

Destroying the COVID-19 Joke with @yrfatfriend

Sophie: She's All Fat is doing a Patreon Drive! We gotta say, it can be hard out here for independent fat media, especially as we expand our pod squad in the midst of a global pandemic (shoutout to our new editor Laila Oweda)! We're able to pay our team and sustain the pod because of our lovely patrons. We love y'all, and we feel your love for us! And we want to expand that community!

Sophie: So! We're starting a Babysitters club! Not like, actual babysitting, because the pandemic and also we don't know infant CPR, but a fun little weekly livestream where I read and giggle at a chapter of The Babysitters club with y'all! It's going to be very silly and very Fat Girl™. We're gonna do the first one Sunday, August 16th on our Insta Live for all our listeners, and then every week after that we'll have a special stream for our Fat Babysitters (meaning our patrons)... and some other goodies, too!

Sophie: To participate in the drive and support indie fat media, join our patreon at patreon.com/shesallfatpod at any level. If you want to join the Babysitters club for weekly chapter book based hangouts, and a *special* shoutout in next week's episode, join at Team Paisley Mumu, \$7 a month or above.

Sophie: I'm Sophie and this is She's All Fat, the podcast for fat positivity, radical self love, and chill vibes ONLY. In this episode, we're talking about *FAT JOKES THAT ARE ON OUR LAST NERVE IN QUARANTINE TIMES* feat. our fave recurring anonymous guest, Your Fat Friend.

Soph: But first, it's time for our SAF Bookclub! Last week we read Chapter 6! And since we're about halfway through, we wanted to do a little check in to keep the momentum going! I, as somebody with ADHD who is not currently taking their meds right now, it is hard to concentrate and read for more than a couple of minutes at a time. So if you have found it harder to read in quarantine than outside, I feel you on that. Our producer Yeli had told me that she wished we had read ahead so we could give some content warnings for some of the chapters we've read, so we're learning a lot about how we want to do these book clubs, and we're enjoying doing this with you! So we want to hear from you, Fatmily! Send us your thoughts on each chapter, give feedback on our little reading exercises.

@ Yeli in the Patreon facebook group if you're in there! She does a weekly roundup of the week's chapter and questions! for Chapter 6, we have from our Editor Laila... a reading — *On "Aryan" Beauty and the Threat Of Contact Lenses* — we'll link that for you in the shownotes. and from our producer Lynn, the question of "The Great American Melting Pot..." Sabrina Strings taught us this phrase's origins in this chapter. Is it different than what School House Rock told you? Give this a listen, and follow up in the shownotes for some journaling.

Sophie: Here we are with Your Fat Friend on She's All Fat. It's a, it's an event I've made it an event. This week we're talking about everything and we have questions from our listeners specifically for *beep beep* Your Fat Friend. That's my cue for Laila to put in beeps when I say your name. I could full on say your name right now. Cause Laila could just put the beep over it. But now I'm afraid to say your name.

Your Fat Friend: You can say my name.

Sophie: It feels like, it feels like I'm not allowed. It feels like I'm, it feels like it's naughty. It feels like-t feels like if I say, okay, I'm going to try it. I'm going to try it. Are you ready?

YFF: Go for it.

Sophie: Okay, Laila, you have to bleep it up. Okay. Oo, I said it! I said it! She's anon still. Okay. Okay. Okay. That was a rush. Here we go.

YFF: look at you go. I believe in you.

Sophie: Okay. your fat friend is a online writer, former organizer and, um, online presence. She writes about fat justice issues and you should go follow her across platform. And I think we'll just move right ahead to the meat of it. So here's the meat of it.

The Meat of It

Sophie: this Hannah wants to know how to deal with internalized fatphobia coming up during lockdown.

YFF: So, uh, I did write a piece called, uh, I think it's Seven Steps to Uprooting your anti-fat bias or something like that. It's a relatively recent one. I'll send it along, um, and include it in the show notes. but I think like a step one, I would say there are different answers to this question. this is not like a, this is not like a well tread territory, right. To talk about like

how to undo anti-fat bias. I think many, many folks are just figuring out that it's a thing and haven't gotten to the point of like, what do I do with it yet? But I will say, uh, there's this thing that I see quite a bit online, which is, I think there's sort of a different framework to apply if you are a fat person versus if you are a non-fat person. So if the person asking, like how do I ever get my anti-fat bias? And my internalized anti-fatness, is a fat person. God bless, keep going, you know, continue. and we'll get to the steps in a minute. the cautionary note that I would say is for folks who are not fat, who have anti-fat feelings about themselves, or about folks around you, that's actually not internalized anti-fatness. It's not internalized oppression. That just is oppression. And that just is anti fatness. The term internalized oppression is specifically about the ways in which folks who are part of a marginalized group internalize and reproduce their own oppression. Right. for folks who are not part of that marginalized group, right? Like I don't, I'm a white woman. I don't have internalized racism when I have racist thoughts. And when I do racist things that is just racism and it doesn't feel good to say that, but it is true.

Sophie:

It's true. And especially, it's easier to listen to it when you remember that the goal of unpacking things is not to be a good person, as opposed to a bad person it's to, um, look at and then limit and untangle your participation and oppressive systems that you are born into.

YFF: Totally. And my goal here is not to be like, you just are anti-fat, you are enemy, you are a bigot, you are a blah blah, like that's not my goal here. My goal here is to say, the target of that oppression isn't yourself, the target of that oppression is actually other people. And it's really, really important to situate yourself in terms of like how you relate to this oppressive system. And even though many, many, many people who are not fat will have anti-fat feelings about themselves, that is not about being ashamed of being fat or, sort of restructuring your life as a fat person might do around anti fatness. That's like, that's what we're talking about when we talk about, uh, internalize the anti-fatness, in a thin person, that same impulse is about distancing yourself from fat people, right? Like when you don't want to gain weight, it's not because of internalized anti fatness. It's not because you are a fat person and you have internalized the messages about what it means to be you and are reproducing them. It's, you have heard the messages about fat people and you are reinforcing them by distancing yourself from fatness, rather than by tackling anti-fatness and making the world safer for everyone regardless of their size. I just want to name that, like, there's a lot of, like, I just see so many thin people talking about like, quote unquote, internalized fatphobia and I'm like, oh, there's like a mechanics to this conversation that folks were sort of missing. So I wanted to name that. I

mean, I think like, there are a few things in terms of like steps to take. One is, uh, you have to follow people who look like you and you also have to follow people who don't look like you. So there's a lot of stuff in fat positive world. That's like, you have to follow people who look like you. And I'm like, yes. But if I did that, I would only follow other fat able-bodied white people. And that's also not helping. So like, you got to follow people who look like you and you also have to follow people who are fatter than you, and you also have to follow disabled people. And you also have to follow folks from different countries and folks of different races. I think a big part of undoing our anti fatness has to be grappling with and sitting with the uncomfortable feelings of judgment or of, in some cases like disgust or in some cases what, like sitting with those feelings and those responses that we have to other folks bodies, including to our own and just observing them, like allowing space to just sit with those and learn what they're trying to teach us without freaking out, without trying to numb out and stop thinking about it without beating ourselves up for being a terrible person, without congratulating ourselves and reassuring ourselves that we are a great person, right. Like, but just actually sitting with it and going, okay, where's this coming from for me? Like that kind of mindfulness is the single best tool that I have found. I'm curious about for you, Soph, like what-

Sophie: I mean, I think that's true. That's always true. Like, I don't know, I've been thinking about this a lot in terms of, uh, like working on myself in other arenas where I have to, unlearn other things. And, um, I was thinking about how, like, I've seen a lot of people tweet like about how they're tired basically, you know, fatigued. And then I've been seeing people be like, well, you've got to prevent allyship fatigue. And then I saw other people be like, what are you talking about? Like, you're just tired. Cause you've been thinking about this for three weeks or whatever, you know, and what I think is actually like useful for me from that conversation is, for me, it's not about fatigue in terms of being tired of dealing with a subject. Or like sometimes people will have a reaction. That's like, I can't get anything. Right. I might as well not even do it or whatever, you know, and it's, it's more about the truth that I think is, is in that response. That's otherwise just fragility is that when you're, when your physical shit gets jacked up, it's really hard to hear what's going on. When your anxiety or your fear is manifesting physically and your heart rate's going and your muscles are tensing up. It becomes extremely hard to actually listen. And one of the best tools for that, because that's the fairly natural response, you know, to go into fight or flight or freeze when confronted by something that feels threatening, because it is threatening to try to take apart your worldview. You know, it is something you have to move through. Having that tool of observation is like the best thing for me that I found to deal with that. Because if I, if I can just even go like,

wow, my chest is really tight right now. Then I can go, wow, I'm feeling a lot of anxiety about this. I wonder why I'm so protective of this idea. immediately I'm in a better place to receive what I'm hearing. Then I'm scared, I'm scared. I'm scared. I'm scared.

YFF: Right. That you're sort of like in this place of like, um, neutral and genuine curiosity of like, wow, where did that come from for me? Right. Like thinking about things in those terms, rather than indulging the place that is like I'm being called a bad person, or I think I'm a bad person or. Like conflating your character and your personhood with a thought that you had or a thing that you did, right. Like, is not productive for anyone.

Sophie: No. And it's not also not productive to try to like make up for something or erase it or whatever. It's like, no, we're just gonna look at it and deal with it. And people can have the reactions that they have to it. I mean, I experienced some internalized, like anti-fatness this quarantine because I gained some weight and I started feeling afraid because I'm on, now on the like larger side of mid fat. And I could tell how differently I was fitting in the chairs in our house. And it made me really scared for if I gained more weight, how I would feel in the outside world after quarantine, like legitimately scared. Like I already know the bad things that happen to me. I don't want more of those.

YFF: Yeah, totally. Totally. Yeah. And that fear of like, again, to this like distinction, right. That fear in thin folks may be like, I hear how people talk about people who gain weight. For fat people that is like, I don't know if a chair at a restaurant will be able to hold me.

Sophie: Yeah. I'm like, I already deal with some of that. I don't want to deal with more of that. I'm scared of that.

YFF: I don't know if I will be able to stay on a plane.

Sophie: I already am scared of going to the doctor. I just know how getting fatter is going to compound these things. And so of course that has the, the internal reaction of, I don't want to get fatter. And then I have to like, sit with that and think about it and be like, okay, well that's why I do this work is that we're con- we're dedicated to making a world where it doesn't work that way and it's okay to have these feelings of blah, blah, blah. But then I also had other internalized stuff that was like, that was some replication of stuff. I had feelings of being afraid Victor wouldn't find me as attractive. And that's just straight up internalized anti fatness.

YFF: Yup. Totally.

Sophie: That's it. And even though I recognized what it was and was able to talk to myself about it that way it still was, came up, you know?

YFF: Yeah. A little like some internalized anti fatness and like just a dash of internalized misogyny too, cool cool cool cool cool, just a little, just [inaudible].

Sophie: It just like, you know, and it just comes up. It just happened. Like, it just was there. I was like, Oh, hello. Okay.

YFF: Yeah. And again, like that thought, I don't know a person alive who hasn't had that thought in quarantine. Do you know what I mean? Like anyone I've talked to about like, how's your body image? 100% of them are like, not great. So like, that's fine and fair. Right? And, that doesn't mean you don't have to unpack it. And it also doesn't mean that you don't have to like, think about not just what that's saying about the universal you, I'm not talking about you in particular, Soph, but like, generally right. For each of us to think about not just what it says about our relationship to our own bodies, but also this is the part where it gets gross and it doesn't feel good, what it says about our perception about people, who are fatter than us. Um, I've been moving more and more toward language of like, rather than like fat or thin because that's such contested territory or in addition to fat and thin, um, thinking about people who are fatter than you and people who are less fat than you. Right. And I think when we express that kind of fear of weight gain, I know we want to think that it is free of judgment.

Sophie: Not at all. I mean, it comes up, it's there, it's there.

YFF: For everybody else-

Sophie: It's obviously there.

YFF: Right. We are all living in the universe where my 600 pound life is on TV. The idea that you wouldn't have internalized some of the like, horrendous things that are being said about like uh, very fat people infinifat people. right. Um, is untenable and, it's just not- it's just not-

Sophie: Yeah, it's unrealistic.

YFF: It's totally unrealistic. Right. Like, I think even amongst fat people, right? Like we've all sort of, um, said things like, it's not like I'm diabetic or like, my blood work is perfect or whatever. We all do things to distance ourselves from certain kinds of fat people, usually very fat people and

usually disabled fat people. And I think it's worth like sitting with that. And I also think like the other thing that is like, feels scary to start doing, and then once you start doing it, you're like, Oh right. This is fine. Is for all of us, whether you wear plus sizes or not, seeking and responding to feedback from other fat people is actually like really, really, really important. So like, being able to be vulnerable enough in your relationships with people who are fatter than you to ask for feedback or to say, hey, I said this thing the other day, didn't sit right with me. What did you make of it? How do you want me to handle that in the future? Right? Like it doesn't have to be big, heavy, like your personhood and goodness and character trial. Like you normalize that set of conversations.

Sophie: Yeah. Normalize being wrong. It's not a big deal. It's fine. We're all wrong all the time.

YFF: Right. And if you don't sort of like take that on, that fear of being wrong will grow and grow and grow. And your fragile reactions to getting response, like to getting feedback will grow and grow and grow. So that's the other thing that I would say it's like that kind of like mindfulness, but also, you know, like being in relationship and tending to those relationships enough to like get good, meaningful, caring feedback from people who are invested in you.

Sophie: And then incorporate that feedback.

YFF: Oh, yeah.

Sophie: And then, you know, then do that.

YFF: Yeah. Don't just that don't just hear it out and be like good point. I will be on my way.

Sophie:

And incorporate it, then do that. And you know. Do whatever. Yeah. But I mean, I do think it's a, it's a trap to be like, Oh, I'm listening. I'm hearing as opposed to just.

YFF: Oh yeah. I mean, I did, I wrote a piece, called the false safety of listening and learning. The thing that I wrote about was this sense that like I'm listening and learning is sort of like the social justice equivalent to thoughts and prayers where you're like, cool, cool. So that doesn't actually do anything.

Sophie: Yeah. Yeah.

YFF: Like for the person who's experiencing oppression in that moment, it's not functional. It doesn't change anything for them, for you to say I'm listening and learning. Right. That's an important thing to do. It's also like bare minimum human behavior to listen to what someone else is saying to you. So like I also, like, I'm very wary of the ways that folks sort of lift that up as being like, an accomplishment or like, you know, like I'm doing the right thing or whatever. Cause I do think like, yes, of course listen and learn and also know that that is not actually the work of anti-oppression that's the work of like being a person.

Sophie: I love that. I feel like all these other questions are kind of subsets of this question, honestly. Like people are going through it right now. Like, okay. This person says, always helpful to hear again, how to address these comments with family, friends and boss, not just quarantine jokes, I've become a punching bag for acquaintances and strangers because of their fear of weight gain. I'd love to hear some commentary on feelings, sage as a fat person. This person says how to deal with the hate you get when speaking up for fats, the replies are rough. Um, how to tell people that fat jokes aren't funny or ask them to stop without making them instantly defensive. How do you deal with seeing lots of quarantine fat jokes, best ways to feel better after seeing a fat joke? A lot of people are feeling a lot of pain hearing these jokes, like a lot.

YFF: Yeah. I mean, like, and again, it feels like it's sort of like where you're at with your own processing of your relationship to your body and your fat politics and all of that kind of stuff. And I especially think that like, for myself early on, in my own, like politicization around fat stuff and sort of dipping my toe into it. I felt like an open wound all the time. Right? Like when you start noticing like the stuff that you have just learned to accept, it feels horrible. Like it feels horrible and you can't un-notice it and it's really, really hard to grapple with. But I will say like the biggest thing that has made the biggest difference to me is actually like starting with the people who are closest to me, getting really honest and vulnerable about like this sucks and I'm trying to figure it out, but like, I just need you to know, it feels bad all the time to hear the ways that people talk about me, but also people who look like me and how would I not internalize that? Right. So for me, that was like my closest friends. It was my partner at the time. Um, and it was my mom. I did not have close, like fat people who were close to me in my life at that time. Um, so I like set really clear expectations of like, I know this isn't your experience. I don't expect you to understand all the way, but like, can you talk it out with me? Like, can we, can we try? And the more that I did that the, you know, sometimes I felt better and sometimes I didn't, but the, the, the real effect of those

conversations was that then I would be at work. And one of my best friends who I worked with would hear that stuff and would step in for me.

Sophie: Yeah.

YFF: Right? And you know, like my mom will now have these conversations where like, someone will be like, oh, if I eat that dessert, I'm going to get diabetes. And my mom will be like, it doesn't come from sugar. It comes from stress. Like, my mom will, like go in on folks. Right? So, you know, like shoring up the folks who are closest to you and figuring out how to like work through your stuff and create some allies is really important. And also, like, there are folks who won't come with you on those conversations. And at this point in my life, I have not kept around the folks who don't come with me on this conversation.

Sophie: Same.

YFF: In the same way that like, as a queer person, I am absolutely not going to hang out with people who are like, boy, I love you, but you're going to hell. Like, that's not, that's not an energy that I need in my life. And I don't think that it's unreasonable or fragile to expect to be respected in your body, not in spite of it.

Sophie: I struggle a lot actually with, uh, like it's one thing I talk about in therapy all the time is black and white thinking. And, trying to accept when I can't control things and accept when people act in ways that are hurtful to me. And I want to like navigate that, or I act in ways that are hurtful to people. And I want to navigate that. It's hard. Like it's hard.

YFF: Totally.

Sophie: It's very hard to do that. So like, I have never, ever been someone who was like, people have always told me to get a thicker skin. I've always been told I'm too sensitive. I've always been told I'm too. Like I'm getting offended. I'm this and that, you know? So, and that's because I am like, my feelings used to, like are, I'm sensitive. I get offended all the time. You know, it's true. It's true. So I don't have good advice on how to stop feeling better after seeing it, because I'm terrible at that. What I feel bad about see, after seeing something, all I want is to like, talk to a friend for like an hour about how much it hurt my feelings, you know?

YFF: Totally, totally. Ooh, let's talk about that actually. So like when you get a real garbage comment from a person in the world, from a person on the internet, whatever, like that really, really, really gets to you, um, what are your immediate next steps?

Sophie: I text, I send it to Lindsey or my sister. And I ask them like, usually their responses, like, like, because initially when that first happens, what I want is somebody to be like a defensive of me, not even to that person, but to me where like, I'll send it to them. And then, you know, the kind of friendship talk where the other person's like "that person doesn't know what they're talking about and I'll protect you. I'll come over. I'll beat that person". Like whatever, you know what I mean? Like that kind of thing. Yeah. Like "who do they think", like that kind of thing is very helpful for initial soothed feelings for me, you know?

YFF: Yeah, totally.

Sophie: So it depends what it is. Usually what happens is I am more likely to feel frustrated by somebody not getting something that I am likely to feel hurt by someone saying mean something mean to me, especially online. I simply have had too many like arguments to like, care if somebody says something mean to me, it kind of makes me turn off. If it's a stranger, it makes me like turn off caring. But if it's, uh, if it's in real life, like if somebody makes a joke and then there's a moment where they like make eye contact with me and I look wounded, I might think about that for a long time. Okay, here's an example, the other day, like content warning for being catcalled or, you know, whatever, who knows this whole episode, this, everything about this podcast is a content warning about being fat. But, like, I was walking back from Rite-Aid. There's a Rite aid right around the corner for me, where I get my medications. That's the only place I've gone, all of quarantine, I just walk over and get my meds and walk on back. And Victor goes to the grocery store. I was walking back and there's like a Main Street right near my place. Right. Beverly, and I was walking up Beverly and this car drove by co-coming, go, going the same direction I was. So I didn't see them coming. And the man shouted out of his window, like, "don't worry. I'd still fuck you."

YFF: Wait, do you know my story about this?

Sophie: Really? No.

YFF: That is, fully, someone. I was at a crosswalk and someone in a car just yelled. I would not fuck you.

Sophie: Yeah. Okay. So it was that energy, but the opposite as if I had been like, so I texted Lindsay about it and she was like, to be fair, were you wearing your "would you fuck me?" shirt? I was like, no! I wasn't!

YFF: That's a delightful friend reaction.

Sophie: You know? Like. I was not even wearing that shirt. And he still said that to me. Yeah, like that was, in real life. I tend to have a lot more feelings of like anger because of feeling afraid or feeling out of control. Like that kind of situation always makes me feel small and scared and in a way, much more than online, because at this point I'm used to having people call me whatever online and then like nothing happen. You know?

YFF: Yeah. Totally. I mean, I feel like for me, the ones that like stay with me the most, there are a couple. I'm totally with you. Like if someone's like, fat ass or whatever, I'm like, great. get in line, like, I don't know. Fine. I also will say the ones that like aggressively don't get to me, which are very funny to me, is in all of my years of getting negative responses to my work, I have gotten, I think two that were like, you're a bad writer. And I was like, listen, you can say a lot of things about me, that would like really give me pause. And that would really get to me. This is not actually one of them. Yeah. I will say the ones that get to me the most are the people who genuinely think that they are meeting me where I'm at and that they're helping me along in my understanding, and that's like part of the reason that I like struggle with, meet them where they're at language, because there is like, um, an inherent sort of condescension built into that. Right? Or there can be very easily. Right? And I can feel that condescension in these comments. So I got one at one point, I wrote a piece a few years ago called how to love a fat person. And it was like, here's what it can be like to be in a relationship with a fat person who has a different relationship to their own body and to their own experience than you do. And like, you have to take their lead, but also they might not always know what their lead is. And, you know what I mean? Like you're gonna have to sit with all of that, anyway. Um, I got a very lengthy and very, um, I think this person absolutely thought they were being sweet comment, of being like, "Hey, I totally get you. This sounds really frustrating. The problem here is I see it. I'm hoping this is helpful. The problem here as I'm seeing it, is that you feel entitled to be loved by people who are more attractive than you."

Sophie: Oh yeah. I've gotten that take as well.

YFF: Where they're like, "so you just feel like you can demand love from anyone else". And I was like, oh, that's actually like nowhere in this piece. And they were like, "what you're missing is that objectively being fat is unattractive and more attractive people just won't be attracted to". And I was like, this is the most bizarre worldview.

Sophie: I've gotten that as well. It's like, "no, but you don't understand. You're trying to tell me that actually like, hating fatness is bad, but I'm telling you that I hate fatness". It's like, no, I know.

YFF: Yeah. I understand what you're telling me. But like, those are the ones where I'm just like, the thing that feels like not quite despairing, but not totally not despairing about those is like, there is like a noblesse oblige to that. There's a belief that they're like, as a thin person, heavy is the head that wears the crown. I've got to explain to this poor...

Sophie: my God. Yeah. That's so true.

YFF: This poor ignorant fatty.

Sophie: Yes. Exactly.

YFF: That like, hey, sorry. The reason you're missing this is, what you're not understanding is that people are repulsed by you.

Sophie: Right? Exactly.

YFF: Get it? Right? We are on the same page now, right? Like where I'm like, no, that's not gonna, okay. So like the thing that bums me out about that, isn't what they're saying. The thing that bums me out about that is that they absolutely firmly and fully believe that they are in the right to talk to another human being that way.

Sophie: A hundred percent.

YFF: That's the thing that gets to me. And the thing that always helps me out of it is like a thing that you just were talking about, which is like, call someone and get validation. Um, somebody making a joke about it, like the, like were you wearing your, would you fuck me shirt today? It's like super helpful.

Sophie: It can also help me sometimes when I feel, after some of those statements, sometimes I can feel a little disoriented in my body and it can help to do something. Like a lot of times I will get high and take a bath or something, and do something that helps me get back inside myself, you know, and be reminded of what, what, and who I am.

YFF: yeah. That's true for me too.

Sophie: I think we don't have real advice for people dealing with a lot of jokes except just like, yeah. Solidarity, and like take care of yourself. And it sucks, is basically what we're saying. I mean, I just want to validate all the people who wrote in who are struggling with this, because I'm like, yeah, I get it. Like, all these people who were like, all these people around me, keep making jokes. How do I get them to stop? I was like, I don't know, man, that sucks. That really sucks.

YFF: Also like, if you have folks who are like, persistently doing it and you feel like you've had very earnest, direct conversations with them and they're still not doing it, I think it's fair to think about limiting your time with that person.

Sophie: I agree. Yeah.

YFF: Right. That maybe that's, you know, I don't hang out with this friend once a week. I hang out with them once a month, or whether that's, I actually need to like take some time away from this family member.

Sophie: Another tool I've used before we get to that too. Before I get to that point too, is especially on Facebook. I think it's useful to comment on a meme that's shared or something and say like, hey, um, I don't think this is very cool. If you want to find out why I'm happy to have a convo, like, hope your weekend's going well.

YFF: Yeah, totally.

Sophie: Instead of like, getting into a, a conversation there, I will put something out that allows them to make the first step, because then that way, if they decide to ignore it, then I'm not in an annoying argument, you know?

YFF: And it gives them a sense of like, it gives them the opportunity to save face and approach you in private about it.

Sophie: Yes, exactly.

YFF: Which also like sort of lowers the threat level response. Yeah.

Sophie: A hundred percent. And then I feel like I've said something and I don't have to like push on it, you know?

YFF: Totally, totally, totally. I would also say once again, like this is a place where I would name that, uh, you and I are two fat people talking about

this. If you were not a fat person, if you are not a person with an eating disorder, I would say this is like, less optional work.

Sophie: Yes. Oh, a hundred percent. Yeah. I just don't think that thin people are, or people without any kind of trauma around this are writing in these questions. These are all questions that we got that were like, they all, they've all got that like haha, help me. Like people keep- you know?

YFF: Totally.

Sophie: But like, haha, everyone keeps making these jokes. Haha. Sucks right. Haha.

YFF: Right. The nervous laughter of desperation and not wanting to feel like it's-

Sophie: But another thing I would say for people who are not fat is like, that if you're feeling overwhelmed by the number of jokes you're seeing as well, then maybe try a two-pronged approach of number one, reaching out to those people to try to hold them accountable and just try to have the conversations. You don't have to have them perfectly, but just try to call people in. And second of all, if you're supporting the people who, you know, who are fat in your life, like, that's kind of the two things I would advise you to do if you are listening to this, and you're like someone who's thin or not fat or straight size or whatever, who is bothered by a lot of these jokes too.

YFF: Yeah, totally, totally, totally.

Sophie: Do you have anything else to say?

YFF: It's a hard time to be in a body in the world. That's like thing one, and thing two is, it's like really, really, really easy to, and I feel like this is like part of the theme of our conversation today, it is really, really easy to get up in your feelings about your own experience. And I would just encourage folks during these moments of distress to take a minute, to step outside of yourself as well, to like process your own feelings about this stuff. And also to think about what is the impact on folks who are the intended target of it. Right? I know it's hard to want to like add more of a sense of distress to an already distressing situation. But I do think like part of grappling with thin privilege, isn't just thin people doing that. It's fat folks grappling with our own proximity to thinness. Right. And the privilege that that affords us. Right. So that's the other thing that just feels like important to note about all of this, everybody's activated,

everything sucks about all these jokes, right? Like, just to be real clear. And also at some point in that process, we've also got to get super real about like, uh, who's paying the biggest price for that and how we're showing up for those folks. Not just for our own hurt feelings and managing our own experience, but also like, doing the kind of like cultural correction that will subject fatter folks to this less and less over time.

Sophie: A hundred percent.

YFF: That's what I would say.

Sophie: A hundred percent. I think that's a perfect place to end.

YFF:

Boom. Nailed it.

Sophie: You nailed it. Thank you so much for being here. It's always a pleasure to have you on the show and I can't wait to have you back very soon.

YFF: What a treat bud, any old time. Love it.

Sophie: And that's our show! This week, your call to action is to support the Black and Indigenous Communities of Chicago. You have probably heard about the extreme violence the US government is deploying on Portland protestors currently. The president announced on July 20th that he's expanding this "federal crackdown" to other major cities, notably Chicago. Chicago obviously has a much larger population of Black and Indigenous people than Portland — and we need to come together with solidarity and support. There are a lot of resources out there to learn and contribute to. I want to point you to the Chi-Nations Youth Council — follow their instagram to WITNESS what's happening in Chicago; if you're in Chicago, show up to their rallies if you're able, and if not, contribute by sharing their info or donating to their paypal. And to our Black and Indigenous fatmily members in Chicago and elsewhere, stay safe, fatmily. We love you.