

Speech at Khurpride 2026, 1250Z.

Dear fellow human beings, dear queer people, dear allies!

What an absolute honor it is to be able to give a speech at Khur Pride again today! I love this Pride so much. It's so special to me! I live in Zurich, where there's also a Pride, and I enjoy being there, too.

But marching with tens of thousands of queer people in a big city is different from marching with a few thousand queer people in a place where there aren't as many rainbows.

And: I didn't grow up in Zurich, but in a village that doesn't even have a bus route. Where I grew up, words like "gay" or "lesbian" were never spoken—and everything else didn't exist anyway. There were no queer people in our village. Or so we thought.

Except maybe the school principal's teenage child, who had a girl's last name but wore boys' clothes. We kids told each other that person even had a little beard.

Or the two women who lived together on our street, for years or even decades, just the two of them.

Or the guy from my elementary school class who always showed off how well he could dance at the closing night of ski camp. Fifteen years later, word got around that he'd come out.

And me. In the 20 years I spent in my village, it would never have occurred to me that I could fall in love with a woman. I didn't know anyone who was queer, and the only women who loved women that I encountered in stories were portrayed so negatively that it was clear: I mustn't be like that.

Today I know: I'm bisexual. Right now, I'm happily in love with women.

Sometimes I go back to my village to have lunch at the village restaurant with my relatives; sometimes my trans cousin joins us, too. I don't know where the boy is today who danced so well at the ski camps, and I have no idea what happened to the principal's child. I hope they're both spending a fantastic afternoon right now with people who love them. An afternoon just like the one we're having today.

Because, thankfully, we queers are everywhere. In the villages in the valleys, in the cities and in the countryside, in every family and at every ski camp. We don't just exist in secret, hidden, and closeted—but also proudly and joyfully, visibly and in community. That's why I love today's Pride motto so much: that we are blooming! Because yes, a flower can simply live, scrape by, survive. But when the conditions are right, it can also bloom—really bloom! We can do that too, not despite being different from the norm, but precisely because of it. It can be so beautiful to be queer. To be part of a diverse community and part of a movement that has known for centuries: The answer to oppression isn't just resistance. It's also joy, community, and love. How fortunate we are to be part of it.

When a flower seems to be struggling, our first thoughts are usually: Does it have enough water? Is everything okay with the soil? Does it have too much or too little light? In other words, we first ask about the circumstances. It doesn't occur to us to blame the flower for not doing well. We don't try to

but rather we improve its circumstances so that it feels better. And that's exactly how society must treat us, too! If we're not doing well, it's not because there's something wrong with us. We need to look at the circumstances: Are we treated with respect? Are there laws that protect us? Is the healthcare system there for us?—And this is where Swiss politics still falls short. It's not enough that we're allowed to get married like straight people! We need the right circumstances so that we don't just survive, but thrive. That includes a healthcare system that keeps our trans siblings healthy. We need stepchild adoption to safeguard rainbow families. We need schools that teach everyone that queer people exist and that human diversity is just as vast as the diversity of plants. We cannot solve queerphobia on our own; we need rules that apply to everyone! I say this as a National Council member. And I'm also telling you as a National Council member: Please get involved. Join a queer group, donate money to an LGBTQ umbrella organization, connect and form alliances with other queer people at your workplace. Or join the political party of your choice and get involved in politics. Believe me, if you're angry about injustice and have a passion for a political issue, you have everything you need.

You'll learn the rest! Take it from a National Council member who became a politician overnight: A sense of justice and a little energy are all you need to get started. You'll learn the rest. You learn politics by doing it. Please, please, get involved. In the feminist strike, in the local party chapter where you live, or in a youth wing. In times of a shift to the right, we can no longer afford to feel like we're not good enough to bring about change!

I think there's a side effect of political engagement that's talked about far too little: Getting involved is the ultimate hack against powerlessness.

When you stand up against injustice, together with others who want the same thing as you, you're suddenly less alone. When we come together, we can talk not only about what's going wrong, but also about solutions.

That's super important! Because our brains store dangerous information much better than good news—since they're designed to warn us of danger. That means we have to seek out the good news—like gold nuggets. I've been running a good-news channel for a year now, and it's so crazy: Only since I've been actively looking for good news have I realized just how much good is happening! Okay, hold on—this is going to be a bit overwhelming—but in the last six months alone, the following ten things, among others, have happened around the world:

In Canada, the ban on sperm donation by gay and bisexual men was lifted.

In Bolivia, a female couple officially got married for the first time. In Nepal, the Supreme Court upheld marriage equality.

In Italy, Catholic Scouts are opening their leadership positions to queer people.

In Poland, the country's first same-sex marriage was registered.

Botswana repealed an anti-gay law.

Hungary must do the same—because the EU requires it.

New York City has created its own office dedicated to the LGBTQ+ community. Researchers have developed an HIV medication that needs to be taken once a week instead of every day.

And in Switzerland, we not only have the highest proportion of women ever in the national parliament, but also the highest proportion of openly LGBTQ+ women ever.

All of these ten pieces of good news have happened in the last six months. They help hundreds, thousands, and in some cases tens of thousands of queer people. But we tend to overlook the good news. Because we're too busy being angry, sad, and afraid about the anti-queer hostility in this world. Both realities are true: that our queer lives are under threat, every single day.

And that progress is also happening worldwide. We must learn to allow both: the anger, the sadness, the fear. And also the joy, the euphoria, and the sense of connection. We need beauty to endure the terrible things. Not just to endure them, but to resist them.

Because: Getting involved and fighting back takes energy. It takes energy to come together precisely when they want to drive us apart. We can draw on this energy; we can give it to one another and to ourselves. It's not just flowers that need water, air, and light. We need them, too.

Dear Chur, we've all had moments when it felt like we were the only queer people in the whole world. Events like this one show that we're never alone. <3