. You will find your way, and travel your journey. I would say, be brave, this is you and so much joy and love will come your way."

- Anonymous

### 02.

"The world around you may feel alienating and you may often feel that you don't quite fit, but you will come to realise that difference is strength. Who wants to fit in? It's better to be fabulous, darling. That world around you is a social construction. You don't need their approval. And the only cure for narrow-mindedness is open heartedness. Find spaces that welcome you in, and welcome others in return. Tread lightly, love well, and set yourself free"

- KLM



## Staff and Student reflections:

### 03.

"I know you often find yourself in a dark place where there seems to way out, but trust me, there are MANY ways out! So hang in there and all WILL be good in time. You will find that you can be both Catholic AND gay and be very happy with both. God created you and He sees you as good and perfect in His love, including your sexuality, so don't let anybody tell you otherwise -- including yourself. Also, have faith in your parents and siblings; their love for you is pure, unconditional, and withstands all challenges. They love you for you no matter what. One day you will SHINE so bright like a star, so just hang in there and take it one day at a time. Amazing life awaits you ahead so just hold on and stay strong. All the tears and pain are worth the great things that are meant for you."

- EGBM





## Staff and Student reflections:

04.

"Loving yourself is not dependent on any external opinions. You are worthy of love from others and yourself, it doesn't matter what you look like."

- B



05.

"Stay curious, you curious thing! You may not have all the answers right now, but this journey of exploration makes it worthwhile. Lead with an open mind, heart, and soul... For loving you is the only goal."

- DK



06.

"You don't have to do everything alone, as there's always someone out who understands."

- Anonymous



## Staff and Student reflections:

07.

"You've got this. Your thoughts and feelings are valid, different but still valid. It doesn't matter how many people have an opinion about anything - nobody else gets to live your life. So live it up! Chase your dreams! Don't let anybody stand in the way of you achieving whatever you desire. And don't let anybody try to tear you down because of who you love, what you wear, or who you find a comfort in your life. They aren't living YOUR life. Round your shoulders and let all the extra BS that's coming at you just roll off, like water running down the drain. You are strong. You are beautiful. You are amazing. You are the best you ever! Now, be like Nike and just do it!"

- Anonymous



## Staff and Student reflections:

**"If you identify as an Ally to LGBTQIA+ people:  
What would you write to your younger self?"**

**Is there anything you wish you had done earlier  
to support LGBTQIA+ people, or to be a  
stronger Ally?"**

**08.**

"Treat every individual with the pride and respect they deserve, regardless of their identity. Be kind and ask questions. Always try to understand more and dig deeper in other's experiences rather than being colluded by culture and stigma."

- Anonymous



**09.**

"To my younger self: we are all trying to belong, be acknowledged in a positive way and to be happy. Give every human you meet space to be themselves. If you like them, accept them and let them know they are important to you."

- KAZ



## Staff and Student reflections:

### 10.

"Here I am, Lord. Is it I, Lord? I have heard You calling in the night. I will go, Lord, if You lead me. I will hold Your people in my heart.' Yes, it is you, and Yes, God will lead you. You have a big enough heart and strong enough shoulders to hold all queer people in your heart. So be brave, take that next step up and fight for the downtrodden, as a true Sagittarian Dog that you are! Listen to the pleas of other queer people, as the Wounded Healer that you are. Be the hands of Paracletus who always walks alongside those in pain and comfort them. Let out the Fighter in you to stand against injustice and oppression of queer people. Kindle the spirit of others to jointly make the world a better place for all queer people."

- EGBM



## Staff and Student reflections:

### 11.

"You're worried that your ALLYship will be tokenistic, or end up not making a difference to the larger picture. Ignore that worry. That's not a reason not to try. Open resistance to rights for the LGTBQ+ community is a minority view – it only gets power when the loud and ignorant are not met with equal noise. A visible, outspoken, show of support takes away from that power. Always look for opportunities to do more, but never forget that those opportunities start when you take that first step and join in. In the past, the community and its allies have been left out in the cold, and that has made them warm and welcoming like few others can be. To all those reading, especially anyone who cannot be comfortable being visible in themselves or their ALLYship – it does get better, and you are not alone."

- Alex



## Staff and Student reflections:

### 12.


"Reflecting back to my junior self, I'd encourage myself to get more involved with the Rainbow Community, I'd be more open and honest in asking questions about things I'm unsure of like "what does it mean to be non binary?" I would also encourage others to have an open mind about the diversity and sparkles that our young Western Skittles contribute. It is extremely difficult feeling "different" at a young age therefore a strong sense of support and mentorship is something I'd like to remind my younger to consider in the future. Love, hope, acceptance and peace going forward.. and UNITY for ALL <3"

- Romonda

### 13.

"Remember that everyone has their own challenges in life, and just like you want to be seen for who you are, so do other people. So become an ally to the underdog, work to see multiple sides of every situation. Always remember that what someone else sees might be just as valid as what you see, just from a different perspective. The front of the elephant looks different than the back end of an elephant - but both views are of an elephant (maybe even the same one)! Be gentle with yourself and others. While you stand proud, make sure others are encouraged to the same thing, right along with you, or in their own space and time. Above all, be kind."

- Anonymous

A close-up photograph of a person's hand holding a clear plastic water bottle. A vibrant rainbow light effect is superimposed over the bottle and the person's arm, creating a spectrum of colors from red to purple. The background is dark and out of focus.

We extend our sincere gratitude to all those who graciously shared their reflections.

Photo credits, unless otherwise indicated, are attributed to Sally Tsoutas.

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Rainbow Western would like to acknowledge and thank the traditional owners of the land we live and work on. We recognise the Indigenous LGBTQIA+ people who share their knowledge and pride with our Western community.

Should you have any questions about Rainbow Western, this booklet, or would like your submission further anonymised please email: [Rainbowadmin@westernsydney.edu.au](mailto:Rainbowadmin@westernsydney.edu.au)