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Sophie: [00:00:50](#) I'm Sophie.

April: [00:00:51](#) I'm April.

Sophie: [00:00:51](#) And this is, she's all fat. The podcast for body positivity, radical self love and chill vibes only. This week is a mailbag episode with Jazzmyne Jay. We're answering your questions about buying plus size clothes, having confidence during sex and starting a career in social media. April, are you jealous you're not here right now?

April: [00:01:10](#) Yes!

Sophie: [00:01:11](#) I knew it.

Sophie: [00:01:36](#) Okay, here we go with some of April's obsessions.

April: [00:01:40](#) What's up? What's up? My Hannahs and Hs. Um, I am currently sitting in the container store parking lot. Um, I'm here for containers. Obviously. My closet is falling apart yet again. And I'm here to ask for help because you know, when you, when you need help in this world, it's important to just reach out and get that help. And so I'm here at the container store seeking professional help for my cluttered closet. Um, what I'm doing is brave and I encourage you to do the same thing. Um, do I currently have a fever? Yes. Am I sick yet again? Yes. But am I here to deliver these hot obsessions also? Yes. Um, so let's get started. Shall We? I'm excited to share. I've been obsessed with a lot of things. Okay.

April: [00:02:32](#) Number one. So I have apple music, so yes, I am better than you just kidding, I'm just kidding. But I do have apple music and so I found this singer through apple music, just, they do the playlist where they say what you, what they think you'll like and they

tend to get it pretty like off for me. Usually it's like weird, uh, indie bands from Sweden and I'm like, I don't like this. But um, this week they, that they tend to, they happened to get it really accurate. I don't know what happened. So the first song on it, literally the very first song was called Sweet n Low. So sweet. The letter n and then low by the singer Syd B. I looked her up and she's super indie. She's some white woman. She seems quite young. I don't know anything about her, but I heard this song and I'm just like so obsessed with it. It's a sort of like sexy rnb, a little bit of pop vibes in there, a little bit of like indie alternative in there. And I just like music that's like really relaxing. If I'm feeling stressed out or if I need to write and just kind of focus, this is the perfect thing for that. So check out, Syd B, sweet n Low's my favorite song, I really love the whole EP. It's dope.

April:

[00:03:40](#)

Um, next obsession is Megan the stallion. Okay. If you're on Twitter, you already know about Megan. If you don't know about Megan, Megan is an incredible female rapper. She's also a college student. Okay. She calls herself a stallion. Um, you should look her up and she'll tell you why she calls herself a stallion. I would agree that she is a stallion. Um, my favorite thing about Megan is that she on her new album, put out a sample of that video. Remember that kid stole his grandma's car and then he drove to the store and he like drove really well and the, he was being interviewed and they were like, why did you do it? And he was like, well, I want to do hood rat stuff with my friends. And so, which I rewatched that video all the time. It's been at least 10 years. She sampled that viral video and then has a song called hood rat shit. And I just like, I really love her. Um, she's just unapologetically herself. She's beautiful. She's so smart. She's so talented. And if you just need a good like rap album, if you've worn out, you know, Cardi B, Cardi B's last album and you're like ready for some more delicious female Rap goodness. Get into Megan d stallion. Uh, she's a fucking icon. I love her so much.

April:

[00:04:50](#)

Okay, next obsession. We've got a new Algerian pop princess on our hands. Um, I don't know if y'all have been peeping this, but Rita Ora is from Algeria. Okay. Do a Doula Peep, Aka that's how Wendy Williams pronounces her name. Her name is Dua Lipa. She is also Algerian and I believe, and um, this singer, her name is Lolo Zouai. I had to go to her Instagram to see this, the pronunciation. Um, she is a new singer that I'm so obsessed with. So she, her video for her song Moi, um, her live performance of that was recommended to me on youtube. I clicked it, it blew me away. She, um, was born and raised in France and so it's like half French, half English. I just think she's

so cool. Such an interesting vibe where like obviously she's white and there's hip hop influences in it, but also I think because she speaks French because of her like clearly French music, um, inspirations, it's so like uniquely her own that it doesn't feel like, oh, here's this white girl doing a trap beat. It really doesn't feel like that. It feels very unique and her life performance of it was like faci- I just like I watched 10 times. It's just freaking like, it's lit as the kids say. I just love it. I'm so check out Lolo um, so those are my obsessions, back to you Soph.

Sophie: [00:06:06](#) thank you April for those obsessions. Um, mine are in the ep when I'm talking about them with Jazzmyne. So let's move on to our apple podcast review shoutouts. Thank you so much to the following people attached to the following usernames for leaving us a review on apple podcasts. Your reviews make us feel good and they're also important to hopefully getting us on Apple's new and noteworthy one day. So thank you to the following people, science of herself, curious Jack, Tofu loose, Are we freaking golden that one person with a face, annoyed4737. Annoyedfortyseventhirtyseven, I guess. Thank you all so much. We really appreciate your reviews.

Sophie: [00:06:51](#) We also really appreciate our patrons. Y'All keep the lights on here. Um, we're an independent production, which means that we only have our ad money and our patreon money and so y'all are really, really important and we work hard to try to give you some really good extras when you sign up on patreon.com/shesallfatpod, so thank you to the following patrons. If you sign up, you will get a shout out here as well. Laura [inaudible], Allie Vaughn, Kerryn, Theresa Blackmun, Olivia [inaudible]. Hi Olivia! And Alison Howard. Um, thank y'all so much for being patrons of the show.

Sophie: [00:07:28](#) Okay, tip jar. Um, a few weeks ago I was talking to my friend who is a fat activist and amazing person and I asked them to send some info along about their new youtube channel. Um, they are also a listener. Their name is mermaid queen Jude. And here is what they said.

Sophie: [00:07:47](#) "Hi, it's Jude. I made a video about fat not being a feeling and how we should use words instead. Inspired by Soph's thread on Twitter a while ago." Thanks Jude. We're gonna play a video from the video they mentioned and link to their channel in the show notes. Um, love Jude, love their work. Love their really cute pics on Twitter. Follow them everywhere.

April: [00:08:08](#) Okay. Call for submissions. Um, to our college fatmily. Lynn is doing an episode on fatness in college and we want to hear

from you. So send her a voice memo about being fat in college. Um, we always want to give a shout out to our Facebook patreon group, but you can join if you're part of a team Paisley Moomoo or above. Um, this week, uh, in the, in the facebook group, people are talking about their significant others. Uh, our spring wardrobes and crafting, you know, April loves those crafts. Um also, I'd like to plug our extra segment. We every week do a minisode for our team I love bread on Patreon. This week it's another solid chunk of questions with Jazzmyne Jay. So if you want more of this episode, consider becoming a patron of team I love bread.

- Sophie: [00:08:57](#) Okay. A little scheduling news as well. We are taking a short break. We've been taking breaks after every five or six episodes here so that we can, you know, get some sleep and prepare the rest of the episodes. So we're taking a couple of weeks off. You'll have a 11 honore sponsored minisode coming up, and then we'll be getting back into regular episodes right after that. So stay tuned. We'll be back in just a few weeks and we'll still be active on our socials. And of course you'll get the Patreon minisodes, et Cetera still if you are a patron. So it sounds like a good time to become a patron. All right, stick around for the meat of it. We got Jazzmyne Jay in the house!
- Sophie: [00:09:51](#) Ah, Yay. Okay. We have Jazzmyne Jay back with us! you all already heard her and loved her in the personal style episode.
- Jazzmyne: [00:10:03](#) Yes!
- Sophie: [00:10:03](#) which um- so let's start out with some obsessions.
- Jazzmyne: [00:10:05](#) Okay. So, I mean, I told you I could, I'm going to call this an obsession right now.
- Sophie: [00:10:11](#) Okay.
- Jazzmyne: [00:10:11](#) Cause I just started it yesterday.
- Sophie: [00:10:13](#) Yeah.
- Jazzmyne: [00:10:14](#) Um, but I am obsessed with the show. The bold type.
- Sophie: [00:10:18](#) Yeah.
- Jazzmyne: [00:10:18](#) I'm now like I started it yesterday. I'm eight episodes in.
- Sophie: [00:10:22](#) Oh my god, wow.

Jazzmyne: [00:10:23](#) Which means I've spent eight hours of watching TV.

Sophie: [00:10:26](#) Yes, that's incredible.

Jazzmyne: [00:10:27](#) In the past 24.

Sophie: [00:10:27](#) you're in it.

Jazzmyne: [00:10:28](#) So I'm, I'm in it. I've been really looking for like a good show to watch and like get kind of wrapped up into, and this show is the perfect amount of like, not me, but also like this is kind of just, it just hits that sweet spot.

Sophie: [00:10:46](#) That's awesome.

Jazzmyne: [00:10:47](#) I like it a lot.

Sophie: [00:10:48](#) April liked it too.

Jazzmyne: [00:10:49](#) Oh my gosh. It's so good. Um, and then we did talk about this before, but I'm still going to go on record for saying therapy.

Sophie: [00:10:55](#) Yeah. We always love therapy.

Jazzmyne: [00:10:57](#) Oh yo!

Sophie: [00:10:59](#) It's so good.

Jazzmyne: [00:10:59](#) And honestly I've been like, oh, okay. It's cool. And then I, I've started it since January and I'm just like, I'm in it. I'm like excited. Like what are we going to talk about? What, how, how should we talk?

Sophie: [00:11:11](#) It's the best.

Jazzmyne: [00:11:12](#) Yeah.

Sophie: [00:11:13](#) I sometimes I go in and out of being excited to go just because sometimes I'm like, I don't want to go cry this week.

Jazzmyne: [00:11:18](#) Yeah. Yeah. I know. Well, I'm the opposite where I'm like, oh, I'm not going to cry. And then I literally say a first sentence and I'm like.

Sophie: [00:11:29](#) oh no. I'm just know I'm going to cry every single week. Sometimes I go in and I'm like, I don't wanna cry this week. Can we just talk about like stuff going on in my life right now? Yeah,

sure. we don't have to always talk about your parents. You know?

Jazzmyne: [00:11:40](#) Yup.

Sophie: [00:11:41](#) It's so good.

Jazzmyne: [00:11:42](#) Yeah. Okay. This isn't, this is a working obsession. Yeah. I just got a cowboy hat.

Sophie: [00:11:48](#) Oh my God.

Jazzmyne: [00:11:49](#) Right.

Sophie: [00:11:50](#) You're part of yee-haw nation.

Jazzmyne: [00:11:50](#) I am apparently. I kind of hate it.

Sophie: [00:11:54](#) Okay.

Jazzmyne: [00:11:55](#) So I'm not 100% obsessed and I thought about returning it, but I think I'm going to keep it and like-

Sophie: [00:12:01](#) I mean you need to lean in.

Jazzmyne: [00:12:01](#) I'm going to force myself to do this.

Sophie: [00:12:04](#) Oh my god, I really want to see some good fat cowboy hat looks! Please!

Jazzmyne: [00:12:07](#) Yes. And it's completely black. So I'm either going to spray paint glitter on it.

Sophie: [00:12:15](#) Oh Shit.

Jazzmyne: [00:12:15](#) Or I'm going to cover it in flowers.

Sophie: [00:12:17](#) Oh my God. Both of those are great.

Jazzmyne: [00:12:19](#) I know one of- one or the other, but I'm like, I can't, I put it on and I was like, whoa. But I think that's just because I'm from-

Sophie: [00:12:28](#) It's just a new thing.

Jazzmyne: [00:12:28](#) And like where I'm from. Like anybody who wears a cowboy hat, you probably just want to stay away from them if you're a person of color.

Sophie: [00:12:35](#) Sure.

Jazzmyne: [00:12:36](#) Um, so I'm like, okay, let me sit on this for a minute and-

Sophie: [00:12:40](#) Where are you from again?

Jazzmyne: [00:12:41](#) Um, Illinois.

Sophie: [00:12:42](#) Oh, yeah.

Jazzmyne: [00:12:43](#) Which I mean, it's not like it's the south.

Sophie: [00:12:47](#) No, but it's the same as- I mean in Arizona too, well there's like actual ranchers in Arizona.

Jazzmyne: [00:12:51](#) Okay, yeah.

Sophie: [00:12:52](#) If someone wears a cowboy hat cause they're in Scottsdale, then that means that they probably also have a sign on their business that says like "guns WELCOME!"

Jazzmyne: [00:12:59](#) Yeah, yeah, yeah, yeah.

Sophie: [00:13:00](#) It's like, this is a dentist. Please!

Jazzmyne: [00:13:02](#) Please! Yes. So I'm, I'm, I'm gonna push myself out of my comfort zone and I'm going to keep this hat and hopefully rock it soon.

Sophie: [00:13:12](#) Oh my god, I'm very excited to see these looks. It's going to be so good. I love that.

Jazzmyne: [00:13:17](#) Okay. Tell me your obsessions.

Sophie: [00:13:19](#) Um, okay. My obsessions this week, number one, this, um, brand at Sephora. I left the lipstick outside, but it's like I found this, uh, this fun pink glitter lip balm.

Jazzmyne: [00:13:37](#) The one you're wearing now?

Sophie: [00:13:38](#) Yeah, it's very fun. It doesn't take like sometimes glitter lip balm, lip gloss things they taste crunchy.

Jazzmyne: [00:13:44](#) Yeah.

Sophie: [00:13:45](#) You know what I mean?

Jazzmyne: [00:13:46](#) Yes.

Sophie: [00:13:46](#) And it's like not fun. And this one does not feel like anything

Jazzmyne: [00:13:49](#) What is it? is it Ciate?

Sophie: [00:13:51](#) It's called Kaja? Kaja? And it just looks like a pink highlighter.

Jazzmyne: [00:13:58](#) It truly does.

Sophie: [00:13:59](#) And you take off the top and then see, yes. Like heart shaped. And then to get it to come up, you like push the bottom. Like it's a clicky pen.

Jazzmyne: [00:14:06](#) This...

Sophie: [00:14:07](#) Isn't it cute? I like it a lot!

Jazzmyne: [00:14:11](#) Oh my gosh.

Sophie: [00:14:12](#) You can swatch it if you want, I think it's so fun.

Jazzmyne: [00:14:13](#) I'm not going to do that to you, but I fucking love this.

Sophie: [00:14:15](#) Yeah, I really like it. They had like a bunch of other cute colors and yeah, it's just fun.

Jazzmyne: [00:14:22](#) How much was it?

Sophie: [00:14:22](#) I don't remember. It was like at least under 20, you know?

Jazzmyne: [00:14:26](#) Okay. That's worth it!

Sophie: [00:14:27](#) Right? Because-

Jazzmyne: [00:14:27](#) That's cute.

Sophie: [00:14:28](#) I know it's under 20 cause I don't try new brands and- unless I feel like I really wanted it. And this one I remember feeling like, okay, it's like cheap enough that it's fine.

Jazzmyne: [00:14:37](#) That's not on your eyes too is it?

Sophie: [00:14:39](#) No, no. On my eyes I have the like little square pallettes that's like in the checkout lines at Sephora.

Jazzmyne: [00:14:46](#) Oh, okay.

Sophie: [00:14:46](#) So let's move on to the meat of it with Jazzmyne. But this is a mailbag ep where we answer your questions, the fatmily's questions, and we asked you all to send in ones specifically for Jazzmyne. I will also be putting my input in because uh, it's my show. So I get to say what I want as well.

Jazzmyne: [00:15:05](#) As you should!

Sophie: [00:15:06](#) So we're just going to go through these. We have a lot of questions. So if you didn't hear your question answered, it's probably in the team I love bread extras. You should sign up on patreon.

Jazzmyne: [00:15:14](#) Oh, do it.

Sophie: [00:15:15](#) To hear some more answers. Okay. Are you ready?

Jazzmyne: [00:15:19](#) Yeah!

Sophie: [00:15:19](#) Okay. This first question is in all caps: WHERE DO YOU GET YOUR CLOTHES? I need help, please. I love you.

Jazzmyne: [00:15:26](#) Okay. Hi. I love-

Sophie: [00:15:28](#) (laughs) we've got a lot of questions like this. I just want to say, look at Jazzmyne's Instagram, they're all tagged.

Jazzmyne: [00:15:34](#) Yeah. I tag literally everything on my Instagram. Um, unless it's a company that I really don't care for, then I won't tag it. And then that's where you open up your Google browser and just search it. Um, but the majority of everything I wear is ASOS. I mean I work for the company. Um, I have a whole, Instagram ASOS_Jazzmyne and that's where-

Sophie: [00:15:58](#) it's good looks.

Jazzmyne: [00:15:59](#) -All of my clothes are. Truly. ASOS is definitely my number one. Sometimes I'll look at pretty little thing.

Sophie: [00:16:06](#) Is their stuff like actually plus size?

Jazzmyne: [00:16:08](#) Yeah.

Sophie: [00:16:08](#) Interesting.

Jazzmyne: [00:16:09](#) Yeah. They're one of the first places where I bought pants and they actually fit me.

Sophie: [00:16:13](#) They're the ones that sent me that ridiculously large coat that now you have but yours looks like the right size!

Jazzmyne: [00:16:19](#) No!

Sophie: [00:16:19](#) I was so pissed when you got yours!

Jazzmyne: [00:16:21](#) Oh my God.

Sophie: [00:16:22](#) Lindsey, my best friend Lindsey sent it to me. My Lindsey, not your Lindsey sent it to me. Yeah. She was like, how come Jazzmyne's looks right on her? I was like, I don't know, I'm so pissed!

Jazzmyne: [00:16:32](#) I was so jealous of yours when I saw it. I was like, fuck, I need that oversized coat.

Sophie: [00:16:37](#) Okay but like I think cause you're tall, The like, the oversizedness of it looks very cool.

Jazzmyne: [00:16:44](#) You think?

Sophie: [00:16:44](#) Again- yes. On me it looks like I'm dressing up in my mom's clothes! Like it looks like I should have a big heels on.

Jazzmyne: [00:16:49](#) But I think it's cute! It's still a look!

Sophie: [00:16:53](#) I wear it a lot in the house when I'm cold, like on the couch, you know? I snuggie it.

Jazzmyne: [00:16:59](#) I walk around in my neighborhood in it.

Sophie: [00:17:01](#) I love it. Okay, next question. How to be confident during sex or going there? Wow. Not Focusing on what your partner is seeing. So kind of a two part question.

Jazzmyne: [00:17:12](#) Okay. Oh, I love being sexual.

Sophie: [00:17:19](#) Yeah.

Jazzmyne: [00:17:19](#) So to me, how to be confident. It's just like, it's something I 100% want to do. I don't even think, to be honest. Um, I don't, I don't think about what people are seeing or if I do, I'm like, to me, I try to make things look like logistical. Like this person is showing interest in me. They're kissing me and touching me, with consent of course, and I'm assuming they're into it.

Sophie: [00:17:46](#) Yeah. Exactly.

Jazzmyne: [00:17:46](#) Why would they not be into it if they're doing that?

Sophie: [00:17:48](#) I mean, I think that's really what this person's perspective probably is, I mean, I am reading into this a little bit.

Jazzmyne: [00:17:53](#) Yeah.

Sophie: [00:17:54](#) But I think a lot of fat people especially will be like, oh no, what if when I get naked, they don't like it or something? And I'm like, they, they already- number one, they already know you're fat.

Jazzmyne: [00:18:03](#) Yeah!

Sophie: [00:18:04](#) They saw it.

Jazzmyne: [00:18:05](#) Yep!

Sophie: [00:18:05](#) You didn't hide it.

Jazzmyne: [00:18:06](#) Exactly.

Sophie: [00:18:07](#) Number two, they probably, if they're having sex with you, they want to be touching your body.

Jazzmyne: [00:18:13](#) Exactly!

Sophie: [00:18:13](#) They want- no- especially CIS straight men do not have sex unless they want to be in the room.

Jazzmyne: [00:18:19](#) Exactly!

Sophie: [00:18:19](#) That's why whenever my friends who are straight women who are trying to go on dates with men who like often end up being cis straight men because there's so many of them, whenever any of them were like, I don't know if he really likes me or not. I'm like, if he's there, he likes you.

Jazzmyne: [00:18:33](#) 100%!

Sophie: [00:18:34](#) Cis straight men are not subtle.

Jazzmyne: [00:18:35](#) No, no, and they're not gonna. They're not like walking around, you know the point. No.

Sophie: [00:18:41](#) If they're there, they want to be there.

Jazzmyne: [00:18:43](#) Exactly!

Sophie: [00:18:43](#) And the same is true for me, you know, as a queer woman I'm like, if I'm there, I want to be there.

Jazzmyne: [00:18:48](#) I'm assuming it's pretty much going to be that for everybody.

Sophie: [00:18:52](#) Yeah, exactly. I'm like, if that's, if that's the question. If you really are questioning, if they want to be there, then you need to not be touching at all.

Jazzmyne: [00:18:59](#) Exactly. Exactly.

Sophie: [00:19:00](#) You need to be like, let's talk about this if we really want to be here.

Jazzmyne: [00:19:02](#) Exactly.

Sophie: [00:19:03](#) If you're in the point where they're like, if you're like trying to get out of your own head, for me the easiest thing to do is to be like, he wants this, she wants this.

Jazzmyne: [00:19:11](#) Yeah. You just have to be like literal like, put the reality into it, which is this person is sharing a space with you right now and that's it.

Sophie: [00:19:20](#) Yeah. Which is not to say like, you know, especially if all you've seen it represented is like, you know, movie sex scenes or something.

Jazzmyne: [00:19:27](#) For sure.

Sophie: [00:19:28](#) It's like, you know, if you're comfortable with it, watch different kinds of porn with different kinds of bodies or follow different like more sexy accounts on Instagram that will feature different kinds of bodies that look like yours. Do some things that will help you like get out of your head a little bit because this like, well not focusing on what your partner is seeing, like your partner seeing you and they want to be with you.

Jazzmyne: [00:19:48](#) Yeah. And that's beautiful. You know, whether it's your partner, a one night stand, you know, someone you're just like friends with benefits of, whatever, you kind of just have to like...

Sophie: [00:19:59](#) Your sexual partner in the moment is there.

Jazzmyne: [00:20:01](#) Exactly. Yeah. And you know, the, it's, it's like that cause and also they might be having the same thought.

Sophie: [00:20:07](#) Right, exactly.

Jazzmyne: [00:20:08](#) You know, so...

Sophie: [00:20:09](#) I would say much more important than what are they seeing or what are they looking at is like, do you want to be there?

Jazzmyne: [00:20:14](#) Yeah.

Sophie: [00:20:15](#) Do you want this?

Jazzmyne: [00:20:17](#) Exactly.

Sophie: [00:20:17](#) Are you liking the feelings that you're having, sensations that you're having. This is not like a cosmo answer where you're like, in order to be confident, just like put whipped cream on it!

Jazzmyne: [00:20:27](#) No!

Sophie: [00:20:27](#) Like you need to be comfortable.

Jazzmyne: [00:20:29](#) Exactly. And that's the first and foremost thing, you know, and you have to, um, I feel like that comfort can come from one of two ways, you know, like either a, is it something you're dealing with or b, is that person putting that pressure on you? So you need to, I guess kind of like figure out where that's coming from. And then, um, think about it more from there. Cause if you're just with like a shitty person-

Sophie: [00:20:55](#) then don't be with them.

Jazzmyne: [00:20:55](#) -That's saying like microaggressions and stuff, then like, okay, no, but if it's something with you, then you need to look into that more too. Yeah.

Sophie: [00:21:05](#) Best of luck, this person.

Jazzmyne: [00:21:07](#) Yeah!

Sophie: [00:21:07](#) Look at some other resources. I want you to be happy and healthy and have a lot of good sex. Because you deserve it!

Jazzmyne: [00:21:14](#) Ooh.

Sophie: [00:21:15](#) Okay. Very funny follow up question.

Jazzmyne: [00:21:16](#) Okay.

Sophie: [00:21:16](#) Give us some advice for Virgins.

Jazzmyne: [00:21:20](#) Oh, you know what, um, (laughs) let me tell you a little story. So in fifth grade, me and my group of friends decided that we were going to be virgins until marriage.

Sophie: [00:21:32](#) Oh my God.

Jazzmyne: [00:21:32](#) And that- (laughs) fifth grade!

Sophie: [00:21:35](#) Oh my god. Wow. A big commitment to make.

Jazzmyne: [00:21:39](#) Huge, huge commitment. We were like, not us, not us.

Sophie: [00:21:44](#) Ew! it's gross!

Jazzmyne: [00:21:45](#) Right? And we were just like, no, no one is going to have that part of me. I'm like, fifth grade! Anyways, no matter what age you are, no matter what you're doing in general, what you're standing up for, it is personal. And be confident in that. In this world where sex is either 100% spoken about or not at all. It's a really weird thing to kind of move around about, um, just like in society in general, but like don't by any means think that that's like a huge different thing. It's honestly probably a little bit more common, but people don't talk about it.

Sophie: [00:22:29](#) Yes, definitely.

Jazzmyne: [00:22:29](#) So, um-

Sophie: [00:22:31](#) And I feel like there's shame either- it's like people feel ashamed if they haven't had what they feel like is enough sex. They feel ashamed the other way.

Jazzmyne: [00:22:36](#) Yeah. If you've had quote unquote too much sex, you know?

Sophie: [00:22:41](#) Yeah exactly, people feel ashamed.

Jazzmyne: [00:22:41](#) Yeah. So first of all, know you're not alone. Second of all know that your life and your experiences are going to come to you like as you want them to, you know? And you are going to have full control of that. And society pressures are there for literally everyone. So it's all good.

Sophie: [00:22:59](#) I would add that like, you know, virginity is fake. It's a social construct and it means nothing. Preferences and experience are not things to add, value to you.

Jazzmyne: [00:23:09](#) No!

Sophie: [00:23:09](#) and like it's, it can def- I definitely understand why I can feel like a lot of pressure, but all that means is really that for you. Like you just need to take a little bit of time to make sure that whatever your first experience is, it feels like a total and complete choice on your part.

Jazzmyne: [00:23:26](#) 100%.

Sophie: [00:23:27](#) it's just that you feel comfortable with the situation.

Jazzmyne: [00:23:29](#) Yeah.

Sophie: [00:23:29](#) I don't even, that does not mean it has to be like you're, you know, future spouse or whatever just if you feel comfortable. You feel like you want to do it. Like do you feel like, okay, this feels good. But like overall it's like, yeah, sure. First Times if anything can be special, but also they can mean nothing.

Jazzmyne: [00:23:44](#) Exactly.

Sophie: [00:23:45](#) It's both like it's both. The important thing is like every other time you have sex or don't have sex in the future, it's like you feel safe. You feel comfortable. You and your partner are both giving consent.

Jazzmyne: [00:23:55](#) Consent, yep.

Sophie: [00:23:56](#) You're being safe, you know, it's like the same things are important every time. And it'll just be like the unknown the first time.

Jazzmyne: [00:24:02](#) Yeah.

Sophie: [00:24:03](#) And honestly I think for most people, if you were like dating them and they were like, I'm a virgin, like I'm a little bit nervous, you'd be like, oh my God, I can't wait to like show you stuff.

Jazzmyne: [00:24:14](#) And also it's not something you have to declare as well. You know, I feel like um, I see that in movies a lot. Or maybe you're like, oh, how do I, how do I tell him that I've never had sex before? Or even with like CIS men they just-

Sophie: [00:24:31](#) don't mention it?

Jazzmyne: [00:24:32](#) -find it hard to talk about in general. Um, for some reason in the media. But yeah, like don't think that things have to be like declared or you have to walk around and be like-

Sophie: [00:24:42](#) it's not something you have to warn someone on.

Jazzmyne: [00:24:43](#) No.

Sophie: [00:24:43](#) If you're getting into the actual sex part of it. I would personally want to mention it. Not, not as a warning or anything, just to be like, oh, I'd like a little more safety or I'd like a little more guidance or, or even just like, I just want you to know.

Jazzmyne: [00:24:56](#) exactly.

Sophie: [00:24:56](#) Whatever you feel comfortable with.

Jazzmyne: [00:24:58](#) You're 100% whether you've had sex or not, no matter what you do, you're in control.

Sophie: [00:25:03](#) Yeah.

Jazzmyne: [00:25:03](#) So talk about it.

Sophie: [00:25:06](#) Yeah. Virgin as a construct has a lot to do with like CIS Hetero ideas of sex and it's like you can do all sorts of sexual things until you feel comfortable with whatever you see as sex.

Jazzmyne: [00:25:18](#) Exactly.

Sophie: [00:25:18](#) You know, just like do a lot of make outs.

Jazzmyne: [00:25:21](#) Yeah.

Sophie: [00:25:21](#) Who Cares? Everyone likes making out.

Jazzmyne: [00:25:23](#) I love it!

Sophie: [00:25:24](#) It's fun.

Jazzmyne: [00:25:25](#) It's so much fun.

Sophie: [00:25:26](#) Just like look lovingly at each other and put makeup each other. And there's plenty of ways to be intimate.

Jazzmyne: [00:25:33](#) very!

Sophie: [00:25:33](#) Right?

Jazzmyne: [00:25:33](#) I like a nice, like intense conversation.

Sophie: [00:25:36](#) Yes.

Jazzmyne: [00:25:36](#) That's like-

Sophie: [00:25:36](#) like playing with fingertips?

Jazzmyne: [00:25:38](#) That's like foreplay to me. Just like a super intense conversation.

Sophie: [00:25:43](#) Talking very close. And then just like you're maybe touching their foot a little bit.

Jazzmyne: [00:25:48](#) Fuck! Yeah, that's it.

Sophie: [00:25:49](#) (Laughs) Okay. Let's move on our next question. "How do I incorporate a playful and fun fashion style while still being an office job with the government appropriate fat positive a hundred percent I am that bitch who's not super femme that I am." That's a long question.

Jazzmyne: [00:26:03](#) (Laughs) Yes, it is. I feel like I'm so privileged in the fact that, um, the jobs that I have and the position that I've been put in and the person I have become is very like, you're getting this whether y'all like it or not, no matter what setting I'm in, you're going to get this, you know? Um, so I could only imagine working like an actual office job with having like a dress code type of things.

Sophie: [00:26:31](#) Also even just West Coast vs East Coast.

Jazzmyne: [00:26:32](#) Yeah.

Sophie: [00:26:33](#) It's so different.

Jazzmyne: [00:26:35](#) Yeah!

Sophie: [00:26:35](#) Or like, I don't even know what the rules are in the Midwest.

Jazzmyne: [00:26:36](#) I was going to say.

Sophie: [00:26:37](#) But Like, I know for here it's like you can always tell when someone's visiting from the east coast cause they have a full

dark suit on and you're like, what are you, who are you trying to impress?

- Jazzmyne: [00:26:45](#) Yeah, yeah. I think with me when I was in, when I was in positions where I would have to dress a little bit more, not like myself and a little bit more corporate, I would always at least try to like balance things. Like say if I wore a leopard print top, I would wear like plain black bottoms with it to like kind of balance that. So maybe like mix in a casual like print or bright color and then make sure you offset it with like a more chill, um, whether it's like a blazer or like a skirt or like a chill shoe. Um also, if you do wear makeup, you can also try like a fun lip color but have on like one tone. Like if I wore all black for example, and do like a fun lip, like a red lip on pink lip or something. And for some people like shoes and socks. They're a big thing right now that are like super like, you can buy fun socks, you can buy fun colored shoes, you know? And even if you're wearing just like a 100% like corporate looking outfit, if you were like a fun little sock and a cute shoe with that, that's how you can make things a little bit more you too.
- Sophie: [00:28:02](#) especially this person is saying they're not super femme because like there's a lot more options for kind of like rockery kind of shoes-
- Jazzmyne: [00:28:11](#) for sure!
- Sophie: [00:28:12](#) Than there would be for like more femme high heely kind of shoes that would be appropriate.
- Jazzmyne: [00:28:15](#) Exactly, exactly.
- Sophie: [00:28:16](#) It's just like, you know, because of bullshit ideas about masculinity being more professional or whatever. But still for this person it means that they can like play with socks too.
- Jazzmyne: [00:28:26](#) Exactly. If you can have fun accessories too, whether it's watches, rings, necklaces, earrings,
- Sophie: [00:28:34](#) even like depending on how fancy you have to be, like a pocket square or a tie.
- Jazzmyne: [00:28:37](#) Oh my gosh yeah!
- Sophie: [00:28:38](#) Like all those little things. And I would also say whenever someone's like, how can I be more playful? It's like a lot of times the, I think they're imagining that the two options are like

completely stayed suit or like Flamingo and like what if you just try adding a few little things and then you'll see what feels right.

- Jazzmyne: [00:28:57](#) That's how you fool other people. Like, yes, I'm totally corporate right now, but I'm also had this fun pocket square and like my red socks that match the pocket square.
- Sophie: [00:29:06](#) Exactly!
- Jazzmyne: [00:29:07](#) You know?
- Sophie: [00:29:08](#) Yeah. Okay. Next question. Where do you find good plus size basics?
- Jazzmyne: [00:29:13](#) Basics. Like people? No, I'm kidding.
- Sophie: [00:29:16](#) (Laughs) It's me. You found her. I'm a good plus sized basic.
- Jazzmyne: [00:29:22](#) I Mean, every answer's going to be ASOS.
- Sophie: [00:29:27](#) It's just gonna be ASOS! okay, next question Okay. Hi there. Wonderful humans. This question is for Jazzmyne. What helped you, if anything, to overcome the bitch of a mindset that tells you no one will view you sexually for your size?
- Jazzmyne: [00:29:38](#) Oh, I think that's just called being a Libra, (laughs) to be honest. Like, I never, and I'm very thankful for this, but I never thought that I wasn't capable of being loved, you know? And maybe that's like my, my family was like very like loving and supportive. If anything it was because of the people I was dating. Nothing to do with my body size or anything. Just like I was dating toxic people. Um, but yeah, I don't know like I'm just like again I think very like realistic for a second. I'm like someone out there has to be attracted to me. Someone, probably, many people, you know, I'm bound to find one of them. I'm bound to find one of them.
- Sophie: [00:30:31](#) I mean April and I have talked about this before about just like, especially in context of feeling like before you become bad-body positive a lot of times it can be easy to slip into the role of feeling like the mom of the group or like kind of desexualized in that way or like- My hot friends are over there and they would never want me and like for me the things that helped get over that were like number one realizing how sexy other fat people are, was like very important because you can't, if you are still telling yourself like other fat people are not cute then like why would you believe you?

Jazzmyne: [00:31:07](#) You are cute.

Sophie: [00:31:08](#) Yeah, you got to like, you know, follow a lot of fat people. And like, look at the images, look at them. And then after a while you're just like, oh cool. Like I really, I know it's not that I'm like, I recommend Instagram, it's just that I'm like, that really helped me.

Jazzmyne: [00:31:23](#) That's how you can see!

Sophie: [00:31:23](#) That's how you do it. And then number two, it's okay if like you struggled to get there. I mean, I know that for me for a long time it was surprising to me whenever anyone found me attractive. And then when I finally like got there, then I was like, that was stupid of me, you know?

Jazzmyne: [00:31:40](#) I'd feel the same way because I always go into situations and it's definitely different. I can only imagine dating cis men, literally. I can only imagine because I haven't, um, but also for me going into my space as like being a lesbian is just like never really, I don't know, knowing if anybody's into me, you know? And so that's always self doubt like that. But then that little bit of realism comes back and I'm like, come on.

Sophie: [00:32:10](#) Okay. The next question, "how do you deal with a loved one wanting support for wanting to lose weight in order to decrease pain for back problems or foot problems, et cetera? I keep telling them that weight loss is not a longterm thing and the yo-yoing is harmful, but they're in pain and they know they feel less pain when they weigh less and they can't take pills for their pain. Just kind of stuck. What do y'all think?" We get a lot of questions like this and it's like a very hard one to answer because I'm like, you can't do it for them.

Jazzmyne: [00:32:36](#) It's hard.

Sophie: [00:32:36](#) All you can do is just be like, here's some HAES stuff. Here's some like health at every size practices. Here's some literature about how you can increase quote unquote health and mobility and muscle, whatever through like healthy movement, activity. Um eating choices not to change your body size but to fuel your body, but like they have to decide to want that. And also I would say too, if they are fatter than you, I don't really feel like it's ever my place to tell someone who is more marginalized than me that they should like not be upset about that. You know what I mean?

Jazzmyne: [00:33:13](#) You can only put in so much when it comes to this type of stuff. Um, like talking to other people about like them wanting to be on diets and lose weight for whatever reason, whether it's health or not. And it's something that I kind of like protect myself with.

Sophie: [00:33:33](#) Yes.

Jazzmyne: [00:33:33](#) Even if it's someone that I truly love so much, but there's just, you know, like somewhere like we can, we can do this, we could do this, we can do this. I cannot make this a mission for myself, for you because with my past and with where I'm at now in life, that will mentally consume me and it won't be good for me. So make sure as much as you are doing what you can for them, make sure that you are also taking care of yourself during this as well. Because, um, that can be really, it can be hard.

Sophie: [00:34:08](#) I would number one recommend going back and listening to our fat traitor episode, which we made because we wanted people to feel more compassion for fat people who are not able really to let go of some of the like weight loss stuff as well as like super fat people who choose to get like weight loss surgery and stuff where again, I'm like, that's not my struggle. And so I don't feel like I have any right to judge it. Just make sure that you're not like trying to foist where you are on someone else because like I know that if someone, when I was still in the throws of everything and I was so convinced that I could lose weight and then like if someone had come up to me and been like, you can be fine like, how you are and like blah, blah, blah, I would, I just wouldn't, it wouldn't have ever gotten through. There's just no way. They don't need to be in the place you are for you to be validated and where you are.

Jazzmyne: [00:34:53](#) Yeah. Yeah. And it's, but it's hard.

Sophie: [00:34:56](#) It's hard for sure.

Jazzmyne: [00:34:57](#) It's so hard. Um, I had some members in my family who were doing that, like intermediate fasting thing, you know. Um, and I'm like, it took me a second with having like a, a past eating disorders of starving myself and listening to how these people are starving themselves until a certain time of day and I just had to take a second and be like, that's, I can't, I can't...

Sophie: [00:35:23](#) I would recommend just setting limits about their talk around you.

Jazzmyne: [00:35:26](#) Yeah, exactly.

Sophie: [00:35:27](#) And saying what you are available for in terms of support.

Jazzmyne: [00:35:30](#) Yes.

Sophie: [00:35:31](#) Either they will lose weight and then gain it back and then maybe they will be willing to listen if they come to terms with it.

Jazzmyne: [00:35:36](#) Exactly.

Sophie: [00:35:37](#) Or they'll lose weight and keep it off for a while. Honestly that part is usually more hard to be around because then people are like, see I did it. Anyone else can, blah blah, blah, blah, blah, blah. All you can do is be like for you, not for me. Like, let me put boundaries around this and whenever you're ready or want to, I'm here to talk to you about this stuff. But it's just like, you know, I think a lot of times with body-positive or fat positive stuff, it can be really hard for people to accept when their other fat friends are not in the same place they are. Or even when they disagree with other like fat influencers or like fat voices or whatever. People get so entrenched in it and I'm like, it's because we feel like we are such tiny voices shouting to a huge world. But the reality is we don't have to agree with everyone. It doesn't affect your truth. You know what I mean? And all you can do is be like, I'm here to talk about it when you're ready.

Jazzmyne: [00:36:29](#) Exactly.

Sophie: [00:36:29](#) That's all.

Jazzmyne: [00:36:30](#) Yup.

Sophie: [00:36:31](#) Third love is the bra company who is going after extended sizing. I mean it, they have literally 78 bra sizes with bands ranging from 30 inches to 48 inches and cups double A to I. Third love is thinking about fatmily sized boobs and they don't just create new sizes by scaling up existing measurements, they fit each cup size in at least 20 different models with different body types and breast shapes to ensure their new styles are comfortable and beautiful. For larger sizes, Third love also adds premium touches to ensure the bra is stronger where you need it such as wider straps or more substantial hook and eye closures. The best part is third love bras costs the same no matter the size, same comfort, same perfect fit, same fabric, same style, same price, no matter what the size. Every customer has 60 days to wear it, wash it and put it to the test and if you

don't love it, return it and third love wash it and donated two boobs in need. Go to [Third love.com/saf](https://thirdlove.com/saf) to find your perfect fitting bra and get 15% off your first purchase. That's [Third love.com/saf](https://thirdlove.com/saf) for 15% off today.

- Sophie: [00:37:33](#) Today's episode of She's all fat is brought to you by under summers, a company founded by Carrie Ray. Their soft and comfy shortlet slip shorts will quickly become your go to thigh protecting panty for underskirts and dresses year round, plus they come in sizes small to five X. I wear my under summers on days when my HS is acting up and I need underwear that isn't too clingy and is very breathable. I also wear my under summers when I want a cute eighties workout vibe underneath an oversized tee, lots of ways to live, laugh, love in my under summers. Their super soft laces, fabrics and trims are carefully chosen to make you love your thighs and their products come in tons of fun colors. Last summer they sold out of some of their fun colors in just three days! Perhaps because of our discount code, tbh, and you won't believe this: under summers now offers leggings too. They're super comfy and super functional all day everyday. Use our new code just for, she's all fat listeners. S A F for \$10 off your purchase of our favorite comfy, silky smooth breathable anti thigh chafing slip shorts. That's code SAF pretend dollars on undersummers.com
- Sophie: [00:38:38](#) okay. What was the best piece of advice given to you when starting a career in social media? And what was your biggest fear when you began to become a more public fi-figure?
- Jazzmyne: [00:38:48](#) The best advice was probably don't read the comments.
- Sophie: [00:38:52](#) Yeah. That's always a good piece of advice.
- Jazzmyne: [00:38:55](#) Honestly it is. Um, and we will all go through our own ways of reading comments and not reading comments and how we felt. And we've all had our own stories and our own journeys. Yeah. Um, I definitely stick by the, um, the saying hurt people, hurt people and I get it, you know? biggest fear. You know what for a little bit, I was afraid of putting too like, risque photos on my Instagram. Um, in order to get like brand deals or anything like that, you know, like not putting up, um, pictures in swimsuits or lingerie because my followers would dip like two to 4,000 every time I posted.
- Sophie: [00:39:47](#) Really?

Jazzmyne: [00:39:47](#) Oh fuck yeah. Every time I post posted a photo like that. But then, um, just this year actually starting like January, I was like, fuck it. I don't even care if you're a brand and you see me half naked on my Instagram and you don't want to-

Sophie: [00:40:02](#) That is your brand!

Jazzmyne: [00:40:02](#) Yeah. Then don't then don't work with me. You know? Like, uh, that's fine. Yeah.

Sophie: [00:40:08](#) My biggest fear when becoming a more public figure with just that someone would find me and murder me, but then I figured someone might do that anyway.

Jazzmyne: [00:40:18](#) Honestly. There's a no, no say to anybody these days.

Sophie: [00:40:23](#) There's no guarantee. You know?

Jazzmyne: [00:40:24](#) Yup. Yup.

Sophie: [00:40:25](#) I don't know.

Jazzmyne: [00:40:28](#) (laughs) I love how dark you get.

Sophie: [00:40:29](#) I mean, I just like, because- because of like weird trolling things I've had from being a writer about that stuff. You know, like I talked before on the podcast, I think about this time that um, somebody got my number and my name. I don't know if it was someone I knew. If it was someone who was mad at me, if it was someone who was- like read one of my pieces and they posted a craigslist ad for a scooter in Chicago and they were like, "I'm too fat for my scooter, will you come buy this scooter? Text me" and put my real number. So for like three weeks I have people texting me like, can I buy your scooter fatty? And I was like, what? Which is like, number one is hilarious prank.

Jazzmyne: [00:41:11](#) Yeah.

Sophie: [00:41:12](#) That's pretty funny.

Jazzmyne: [00:41:13](#) Yeah.

Sophie: [00:41:13](#) It's- in the moment. I was like, what the fuck?

Jazzmyne: [00:41:16](#) Yeah, no shit. Wow.

Sophie: [00:41:18](#) Who has my number? Who did that? You know?

Jazzmyne: [00:41:21](#) Yeah.

Sophie: [00:41:21](#) like that kind of thing is very like in the, in the moment it's very scary and like who knows my number, who knows my name?

Jazzmyne: [00:41:28](#) Yes.

Sophie: [00:41:28](#) You know where I'm, I'm always like, don't post the front of my house, like don't post. You know what I mean? I don't want people to know where I live, I don't want whatever and the end I'm- at the end of the day I'm just like, you know what?

Jazzmyne: [00:41:39](#) Honestly...

Sophie: [00:41:39](#) What am I going to do, you know?

Jazzmyne: [00:41:41](#) Yeah. I had a situation similar, it happened like last year where, um, this person was just writing like threats to me.

Sophie: [00:41:50](#) My God.

Jazzmyne: [00:41:51](#) In like comments. Um, yeah. Over like some stuff I did outside of buzzfeed, like on videos and stuff and I was like so scared for like a month and a half. Like I even had a, a live podcast and uh, the- buzzfeed, thankfully enough had security that came with me and stuff cause I was just like really fucking terrified.

Sophie: [00:42:14](#) Yeah. Sometimes I try to imagine the person on the other side of it. And that helps me because when I'm, when I'm like, okay, what comes to mind is a white man in like at black tactical army suit, but that's probably not right, you know?

Jazzmyne: [00:42:28](#) No, no, no. I just like separate completely-

Sophie: [00:42:31](#) Maybe a white man, but like he's not going to come kill me really?

Jazzmyne: [00:42:34](#) No. Yeah, not at all.

Sophie: [00:42:35](#) So, yeah, that was my biggest fear was just being like, oh, being very public is a little scary cause I have no idea who might fixate in a way or something. And people do, I know from my writing people do. Okay. "Is buzzfeed open to inviting more fat people into their productions? I would love to see a show with fashionable fat people, mid to super fats."

Jazzmyne: [00:42:59](#) You know what? I would love that too. Um, Yup.

Sophie: [00:43:03](#) At buzzfeed.

Jazzmyne: [00:43:04](#) I would love that too. That's all I can say.

Sophie: [00:43:08](#) Um, if you all would like to see that, you should tweet at buzzfeed about it. Okay. "How did you feel at fashion week as a fat model? Did skinny models treat you weird?"

Jazzmyne: [00:43:19](#) Okay. Um, in the show that I walked in, super inclusive, super queer, super hot, everyone's so hot, fuck. It was so much.

Sophie: [00:43:29](#) What show was it?

Jazzmyne: [00:43:30](#) It was um, oh, dapper cue. Oh my gosh, it was so good. But I've been to big name fashion shows and quite often there's maybe five or fewer fat people in the audience. And to be honest, it's kind of like, it's a thing for sure because you're walking around and they're nothing but just fucking skinny people everywhere, you know, just these. Yeah. And you know, you're like one of the only ones.

Sophie: [00:44:02](#) It's very visible.

Jazzmyne: [00:44:02](#) Exactly. But at the same time, like I make sure, I do this all the time, but especially fashion week, I'm like, I am going there and I'm going to make a fucking statement I'm going to put on for everybody who can't come to this fashion week and I'm going to be that bitch. You know? Like I'm one of the first ones that I went to. I wore a huge, like oversized lavender fur- fake fur. Um, and you, you were going to notice me.

Sophie: [00:44:28](#) Amazing.

Jazzmyne: [00:44:28](#) Now that I've been to, I think I'd been to three fashion weeks. It is very, just like exhausting, you know, because sometimes you just walk around and you're like, damn, it's really just me out here or me And like-

Sophie: [00:44:43](#) That's a hard feeling.

Jazzmyne: [00:44:43](#) And if you do see any of the other like plus people there, like you know them, so at least you're like rolling with each other. But yeah, it's hard.

Sophie: [00:44:54](#) I went to a party at Gabi's house recently.

Jazzmyne: [00:44:58](#) Oh my gosh. I was so sad I couldn't be there.

Sophie: [00:44:59](#) I was like the- it was so crazy. I came home and I was like, that was the first time I've ever been in a room where I felt slightly intimidated by cool people, but it had nothing to do with weight cause everyone was fat. I was like, that was so weird.

Jazzmyne: [00:45:18](#) Yeah. Damn. I wish I could've been.

Sophie: [00:45:19](#) It was cool. I mean, I'm sure she'll have another game night, but like, um, it was very weird to be like, oh, like everyone's fat here and like everyone's cool with it. Like, and also it was a moment for me where I was like, fuck, even if everyone were fat, I'm still a fucking nerd! What the fuck!

Jazzmyne: [00:45:38](#) (Laughs) Stop, you are not.

Sophie: [00:45:39](#) I am!

Jazzmyne: [00:45:41](#) Not in like a- Not in like a way that you're not cool.

Sophie: [00:45:43](#) I mean, I am cool when I manage to lean into who I am, but a lot of times, um, like if I'm in that kind of situation, sometimes I kind of forget about how niche a lot of my interests are. And then I'll be like, have you read the latest novel about Blah Blah Blah? And people are like, Huh. And I'm like, you know, where's your list of interesting words? Don't you have tho- one of those?

Jazzmyne: [00:46:02](#) That's funny.

Sophie: [00:46:03](#) like no. Like, oh no, I'm just like a Weirdo outside of like, it's not, I wasn't, I would've probably been bullied as a kid even if I weren't fat cause I'm just like a fucking nerd.

Jazzmyne: [00:46:14](#) (laughs) You're such a dork.

Sophie: [00:46:16](#) It's Very funny. But yeah, it was just like, there's just like ranges of spaces that you're in. Sometimes it feels very uncomfortable to be in spaces where everyone's thin, where everyone is focused on being thin. Sometimes I'm fat and I'm in a room with full- room full of thins and it doesn't matter because nobody cares.

Jazzmyne: [00:46:32](#) Yeah. I feel like um much similar to New York fashion week, even going to like brand parties and brand events. Yo...

Sophie: [00:46:43](#) Is it like that?

Jazzmyne: [00:46:43](#) That shit is hard.

Sophie: [00:46:45](#) Damn.

Jazzmyne: [00:46:46](#) Yeah. Yeah.

Sophie: [00:46:47](#) Especially because a lot of plus size models quote unquote, it's like they're size 10. Or whatever. I'm like, they're not plus size.

Jazzmyne: [00:46:54](#) Okayyyy.

Sophie: [00:46:55](#) Um, uh, okay, good question. "In one of your pieces you talk about growing up surrounded by girls who look like the quote exact opposite of you." They went for the quote.

Jazzmyne: [00:47:05](#) Love it.

Sophie: [00:47:05](#) "Straight hair, blue eyes, thin. What would you say to chubby girls of color surrounded by the same?" Love this question.

Jazzmyne: [00:47:11](#) Yes, it's great. Um, and something that is very realistic for me. I would say, um, if I could go back and tell myself something, it would be that there are so much bigger and better things than your community that you're in right now and you will find that. And Luckily for a lot of, um, younger people now, they can at least see that on the Internet. So if you were sitting in Peru, Illinois, where I was-

Sophie: [00:47:41](#) Peru, Illinois.

Jazzmyne: [00:47:42](#) Yeah, in Peru, Illinois. I could have at least opened my phone and saw other people that existed. But at that time I did not. I did not have any sense of community and felt very like removed from my own. I wish I would've known there was something out there that that is just more, this is not it. This is not the end all of everything, you know, so just know that there is more.

Sophie: [00:48:06](#) Um, okay. "Um, excuse me. Were you in a movie with Alyson Stoner?" Question. Question. Question Mark.

Jazzmyne: [00:48:12](#) Not a movie. I was in a music video.

Sophie: [00:48:15](#) It was a very good music video.

Jazzmyne: [00:48:16](#) Yeah?

Sophie: [00:48:16](#) Yeah. I liked it.

Jazzmyne: [00:48:17](#) Yeah, it was cute.

Sophie: [00:48:18](#) Um, we'll link it in the show notes. It's very cute. It's very cool that you got to play like a love interest music video girl.

Jazzmyne: [00:48:24](#) Yes, yes. And honestly. I've been in, I was recently, which by the time this comes out, it'll probably be out. I'm in a video with my friend Ari. Um, and I'm also the love interest.

Sophie: [00:48:37](#) Oh my God. That's amazing.

Jazzmyne: [00:48:38](#) And I'm just like this love interest that, like walking around here, kissing people.

Sophie: [00:48:43](#) Oh my god! I love that.

Jazzmyne: [00:48:44](#) Yeah. Yeah. I'm hoping, My big, my big hope is I'm waiting for Kehlani to call me.

Sophie: [00:48:50](#) Oh my god.

Jazzmyne: [00:48:50](#) and I just want to be that music video that for Kehlani.

Sophie: [00:48:53](#) That'd be amazing.

Jazzmyne: [00:48:54](#) That's my dream.

Sophie: [00:48:55](#) At Kehlani!

Jazzmyne: [00:48:55](#) Yes. Kehlani, C'mon.

Sophie: [00:48:57](#) Okay. "What's it like being queer at buzzfeed?"

Jazzmyne: [00:49:00](#) Um, it's pretty much the majority. (Laughs)

Sophie: [00:49:03](#) Yeah. Everyone's queer, I came out at buzzfeed cause I just hung out with so many queer women and I was like, ah!

Jazzmyne: [00:49:08](#) yeah, that's it. Yeah. Everybody's pretty much...

Sophie: [00:49:13](#) Everyone's gay.

Jazzmyne: [00:49:14](#) Queer. Yeah. At Buzzfeed. Yeah.

Sophie: [00:49:16](#) It's a pretty easy to be queer there, I would say.

Jazzmyne: [00:49:18](#) Yeah.

Sophie: [00:49:19](#) "What's the best thing about the queer community? What's the worst or something to work on?"

Jazzmyne: [00:49:24](#) I think the best thing is like just being so accepted and so celebrated and so loved, um, our community. Yeah, there's a whole bunch of, there's a whole bunch of Shit we could talk about it, but for the most part everyone, at least to your face is pretty, um just like accepting, even like walking around Weho or going to a pride event or something and people just being like, yes, word. Yes. You know, it's so celebratory and it's very open and I love that. Um, something that the community could work on. I wish there were more inclusive places in cities. Like especially La, there is like Weho. Right. And then there are a whole bunch of um, nights at bars that are like specific to different groups. But I wish there were more-

Sophie: [00:50:21](#) I feel like this a lot. Like I, I have, since I have like come out more, I have been like, wow, I don't really know where to go.

Jazzmyne: [00:50:31](#) Where do you go? Yeah.

Sophie: [00:50:32](#) I'm like trying to be like, I want to be around other queer women but I can't go to a dating event cause I'm in a monogamous relationship.

Jazzmyne: [00:50:39](#) Exactly.

Sophie: [00:50:39](#) Where do I go where I can just be around other queer women?

Jazzmyne: [00:50:42](#) Yeah.

Sophie: [00:50:42](#) Like, I don't know. Or like even bi women, I would settle for that! Just being around specifically bi women.

Jazzmyne: [00:50:48](#) Exactly.

Sophie: [00:50:48](#) I don't know where to go for that.

Jazzmyne: [00:50:50](#) It's really like there are like nights out, there's this one night that I go to that's like a dance party, which I can [inaudible].

Sophie: [00:50:58](#) That's fun! yes please!

Jazzmyne: [00:50:58](#) Yeah. Um, but other than that, it's really like shitty cause everything is very like gay man, man focused. Yeah.

Sophie: [00:51:08](#) Damn. Also, I think especially in La, because a lot of the queer culture is fronted, not like, I don't think all the queer culture here by any means is this, but it is like the image of it is very white cis gay man.

Jazzmyne: [00:51:22](#) Oh yeah.

Sophie: [00:51:22](#) And that also tends to be pretty fat phobic.

Jazzmyne: [00:51:24](#) Yes. Oh my God, yes. Yes.

Sophie: [00:51:26](#) You know? I think that's something else we need to work on.

Jazzmyne: [00:51:28](#) For sure.

Sophie: [00:51:29](#) As well as the same thing as the rest of the country, which is like, you know, de centering white people, et Cetera, et cetera.

Jazzmyne: [00:51:36](#) And like, uh, yeah. I don't even want to get into it.

Sophie: [00:51:40](#) There's a lot.

Jazzmyne: [00:51:40](#) Yes.

Sophie: [00:51:41](#) But I agree that like in general, like I have really enjoyed, um, the process of being like, starting to learn how to be able to signal queerness and how to be like, okay, cool. Like I'm, yeah, yeah. Hey, you know what I mean? Yeah, yeah. That's cool. Because then you're like, cool.

Jazzmyne: [00:51:58](#) Exactly.

Sophie: [00:51:59](#) We got this. "How can we get you in the I word?" (laughs) very cute question.

Jazzmyne: [00:52:06](#) Oh my Gosh, you know what? I was literally just thinking about what would my character be on this I word?

Sophie: [00:52:12](#) I have to watch the original. I've never seen it. Oh my God. I know.

Jazzmyne: [00:52:15](#) Okay.

Sophie: [00:52:15](#) I know!

Jazzmyne: [00:52:16](#) If I'm starting a fucking skincare routine, you're watching- I will come over here.

Sophie: [00:52:22](#) Okay deal, deal!

Jazzmyne: [00:52:22](#) I Will come over here and rewatch it with you.

Sophie: [00:52:24](#) We'll do masks! And we can watch it. Deal.

Jazzmyne: [00:52:26](#) This is done.

Sophie: [00:52:27](#) Okay.

Jazzmyne: [00:52:27](#) I'm so serious.

Sophie: [00:52:28](#) It's a plan? Oh my god. Should we start a new podcast?

Jazzmyne: [00:52:31](#) (Laughs) We should be on the L word. I'll tell you now, So when we do watch this, y'all know, um, there's this time where there's a carpenter that is introduced.

Sophie: [00:52:44](#) Okay.

Jazzmyne: [00:52:45](#) I want to be that carpenter.

Sophie: [00:52:47](#) Alright.

Jazzmyne: [00:52:48](#) Very small role. Um, or I want to be some like fashion role. I wish I could be kit and if you're asking this question then you know who [inaudible] is and I should be kit, but um, that are the new carpenter.

Sophie: [00:53:01](#) Okay. Well we will...put you in for that role.

Jazzmyne: [00:53:02](#) We're circling back to this.

Sophie: [00:53:04](#) We're circling back.

Jazzmyne: [00:53:04](#) Yeah. How has it been for you since you've discovered that part of yourself? Because how old were you?

Sophie: [00:53:13](#) Uh, Like 25.

Jazzmyne: [00:53:14](#) That's like, yeah, kind of like a little bit later.

Sophie: [00:53:17](#) Yeah.

Jazzmyne: [00:53:17](#) You know?

Sophie: [00:53:18](#) I mean, it was weird in one way because I was already in a monogamous relationship with a man.

Jazzmyne: [00:53:22](#) Yes. Which is so interesting.

Sophie: [00:53:24](#) Yeah. I think it's like I actually have had a lot of people, a lot of women reach out to me who had the same thing happened to them.

Jazzmyne: [00:53:31](#) Wait, sorry. Before you go into this, what do you identify as?

Sophie: [00:53:34](#) Just bi.

Jazzmyne: [00:53:35](#) Bi. Okay.

Sophie: [00:53:35](#) Yeah.

Jazzmyne: [00:53:35](#) I wasn't sure.

Sophie: [00:53:36](#) I think, I mean, personally, I know I always see arguments on Twitter about like bi, pan, whatever. I don't- it's whatever. I don't care like the weird definitions about like, well this means two, and that means more than like, no, I, it doesn't matter to me. Um, I, there's, I don't think there is any, there is not a gender that I would categorically be opposed to being attracted to. You know?

Jazzmyne: [00:54:02](#) I'm honestly the same way. Like, I, for the sake of just like media, I'm like, I'm a lesbian. But to be honest, I guess I would identify more pan. Um, just because I truly just am so accepting of love no matter where it's coming from. And also I would never shut myself off from accepting love if it was some type of gender or nonconforming. I don't care, just love me, you know? Just fucking love me.

Sophie: [00:54:34](#) Just love me!

Jazzmyne: [00:54:34](#) Yeah, so.

Sophie: [00:54:35](#) I mean, I think for me it was like I, it really for me came a lot out of body positivity and being able to accept myself as I was and not, not trying to be like, well girls have to be smaller than boys and girls- Like, you know, basically. And then once I was more comfortable in myself, then I was like, oh, maybe these other ideas about what I had to be are also not for sure. It's like, it's hard when you're bi a little bit if you are attracted to men as a woman because then I'm like a lot of other bi women don't

realize until later because you're just like, well sure there's men I'm attracted to.

Jazzmyne: [00:55:10](#)

Exactly.

Sophie: [00:55:11](#)

Like it doesn't feel like repressive, you know? I'm like, I am attracted to men and so it doesn't feel like, Oh, I'm hiding my true self or something.

Jazzmyne: [00:55:19](#)

Sure, sure. Oh, I get that, I get that.

Sophie: [00:55:22](#)

So it was never like, I just was like, oh no, everyone feels very obsessive about their best female friend. Right? You know, like I didn't think, I didn't think that it was like, it just didn't occur to me because I wasn't like I have to be with a girl. I was like, I want someone to love me, and it made sense to me from the culture that it would be a man. But like once I was around more queer women and then I was like, oh my God, I'm very attracted to all these queer women. And then I was like, oh shit. Okay.

Jazzmyne: [00:55:52](#)

(sings) Welcome!

Sophie: [00:55:53](#)

Well yeah it was like very bizarre. It was like, oh! That's, and also I've told Nicolette this, a lot of it too came from seeing fat queer women who were femme because I for a long time had this idea that if you were fat and queer then you are going to be more butch cause that's what you see. And so I was like, well that's not me. Less than being like I don't like girls. It was more that I was like, that picture is not me.

Jazzmyne: [00:56:17](#)

Where do I fit?

Sophie: [00:56:19](#)

Yeah. It's definitely not me, so I'm not gay.

Jazzmyne: [00:56:21](#)

For sure.

Sophie: [00:56:21](#)

You know? And so when I first figured it out, I like talked to victor about it and I was like, oh no, what do I do? And he was like, I don't know, do you want to break up? And I was like, no. And he was like, okay, well do you want to- is it- You know, do you want to date other guys even though you're attracted to other guys? And I was like, no. And he was like, okay, well if you like, you know, have to kiss a girl to prove it to yourself, And I was like, no, I know it's real. Then he was like, okay, well then what? And I was like, oh, I guess nothing. I don't know. Like, you know, so it was just like, oh, like I do feel a little bit, sometimes I'm a little bit like, Oh man, like I wish I could have dated some

girls before I hooked up with Victor. But also I'm like, I didn't- it's not like I dated a lot of guys.

- Jazzmyne: [00:57:04](#) Yeah. And you're, if you're happy, that is truly what you're looking for anyway.
- Sophie: [00:57:09](#) That's what's important, I'd be like for what? To find another committed longterm happy relationship?
- Jazzmyne: [00:57:13](#) Exactly.
- Sophie: [00:57:14](#) So it, the, the thing that has been not like a struggle but that I feel like I'm still interested in pursuing is like finding more places to express my queer identity because so much of it is centered around dating and sex. A lot of times that it's like, no, I really want to find like more queer community. And that was something I did really enjoy about buzzfeed and like being able to express that more without having to be, or like even explore it more.
- Jazzmyne: [00:57:42](#) Yeah.
- Sophie: [00:57:42](#) It does feel very connected to body positivity for me and that I'm, I try to apply the same things of like, be patient with yourself like, accept all of yourself. Like, um, be confident talking about it to people who care about you because they'll accept you, you know? And also it was like, it was emotional for me to tell people in my life and they literally all had the same react- They were just like, okay.
- Jazzmyne: [00:58:04](#) Cool.
- Sophie: [00:58:05](#) Yeah. I was like, I think I might like girls. And they're, oh like all Lindsey was like, okay. Like, nobody. I was like, oh, okay. Yeah. This was big for me.
- Jazzmyne: [00:58:15](#) Right, exactly. No, that's great.
- Sophie: [00:58:19](#) Yeah. So if anyone knows of any cool queer women hangout, hit us up.
- Jazzmyne: [00:58:23](#) let us know! Let us know! Thank you so much. I'm so glad to do this and get my skincare and get your I word on cause we are doing this.

Sophie: [00:58:35](#) Sometimes I do this thing with the podcast where I just decide who I want to be friends with and then I invite them on the podcast.

Jazzmyne: [00:58:40](#) Yeah.

Sophie: [00:58:41](#) So I did that here. Just to be clear, it was just like this work.

Jazzmyne: [00:58:45](#) Yes. I love it so much.

Sophie: [00:58:47](#) Um, and send us any follow up questions. I'm sure we'll have Jazzmyne back around very soon. Is there anything you want to tell people to be looking for as this comes out as this episode comes out? Just follow your Instagram.

Jazzmyne: [00:58:58](#) Yeah! just follow me. Other than that, um, I have some- I might have an event.

Sophie: [00:59:04](#) Cool.

Jazzmyne: [00:59:05](#) At the end of the summer, I'm trying to put together a little maybe pool situation. Yeah. I want it to be very centered, not only on, um, fat bodies, but just like different, you know? Um, I think, I don't know. I just want people who just feel fucking different and like being in a swimsuit, no matter what your body is, is weird for you? Yeah. Um, so let's all get together and celebrate that.

Sophie: [00:59:31](#) Oh my God.

Jazzmyne: [00:59:32](#) So I'm hoping that will be something by the end of this summer.

Sophie: [00:59:37](#) Oh my God. So look out for that!

Jazzmyne: [00:59:39](#) Yes, yes.

Sophie: [00:59:40](#) All right. What do you want your Hashtag to be on this podcast? Um, Hashtag what's something that we said a lot during this interview? I feel like Hashtag it's from Asos. Jazzmyne Hashtag it's from ASOS.

Jazzmyne: [00:59:52](#) Yes, yes, yes, yes, yes.

Sophie: [00:59:56](#) Okay, cool, so.

Jazzmyne: [00:59:56](#) Hashtag it's from ASOS.

Sophie: [00:59:59](#) Hashtag Jazzmyne it's from ASOS, that's your Hashtag.

Jazzmyne: [01:00:01](#) Yes. I love that.

Sophie: [01:00:02](#) Um, so everyone go follow Jazzmyne.

Jazzmyne: [01:00:03](#) That's a long ass Hashtag but I love it.

Sophie: [01:00:06](#) I mean that's0 none of them make any sense. Nina's is Hashtag Velveeta for Nina because that's the name of the dog she wants to get eventually.

Jazzmyne: [01:00:12](#) Okay.

Sophie: [01:00:12](#) They jazmake no sense.

Jazzmyne: [01:00:13](#) Okay. I love it.

Sophie: [01:00:14](#) There just for the fatmily.

Jazzmyne: [01:00:15](#) I'm here for it.

Sophie: [01:00:16](#) Okay. Thank you so much for being on the podcast.

Jazzmyne: [01:00:20](#) Thank you!

Sophie: [01:00:20](#) Goodbye!

Sophie: [01:00:21](#) and that's our show. She's All Fat was created by me, Sophie Carter Kahn and the iconic April K. Quioh Who is on a break this season. You know what she said to me the other day though was "I am sick as usual." Okay. We are an independent production. If you'd like to support the work we do, you can join our Patreon by visiting patreon.com/shesallfatpod. When you pledge to be a supporter, you'll get all sorts of goodies and extra content. Be sure to check out the show notes for links to the stuff we mentioned today and don't forget to send us your questions by email or voice recording to fyi@shesallfatpod.com. Please make sure to leave us a review on apple podcasts. It's super important and making sure people find the show. If you leave us a review on apple podcasts, we'll give you a shout out on the pod next week. Our theme music was composed and produced by Carolyn Pennypacker Riggs. Our website was designed by Jesse fish and our logo is by Britt Scott. This episode was co produced and edited by Maria Wurttele. Our junior producer is Lynn Barbera. Our lovely, amazing new interns are Freya Selander and Yeli Cruz. I am your host and coproducer.

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Jazzmyne: [01:02:05](#) I'm like coming from like a literal baby face child.

Sophie: [01:02:08](#) Oh my God. Okay. First of all, I'm not going to get into this because this is a positive podcast, but there are many mean things I could say about my face.

Jazzmyne: [01:02:17](#) Don't Because it's wrong!