# Transcript

## Standing together video

Hate manifests in Aotearoa, it's exacerbated by way of ignorance.

Disliking someone, talking behind their back, for me I see that as hate.

It can be as subtle as the condescending remarks where people think it’s not hate, it's just like a remark. No, it is hate.

Our peers all thought must be that dodgy Indian couple. Stereotyping.

Bad experiences. The head scarf was taken off and push them and told them go back where you come from. So yeah.

We were raised rooted on a foundation of understanding that diversity exists on this planet. When one's intention is simply to extract, to assert authority over another. That creates a culture where it's cultivated. I'll never forget feeling like I was so different. And that people, my peers my age group, were so prepared to let me know about that.

Too often with our disabilities we’re excluded from our own culture. When they see the disabled person, they just look the other way. Or they just stare from afar because you know they don't understand.

I encourage my granddaughters and my grandson to speak up and I can see they speak up, but what they're having the problem with when they speak up is the teachers have no idea how to deal with it. They brush it under the table and then there's no one to follow through on it. How do you fix that? Is our whole system broken?

It’s that kind of hate that can snowball into sadly, New Zealand’s first terrorist attack.

March 15th, 2019 doesn't surprise me whatsoever.

People run from that kind of terror attacks to a safe place, and unfortunately ended up with something like that.

For the first time in my life in New Zealand, my dad said, please be careful, son. That attack gave so much fuel for it to be okay, to slur at or comment on, or be even more condescending to people who presented like me. And he knew that.

As mana whenua, being in town on that day, I felt like we’d let exactly what I was raised to protect our people against, straight through the front door.

We are just accepting intolerance from everybody, which then becomes ignorance, which becomes hate.

Moving here, my parents had a lot of weight on their shoulders trying to assimilate into a society that wasn't built for them. Still is not.

When you come to New Zealand, you are on your own. You don't have that support. You need to start from zero.

The fact that you look different. People from Europe don't get judged as much as we do. How do we change people to be more open to diversity of thought? That my way is not necessarily the right way.

I realised most of my life was a conversion practice in my school. The forcing me to be something I'm not, restricting me from being who I am. And in my expression of gender,

I realised that I'm a non-binary person. In a te reo Pākehā world of understanding of that.

Too often we are sheltered. We have people talk for us instead of to us. And they look, “oh, why is he going to work?” “Shouldn't he be staying home?” He can't do this. Can't do that.

If I don't know something about a religion or a person, or a faith community or a special community, the best way will be to go and mix and mingle with them.

Treat me as a person because you know I am the person before the disability.

It starts and finishes in the house. You could argue it actually starts and finishes within yourself as well. Am I role modelling good behaviours in the community beyond that point?

Because you can't change behaviour overnight. That takes three times, five times

before someone will accept someone else's diversity of thought. Diversity of food. Diversity of language.

We can all do better and be better allies for each other. Starting there is really important

and loving yourself through it. It's still mutual respect, right?

We are all equal. We all have to respect each other and respect differences and live in harmony.

First and foremost, I'm a papa.

I'm a brother, I’m an uncle.

Proud grandmother of eight.

I am a migrant.

I am a proud Afghan-Kiwi.

Proud woman of colour.

I am queer.

I am a disability advocate for our youth and Pacific disabled people.

I’m a hapu member. I'm an iwi member.

I am a medical doctor. I am a counsellor.

I'm a survivor. And I stand against hate.

Against hate.

I stand against hate.

Against hate.

And I am against hate in Aotearoa.