**Resilient You program: Video Transcripts  
Module 1: Who I Am: Gab**

**Published:** March 2021

[00:00:00] **Gab:** [00:00:00] Name age and profession.

[00:00:03] My name is Gab Pounds and I'm 25 years old and I play for the Carlton Football Club in the AFLW. I'm also a camp instructor.

[00:00:14] What three words would you use to describe what you were like during school?

[00:00:18] I would say I was sporty, friendly, and maybe a little eccentric.

[00:00:23] **Annie:** [00:00:23] Very social and loyal to her friends.

[00:00:27] **Isaac:** [00:00:27] Fun. Rebellious.

[00:00:29] **Gab:** [00:00:29] I was naughty.

[00:00:31] **Annie:** [00:00:31] Being a teenager, I think everyone goes through struggles of finding their identity. And I think she struggled with that.

[00:00:39] **Gab:** [00:00:39] In primary school I was a bit of a tomboy. I had short hair. In high school I was just really kind of anxious about the appearance. I just like grew out the hair, put on a bit of makeup on and stuff, like, not really myself, but also like happy to kind of conform. Loved football growing up. Played until I was [00:01:00] 12. And I was actually told you're not allowed to play anymore.

[00:01:03] **Fran:** [00:01:03] We encouraged her to do what she wanted, how she wanted. However out there in the world, it was quite challenging for her.

[00:01:13] **Gab:** [00:01:13] Because of my gender. I'm not allowed to do something and I just found that so bizarre.

[00:01:18] **Lachlan:** [00:01:18] Do you think she secretly struggled with anything growing up?

[00:01:20] Definitely. Her sexuality, probably was the major one growing up.

[00:01:24] **Gab:** [00:01:24] I wasn't truly authentic. I had like boyfriends.

[00:01:29] **Lachlan:** [00:01:29] I mean, I remember when she first came out and it was just something subtle. She'd been seeing this girl for a while. I asked her, 'So are you dating?' and she just chuckled shyly and said yes.

[00:01:43] And I thought, I knew it. But for her to not tell us for, until she was probably about 20, 21, I think that was, that would be a heavy toll on her. So yeah, she, I think that was one of the biggest things she probably struggled with.

[00:01:56] **Gab:** [00:01:56] It is kind of part of my identity, but I feel like [00:02:00] it's a big part. That's just me. Like, you don't really come out and say, Hey, I'm straight. Like that's weird.

[00:02:07] **Lachlan:** [00:02:07] The one thing that I think I've always told her is that, you know, I love you, we love you and the family's around you. And you know, we're very supportive.

[00:02:15] **Fran:** [00:02:15] It was just so beautiful to see her choose to in the end go to Melbourne, to play footy.

[00:02:24] **Gab:** [00:02:24] I didn't think I was going to be ever playing professional football, but it's, it's awesome. Now that I'm seen as a role model and young girls can look up to someone and be like, I can do that. That's so cool.

[00:02:37] What's one piece of advice you received that stuck with you?

[00:02:42] I think being your true self, being authentic, being weird. I love being weird. Everyone's a little bit weird. I like being super weird.

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