



gayhealth.sg

In the Pink

For GBQ men 18+,
This is all about you.

All
About
Me

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Schedule

Registration	10am
Opening Address Dr Roy Chan, Daniel, Nigel	10-11am
Panel Discussion: About My Closet Noristar, Daryl Yang, AJ, Alaric	11am-12pm
Workshop 1: Lets Talk About Sex 1A: Kink and S&M 1B: Body Image 1C: Self-pleasure and Sex Toys	12-1:30pm
BREAK	1:30-2:30pm
Panel Discussion: Lets Talk About Love Gary and Kenneth, Paul, Faliqh and Kaal	2:30-3:30pm
Workshop 2: Love in All Forms 2A: Romeo^2 2B: More Than Two	3:30-5pm
CLOSING CEREMONY	5-5:30pm

Introduction to “All About Me”

All About Me is a holistic sexual health symposium for GBQ men aged 18 and up. It aims to create a fun and interactive environment through which Gayhealth and the different community groups can engage MSM individuals in addressing the emotional, physical and relational aspects of sexual health in the GBQ community.

All About Me also marks the conclusion of Gayhealth’s Kn+w Y-ur Sign campaign which encouraged regular testing and condom use, awareness of PEP/PrEP and addressed current topics such as intergenerational dating, open relationships and heartbreak.

Gayhealth would like to thank all its community partners - including MOVE Community, SGRainbow, Project X, TheBearProject, Kings Sg, Young Out Here, Prout, Oogachaga, Gender Collective, G-Spot, Pink Carpet Y and more - for their efforts in collaboration and sharing the news of our event!

Of course, none of this would have been possible without the efforts of our many volunteers who have taken time off their busy schedules to be part of this community project. As for our panelists, moderators and facilitators - your devotion of time and energy has been most invaluable to us.

A big THANK YOU to all of you, and here’s wishing an enriching day of learning and sharing to all our participants!

Sincerely,
All About Me team

How to get there



By MRT

Alight at Circle Line's Mountbatten MRT (Exit B).

By Bus

Alight at Bus Stop (91099) on Mountbatten Road.
Bus numbers 12, 14, 30, 30e, 158, 196, 401.

By Car

Limited parking lots at GAC. More parking lots at Kampong Kayu Road.

About My Closet

About My Closet is a panel discussion that addresses the difficulties surrounding coming out, and the mental health issues associated with what can be a turbulent and troubling time. With panelists from diverse backgrounds, let their experiences guide you along the path to being secure in your identity and finding self-acceptance.



Mukul | Researcher, Volunteer

Mukul is a PhD student at NUS researching Immunometabolism, and volunteers actively with AfA's Pink Carpet service and Singapore Red Cross in his free time. He has lived in Singapore since August 2014. Mukul loves travelling and adventure sports.



Daryl Yang | Activist, Student

Daryl Yang is a co-founder of the Community for Advocacy & Political Education (CAPE) and was previously Executive Director of the Inter-University LGBT Network and two-term Coordinator of The G Spot, Yale-NUS College's Gender & Sexuality Alliance.

He is currently a fourth-year student reading a double degree in law and liberal arts at Yale-NUS College and NUS Law.



AJ | HIV+ advocate

AJ is one of Singapore's four open HIV-positive role models and was featured in the Pink Dot campaign in 2014. Aside from his day job, AJ serves on the committee of Lifeline, a support group for GBQ men seeking recovery from drug addiction.

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Noristar | Drag Queen

Noristar is one of Singapore's most successful drag queens. At 12, him and his best friend were already putting on fabulous shows for friends around the neighbourhood. Through a series of fortunate events, he would go on to star in shows alongside Kumar in the club Boom Boom Room, launching his drag career.

These days, he continues to uphold the drag legacy for the new generations of showbiz queens. Catch him live at his regular gigs at Taboo Club!



Alaric | Volunteer

Ric volunteers with Lifeline, a support group for GBQ men seeking recovery from drug addiction.

Having battled years of depression related to conversion therapy, he now facilitates support groups and spends his time badgering everyone to work together.

Let's Talk About Sex

Let's Talk About Sex is a series of workshops that revolve around sexual health within the GBQ community - What does it mean to be confident in your own skin? Will sex ever be boring? Does it always have to end with an orgasm? Find your answers and more in intimate discussions with our resident sexperts.

Workshop 1A: Kink and S&M

Sex can be phenomenal - think no-holds barred interaction with another person, how he likes his ear nibbled, or how you like to take a whiff of him throughout. But kinks also vary for each person and good communication is the key to unlocking some of these intense experiences.

This workshop explores the lesser known topic of kink and S&M. Redefine pleasure and sexual satisfaction as you take a peek into the world of kink and S&M.



Zac | BDSM Practitioner

Zac is your average guy-next-door, but one with a kinky and adventurous side waiting to be discovered. Zac has been exploring BDSM since the age of 15. For Zac, BDSM is never about sexual relief but is an activity that he derives immense pleasure from - think of it as a sport or a form of art that keeps you engrossed!

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Workshop 1B: Body Image

Picture this - a body packed with muscle and diamond-cutting definition. How did this person get from 'zero' to 'superhero'? Within the Gay, Bisexual, and Queer community, the pressure to get fit, to discriminate according to age and racial characteristics, has resulted in a very physically and visually-biased culture.

This workshop tackles the issue of body positivity with models who are unafraid to show that confidence cannot be airbrushed on your desktop.



Hawk | Singing Teacher

Hawk has been teaching classical singing for almost 20 years and his favorite composer is Puccini. He has a keen interest in body photography and he has nurtured his passion for music, sports, and the healing arts over the years. Also a practising astrologer, Hawk's motto reads: Think of how we can help others, rather than bring them down. Check out Hawk's photography here: <http://hawkliuh.wixsite.com/photography>



Hafiz | Independent Arts Manager

Hafiz is an independent arts manager is dedicated to educate the public and groom artists through various platforms. At the same time, he is involved with Pink Carpet Y which is a safe place for GBQ youths to share and learn about sex positivity. He believes that education without ignorance goes a long way.

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Workshop 1C: Self-pleasure and Sex Toys

You've met guys who have sent your hormones into overdrive, and now one of them is right in front of you but neither of you know what to do. How do you talk about his and your pleasure zones? Do you know your erogenous spots?

This workshop explores the topic of self-pleasure - experimenting with tools and toys can be safe, sexy and pleasurable when done right. Get ready for some hands-on learning in this session!



Daniel | Program Manager

Daniel is a Programme Manager (MSM Outreach) with Action for AIDS, a non-governmental charity organization dedicated to fighting HIV/AIDS. AFA's aim is to maintain and strengthen its daily programme delivery and extend care and support to individuals and families who are affected by HIV/AIDS. In his personal time, Daniel enjoys photography and being a great husband.



Dion | Volunteer

Dion is an outreach volunteer for male sex workers at Project X, an organization that supports sex workers in Singapore. He believes that everyone is entitled to the same fundamental human rights regardless of sexual orientation or gender identity. He dislikes bigotry, exploitation and mushrooms.

Let's Talk About Love

Let's Talk About Love explores what a relationship is and how to make it work in the Gay, Bisexual, and Queer community. Let this panel discussion help you debunk the myth that "gay relationships don't last" in this heart-to-heart discussion about the challenges and rewards of a long-term relationship.



Nicholas Deroose | Activist

Nicholas is the moderator for Let's Talk About Love. He is a gay activist in Singapore. He has been featured in SQ21: Singapore Queers of the 21st Century, GASSP: A Gay Anthology of Singapore Poetry and Prose and a couple of random articles in mainstream media.

He is also the co-host of Queercast, Singapore's only podcast covering LGBT issues. In his free time he enjoys cafes, coffee and thinking about creative ways to achieve equality for the disenfranchised.



Paul | Polyamorous Relationship

Paul is the co-founder of Provisions Food Pte Ltd, a purveyor of yummy handmade nibbles inspired by the flavours of Asia. Paul is also out and proud and has been with his boyfriends James and Ian for 8 and 5 years respectively.

He is open about his polyamorous relationship and wants the gay community to be more aware and accepting of polyamory. He shares his stories at @porkbellyandrice on Instagram.

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Gary & Kenneth | 20-year Relationship

Gary and Kenneth have been together for two decades and may be familiar faces as the gay couple fronting the constitutional challenge to repeal Section 377A.

Currently, they run TheBearProject, a social networking group for bears, bears-in-training and bear admirers that has grown from 20 to over a thousand members over the past decade.



Faliqh & Kaal | 7-year Relationship

Faliqh and Kaal have been together for seven years. Faliqh received attention, both good and bad, after coming out on DearStraightPeople as an openly gay Malay man - but he and Kaal have weathered that and more as a couple.

Faliqh currently works with Oogachaga, a community-based counselling, support and personal development agency for LGBTQ individuals, couples and families.

Love In All Forms

Love In All Forms is a series of workshops centered around the ambiguous term "Love". There really is no one-size fits all definition when it comes to love. What does it mean for you? Let these workshops help you navigate your journey.

Workshop 2A: Romeo^2

You've learnt how to be uniquely yourself within the ocean of the Gay, Bisexual, and Queer community - now how will you fare when you want to find somebody to love?

This workshop aims to address the practical side of dating and monogamy - its rewards and the challenges faced in the long run.



Avin | HIV+ Advocate

Avin Tan is one of Singapore's most prominent HIV advocates, and one of the very few Singaporeans to come out publicly as a person living with HIV. He is passionate about his work as a peer educator and supports individuals who are newly diagnosed.

As an activist and advocate, Avin speaks up against stigma and discrimination and ensures that the views and voices of Singaporeans living with HIV are included in the ongoing conversation about the issues.

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Workshop 2B: More Than Two

Congratulations! You are now in a romantic relationship with the man of your dreams. But wait - aren't you in love with the other guy as well? Is it possible to introduce a third love within your existing relationship?

This workshop explores the challenge of communicating and negotiating within this new relationship arrangement, and how polyamory is not just another term for open relationship. It caters to anyone who is interested in or exploring polyamory.



Nigel | Volunteer

Nigel has a strong presence in the gay community and he is passionate about sharing his knowledge, experiences and pockets of wisdom. With Nigel's disarming openness, this opportunity to pick up a tip or two about (polyamorous/) relationships is not to be missed.

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Thank You!

