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sophie: I've always wanted huge boobs, but everyone who has huge boobs tells me that I don't really want them. You just feel gaslit about your own experience.

april: Yeah, absolutely.

sophie: I'm Sophie.

april: I'm April, and this is She's All Fat.

sophie: The podcast for body positivity, radical self-love, and chill vibes only. This week we'll discuss Sabrina the Teenage Witch, bras, and the intersection between fat and non binary identities. April, what are you obsessed with this week?

april: I am obsessed with, number one, YouTube drama.

sophie: Oh my god.

april: If you know me, you know that I love celebrity gossip. To me this is just another branch of celebrity gossip, because it's more accessible, because they put all of their lives on the internet for me to watch, and it's a shorter time period. A YouTuber could be famous for one month and that's it. You have that one month to really watch their progression. My new hobby when I'm on the toilet or bleaching all the surfaces in my house the three times a day when I do that, I will search YouTuber blank lying for two minutes straight videos. It's my favorite. It'll be a YouTuber just being like, "I'm not wearing a weave," and then they put a picture of them getting a weave or whatever.

sophie: Oh my god.

april: They're a liar. My favorite one is the clip I'm gonna put in that I showed Sophie the other day.

Speaker 3: I met her at Beautycon L.A. last year in 2015.

Speaker 4: Tells the online world she died.

Speaker 3: I don't know why or how she died, but most people are saying that she got bullied in school really badly and it pushed her over the edge. I don't know if that's 100% true.

Speaker 4: It was 100% not true.

april: It's so wild. I don't know why she would do that.

sophie: Oh my god.

april: I watched that about 15 times. I just think it's so funny. I love the beauty guru drama. I don't know who Laura Lee is, but I do like watching that snot fall into her mouth. I think it's so funny. I just love YouTube culture. I think it's ridiculous.

sophie: It's weird.

april: It's also very bizarre, because my older sister has a lot of kids, and they're all preteens. Whenever I talk to them, they don't want TV at all. They just watch vloggers.

sophie: Not the one you live with, your older sister.

april: No, I have another. We both have an older sister who has several children. I'll be like, "What are you watching these days?" She's like, "I like these vlogs, and I like Shane Dawson, even though he's very problematic." I'm like, "Oh my god, the teens really are not watching TV. They watch The Kissing Booth on Netflix and they watch vlogs."

sophie: I've actually been worried about that lately-

april: I'm also concerned.

sophie: ... in a very old person kind of way. I've read a lot of articles basically about how many teen boys are being, what's the word, radicalized.

april: By Jake Paul?

sophie: Not by Jake Paul, by incel videos and shit.

april: Whoa.

sophie: Like how a bunch of schools have started to have issues where one of the boys will watch one of these things about how feminism is a cancer, and then all of a sudden all

these teen boys who otherwise wouldn't really have access to these ideas are refusing to hold the door open for other students or something like that.

april: Oh my god.

sophie: It's weird, because the internet has clearly democratized so much amazing stuff, but number one, it also allows terrible ideas to spread places that they normally wouldn't. The anti-vax movement is almost entirely spread through the internet.

april: Anyway, the internet is bad, but I do like making fun of YouTubers.

sophie: Yes, it's amazing.

april: I do think they're ridiculous.

sophie: I love it.

april: The other thing I'm obsessed with this week is the show 90-Day Fiancee. Do you know about this?

sophie: I do know about it. It stresses me out, so I haven't watched it.

april: It's horrible, but again, I just need garbage in the background while I Swiffer, Swiffer, Swiffer, calm myself down by Pledging. My sister and I are watching the most recent season of 90-Day Fiancee on TLC. Here's the premise. Two people fall in love, usually on the website OK Cupid, even though they can't say it on the show. They'll be like, "We met on a site." It's OK Cupid. They met somebody.

sophie: Could be Plenty of Fish.

april: Exactly, or maybe Plenty of Fish. They met somebody in Morocco on the internet, they fall in love, they travel there to make sure their love is real, and then they file for a K-1 visa, which is basically somebody can come to America and they can live here for 90 days, and you need to marry a U.S. citizen within those 90 days or you get deported. They come to America and they have to meet their family. Their family's always like, "What are you doing?"

sophie: How does the show find out about them?

april: They apply. I don't know why they would apply to be on the show, because it makes them look so foolish.

sophie: Why would they make their parameters for who they're interested in for the whole world, instead of local?

april: I don't know. I have no idea.

sophie: This is a lot of questions already.

april: I don't know why some people are more ... It seems like some people also targeted certain countries. There's a couple guys-

sophie: Where?

april: ... who only wanted Russian wives, which okay, exactly. It's just really funny, because there's always one person in their family who they'll be having a civil dinner and then their brother's like, "I can't believe this. You're using him for a green card."

sophie: Oh my god.

april: Then she has to be like, "I'm not using him for a green card." She's using him for a green card.

sophie: Also, what's he using her for?

april: He wants a wife. There's a scene where this guy brings a wife from Thailand, and he introduces her to his adult daughter. The adult daughter, whose name is Ashley, says, "I know you're only here to cook my dad Thai food and fuck him for free."

sophie: What?

april: It was a nightmare. Her dad just has this face like, "Don't talk about my sex life like that!" It's horrible. They all actually marry these people. Sometimes they actually seem like they might be in love, but usually everyone's being exploited.

sophie: Jeez.

april: I love it. I love watching relationship shows. I refuse to have a relationship of my own. Those are my obsessions. What are you obsessed with this week?

sophie: I have two videos I want to show you. The first thing is, together we're gonna watch the promo for The Chilling Adventures of Sabrina.

april: The Netflix one?

sophie: The new Netflix show starring Kiernan Shipka-

april: Oh my god.

sophie: ... who is gonna be playing Sabrina. It's gonna be like Riverdale plus witches I guess.

april: Have you seen this trailer before?

april: I'm excited.

sophie: We're watching it right now. Oh my god.

april: Wow, love that demonic teen drama.

sophie: Oh my god. I'm so excited.

april: I will watch that, but I am scared.

sophie: In the original series and the books based on the original series, I did both. I read a shit ton of those books. It's very goofy and fun. It's really fun to rewatch. It's on Hulu. I've been rewatching a lot of old eps. Especially if you're interested in sitcom writing, it's really good sitcom writing.

april: Classic. The characters are so vivid for a 20-minute sitcom. I love that show.

sophie: There's the comic Sabrina the Teenage Witch, and then there's these ones, the Chilling Adventures of Sabrina, which is the darker version that the show's based off of. I'm hopeful that it'll either be good or bad-good.

april: I'm down for a hate-watch, but I want her to do well. I like her.

sophie: It drops on October 26. Maybe we can watch that-

april: Oh shit. Just in time for Halloween.

sophie: For Halloween! I think Kiernan Shipka's so cute.

april: I think she's a great actress. I didn't watch a lot of Mad Men.

sophie: No, me either.

april: In film school they made us analyze several scenes that she happened to be in, and she was really good.

sophie: I'm really excited for that. Also, also-

april: Also.

sophie: Very excited for friend of the pod, Julia Murphy. Oh my god, the movie adaptation of her book, Dumplin', which everyone should read, we'll be talking about it more in our episode on fat YA and fat books. They've made it into a movie, and Netflix just bought it, and it's gonna be coming on Netflix. I am-

april: So excited.

sophie: ... so excited! It has the girl starring in it who was in-

april: Was it Patti Cake\$?

sophie: ... Patti Cake\$, which I felt problematic about, but she was really good in it. Dolly Parton's in it.

april: That's an icon. I'm there just for that.

sophie: What's her name, who is the iconic comedic actress, Kathy Najimy, is in it.

april: My Lebanese queen. I'm so excited.

sophie: I'm just really pumped. We've been so sad about our fat rep. I know some people felt differently about all of the things that have come out recently, but we were not happy with them. I'm just so excited. Also Julie is just such a good person. I just really like her.

april: I'm really excited. So excited.

sophie: Then this is the last thing. I watched this Facebook video on the toilet, as we know.

april: As we all do.

sophie: There's this show called Bae Or Bail. It's a prank show with a scary situation, that one person in the couple knows about, and are trying to see if their partner will bae, meaning try to save them from the scary thing, or bail, meaning just run away. This one is there's an exorcist-style situation, where there's a scary ghost girl. We'll watch it. She's gonna watch it.

Andrew: I'm Andrew, and today I'm pranking my girlfriend, Samantha. I have told Samantha that we are coming to babysit my coworker's daughter.

Samantha: What did she say that she had on the phone?

Andrew: She was really, really vague about it, but I thought it was the flu or something like that.

Samantha: That's not the flu, Andrew. That's not what the flu looks like.

Andrew: Lydia?

Samantha: You okay?

Andrew: It's a joke. It's a joke! It's Bae Or Bail.

Samantha: Andrew.

sophie: This is so funny to me, because I'm not laughing at it in the way I think you're supposed to laugh at it, which is like, "Ha ha, these idiots got scared," or whatever. It's so ridiculous to me. Number one, if someone did that to me, our relationship would be over.

april: Over, because why you would want me to suffer?

sophie: How dare you? Also, how would you trick me to that amount? There have been a couple of things Victor didn't tell me about as a surprise, and my reaction is always like, "How did you hide this from me?" I don't think pranks are funny. I never think pranks are funny. Unless it's very small, I don't think that making people upset is funny. Maybe that's just my anxiety disorder talking.

april: No, I'm the same way. That's why I'm like, "Why would I pay to be scared on a roller coaster? Why would you take advantage of me? Why would you want to see me suffer?"

sophie: If you are gonna be scared, you have to choose to be scared. I'll enjoy watching thrillers sometimes. I never want someone I trust to betray that trust.

april: How could I trust you ever again?

sophie: Here's the other reasons I think it's funny. I watched five of these. Number one, there is always a couple. First of all, these are mostly straight couples, heteronormative straight couples.

april: That would make sense.

sophie: There's always one where the woman is the one who set it up, and she's like, "He says he's a protector, so I guess we'll see," and he immediately bails every time. Then she's like, "Interesting," and you know they're gonna fight about it later.

april: Break up with him, girl. What a mess.

sophie: If you're judging your relationship on if your partner will punch a ghost for you, I'm sorry, but what?

april: That is so foolish.

sophie: It just really made me laugh. It's so funny to me that people would be like, "Yeah, I want to see what my partner will do when faced with a ghost." What?

april: "Before I marry him, I need to know that he'll drag me away from the ghost." What are you doing?

sophie: I sent it to my family group chat, and I was like, "Would you bae or bail?" I gotta know.

april: Would Victor bae you think?

sophie: Victor would bae, I think.

april: I would like to believe he would bae.

sophie: He would. I think the reason I know he would is that when I first started having night terrors again, the first two times it happened, he leaped out of bed, grabbed the pipe he keeps by the bed just in case, then was outside trying to figure out what was going on.

april: A pipe?

sophie: He was prepared.

april: You don't need to test him on Bae Or Bail?

sophie: No.

april: Then all the men are like, "Babe, we're on Bae Or Bail," like she's supposed to know what that is.

sophie: She's like, "What?"

april: "I don't know what this is."

sophie: "What?"

april: "What is it?"

sophie: Isabelle said she thought, she was like, "You would definitely bail," because it reminded her of the time when we lived in Pennsylvania and we had to clean the cat boxes out when they were in the unfinished basement. Sometimes I would make her clean the boxes, and then I would go downstairs and be like, "Isabelle, something's changing in me," and pretend to be a zombie and follow her around the basement. She was like, "The fact that you would do that makes me think that you would bail." I was like, "Really? Because I committed to the bit."

april: My sister would bail.

sophie: Really?

april: She's done it before. There was one time where we were cleaning out the garage and we found a dead rat, and she pushed me towards the rat and then ran a block up the street.

sophie: Wow.

april: No, she would not take care of me.

sophie: Would you bae or bail?

april: I'd bail as well.

sophie: You would bail?

april: I'm inherently selfish. I'm working on that. Wow.

sophie: Amazing. That's my newest dumb mental game of the week, would you bae or bail.

april: Thank you for sharing. Let's move on to our Shout-Out Corner.

sophie: Thank you so much to those of you who left a review for us on Apple Podcast. Please keep doing that. It really, really helps us in a myriad ways. Myriad of ways? In a variety of ways. In a whole bunch of ways. One of those ways is that leaving us a nice review makes us feel good, and another way is that it helps us get noticed. Another way is that when people are deciding whether or not to advertise with us, they look at how many positive reviews you have, just helps us a lot. We really appreciate when people go on and do that on any app that you use, but specifically it helps a lot on Apple Podcast. Here's the usernames for some people who have left us a lovely review and we appreciate you. MGOTA, Badger Wifi, I Hate Watermarks, V Norris Deets, and Hey What Happened. A funny name.

april: Love these names, love these people. Thank you so much. Now we're shouting out our Patreon shout-outs. These are people who have gone to Patreon.com/ShesAllFatPod and become patrons and supporters of this very podcast. We love you.

sophie: Also, if you haven't heard your name yet, it's because we're working our way down the list.

april: Unfortunately/fortunately, we have a lot of patrons, which is very exciting. It just means maybe in two years we'll whisper your name.

sophie: We will say your name just if you-

april: We'll absolutely say your name.

sophie: If you join now, just don't be looking next week. It's not based on the week before.

april: No, but we will say your name, unless you ask us not to say your name, and then we won't say your name.

sophie: That's fine.

april: We have Val Woodberry, Gillian Freeman, Casey Curry, Kristen, and Elizabeth [Sutty 00:16:04]. Thank y'all so much.

sophie: Thank you.

april: Now we're cruising on over to our tip jar corner.

sophie: We have a little audio tip jar in here from Hannah, who sent us her beautiful voice back in May. We really love all of your emails and voices, and we listen to all of them. It's our goal to have responded to all of them, and one day that'll happen. Until then, here is Hannah.

Hannah: Hey, April and Sophie. I'm a straight-sized listener. I love the show. I was recently re-listening to the episode where you talk about how you wish straight-sized people would go shopping with their fat friends more often. From a straight-sized Hannah to the other straight-sized Hannahs out there, what are you doing? Go shopping with your fat friends. First of all, they do it for you, so you should do it back. Second of all, I don't know if you know this, but when you go to a store where you can't buy anything, you don't have to shop, you just get to sit down. You can just sit outside the change room and say things like, "Oh, that's cute. Rock that crop top," etc. It's the best. Why aren't you doing it?

sophie: The next thing is we are doing another call for submissions for this season. As you know, we are doing intersections of identities that we don't personally have, me and April don't personally have. We're doing one about parenting, fat parenting/raising a body-positive child. Neither of us have children or want them in the next several years-

april: Sorry, mom.

sophie: ... at least. We get a lot of questions about how to raise a body-positive child, and we're always just like, "Yeah, I couldn't tell you." If you are a parent who is trying to do that or you're someone who trains people, you're a therapist or something like that, you have ideas on this, go ahead and send us a voice memo. You know how to do it. We say it later in the app. It's on our Instagram. It's on our website. Please go ahead and do that.

sophie: Also, regarding the Super Fat Episode from a couple weeks ago, we got an Instagram DM I just want to read a small part of, from somebody who also went to Wellspring fat camps, which is where the person we interviewed, Alex, went. This person says that they had a totally different experience from Alex, which is really interesting to me. They went in 2005 to a version of the camp in Upstate New York, and the camp was really focused on therapy. They did group therapy and one-on-one therapy all the time. She says, quote, "For someone like me who grew up as the largest kid around, it was revelatory to meet and interact with fat kids who were normal people talking about boys and sex." Then she clarifies to you, "This isn't meant in any way to devalue or erase Alex's experience. Just wanted to share that when I went to fat camp a long time ago, therapy was awesome."

sophie: That's interesting to me. I still think the idea of fat camp, which is like send your kid away so that they lose weight, is fucked up, but it's also different to send your kid to get therapy if they have eating disorder or something like that. Therapy's great.

april: Therapy is great. We're very pro-therapy. It's always interesting to hear other people's experiences with the places they send fat people.

sophie: Totally.

april: I really wanted to go to fat camp when I was younger, so it's interesting to hear what it was like.

sophie: That's funny.

april: I'm glad I didn't end up going, for the record.

sophie: Also, we want to mention the Patreon Facebook group. You can be in the Facebook group if you are a Patreon at Team Paisley Mumu or above. It's a great community if you're looking for a place to talk about body-positive stuff or other stuff. People talked about all sorts of shit in there. This week people are talking about diet culture pet peeves, implementing hays, health at every size, policies at work, and how excited we are all that Julie Murphy's Dumplin' is gonna be a movie, as we said.

april: Shout-out to Julie.

sophie: Very excited.

april: What an icon.

sophie: An icon.

april: So exciting. We also want to put a little plug for our Team I Love Bread and above. That's people who pledge \$15 or more per month on Patreon. They get an extra segment that we will record in the next 20 minutes just for them. The theme of that segment, by the way, this season is Blast From the Past. We're sharing stories from our past that you won't hear on this podcast unless you are Team I Love Bread and above.

sophie: Go to [Patreon.com/She'sAllFatPod](https://www.patreon.com/She'sAllFatPod). Also, if you're just even at just \$1 a month you get extra audio every week. Thank you. Also, thank you to all of you for listening to us push the Patreon every week. We appreciate it. We appreciate all of you for either joining or just listening, because we are independent and so we make this with the help of the Patreon. We appreciate you either way.

april: Shout-out to y'all. Now we should really get to the meat of it, don't you think?

sophie: Let's do it.

april: The meat of it.

sophie: This season we're spending several episodes talking about the intersections within fatness that we ourselves, April and Sophie, don't personally experience. This week on the meat of it, we're talking about the intersection of being fat and non binary. We have a couple amazing interviews this week. We have an interview with Jay, who is our friend and our other friend Carissa's partner. Carissa, you will remember at Fat Girl Flow. She was our Season Two closer. We were really lucky to have a wonderful chat with Jay, who is @comfyfattravels on Instagram at @comfyfat on Twitter and on YouTube, who is fat and non binary and a blogger and our friend.

april: Listen to this interview. Jay was super gracious. They're awesome. They're really funny. They helped us learn more about this intersection. Let's go.

sophie: Chew the fat.

april: Please actually tell us who you are and what you do, and we'll include this in the intro part of the interview.

Jay: I'm Jay. My pronouns are they/them/theirs. I am a fat activist and blogger. I founded the URL or whatever, I founded the site Comfy Fat. I talk about fat accessibility and have fun. We talk about intersectionality and such.

sophie: Just to start, could you give a brief definition of what being non binary is, or what it is for you?

Jay: For me, being non binary means that I just did not feel comfortable being confined to the rules and restrictions of being placed in either a male or female gender and category. I struggled with it and felt like I couldn't really figure out what my gender was for a while, and found out that there was an option to be non binary, and that that felt the most comfortable and wonderful. It just means that I really don't want to be seen as male or female or categorized as such or have any connotations put on me about my gender based on what I look like or what I sound like or what I do for a living. I just like fluidity.

sophie: Does non binary for you feel like a fluid? It feels like a fluid thing and not like a solid state?

Jay: Yeah. I think that's an interesting question, because I feel like for some people, being non binary means they can feel more masculine or more feminine, and some people are very adamant that non binary is a third totally separate gender. I love knowing that I can use the words masculine and feminine to talk about myself and not have it mean that I am set in one way or the other. It doesn't really change day by day. It's just like there really are no rules.

sophie: That sounds chill.

Jay: It's very chill. I'm happy with it.

sophie: Jay, you and I have talked about this before, but I just think being non binary or being trans or being trans non binary is just such a hard thing for cis people not to understand in a "I understand your words" way, but just if you've never questioned something, it's like, "Oh, am I dumb? Should I have questioned this a long time ago? What is this? What am I?" All of a sudden it gets so ...

Jay: It's confusing when you're like, "Oh, what am I even?"

april: Exactly, because Sophie and I talk about this a lot, where the way you just described how you know you're non binary, I don't know that I could describe how I know that I'm a girl. I just feel like I'm a girl and I've always related to it, but I can't put it into words as clearly as I've heard a lot of non binary people be able to do it.

sophie: Same.

april: Basically we just are in awe of your self-actualization. Seems cool.

Jay: Oh god, thank you so much. That means the world to me.

sophie: It definitely feels very like, "Huh, well, what's being a human?"

Jay: It has taken a long time. I don't think that I've fully become self-actualized and that I know myself to the very core. I think there are days when I still question and I'm not totally sure about where I fit or what I want to be, but I'm okay with that. I think that's the point is that I'm ready to tackle it and I'm down with the gray. That's what I like to say is that I'm down with the gray for a lot of things.

Jay: I think people totally can wrap their heads around that in sexuality terms. For a while there, in history, it was like you are either straight or you are gay and that's that, and then people are like, "Whoa whoa, wait a minute, I'm bisexual." It's not that it was new and that it came out of nowhere. It's that we finally put words to it. That's the simplified version of what I like to do to relate it to gender is like, you could be cisgender, you could be trans, or you could be nonbinary or a bunch of other things. We're just finally putting language to it. I think that that helps people put it into perspective when they're like, "I don't know how ... Why do you question this?" They have a hard time figuring out why we would question it, and I think that helps.

sophie: It's much easier I think for cis people to understand. The easiest way in I think for me is to be like, "I know for sure I'm not a man. I don't know how I know that, but I know I'm not." It's just harder I think to define what you are maybe. I don't know. Cool. How do you think being non binary intersects with being fat and your identity or in your life?

Jay: First of all I think that the pure discovery of being non binary was so impacted by my fat body and being fat and being a super fat. I think that's because of going through high school as a fat person is kind of traumatic and you have to do what you can to survive.

Because of that fatphobia and internalized fatphobia, I distanced myself from my body and from anything gender really, just to get by. I didn't have any sort of relationship with gender at all. I knew that I was confused and nothing really felt right when I was misgendered in any direction, but it just took me a long time to feel comfortable exploring.

Jay: I don't want to make it seem like bodies equal gender, but I think for me, knowing what kind of body I wanted to have in the world and what kind of perception I wanted to get back from folks, how I wanted people to receive me, how I wanted people to perceive me, rather, I wasn't able to explore it. That was the biggest thing I think fatphobia really fucked me over in trying to figure out gender. I really wish I had known about non binary identities much earlier in life, and also practicing body positivity and learning about self-love a lot earlier in life, because that would've really, really helped me.

april: I think it's really interesting to hear you talk about how those journeys mirror each other, because I wouldn't assume that, but that actually does make a lot of sense. I'm wondering, I've seen on the Instagram story you talk about how on your YouTube page sometimes you struggle with ways to talk about being non binary and/or fat at the same time. I'm wondering, what has been the hardest part in trying to introduce these topics to your audience and trying to communicate how you feel? What do you think is the hardest part about talking about it?

Jay: I think being a blogger that talks about any kind of identity, you're just putting all of your vulnerabilities on the table, and that's so scary. The internet's a horrible place. It's wonderful, and so many good things come from it. Also, people really feel free to say whatever the fuck they want at any time. We all know that. We know the YouTube comments are the worst place. It's like a whole nother hell.

Jay: I think it really challenges my self-love to put myself out there and have people not see me. I really, really value being seen. The people in my life who see me, truly know who I am, and validate that make me feel so safe and loved. When you put that out there for even more people to question and challenge, that's the hardest part. I've tried making videos talking about it, and I end up deleting them before I post it, because I'm just nervous and feel like I'm rambling, I don't know how to get it quite right, and something is always gonna piss somebody off.

april: I think that people don't realize how vulnerable it is to be in public with your face on it talking about your personal experiences. I just want to say I'm glad that you continue to try and that you make yourself a resource and visible, because I know that it's so hard. I get it.

Jay: Thank you.

april: Thank you for sharing that. What are the things you face from the intersection of being fat and non binary that people don't face?

sophie: Either people who are non binary but maybe straight-sized, or people who are in the fat community that are cis.

Jay: I think for being non binary, I feel like you face a lot of just illegitimacy issues. People really think it's just not a thing and that you're confused. I've gotten a lot of feedback from people, I feel really kind for calling it feedback, but some hate from people, talking about how I'm only non binary because I'm fat, which I think is really interesting, because there's this whole thing about how fat bodies become androgynous sometimes to folks. If you can't define it because you're rounder, then what are you? It's just a struggle. I feel like that's a unique struggle for fat and non binary folks.

Jay: I think also feeling burdensome for being non binary, the language that I really ask folks to use for me is new. Like I said, it's a new thing. It's really hard to feel like you're a burden to folks. I already struggle with that personally with just who I am.

sophie: I'm hopeful that in the future, just as I think fat acceptance and fat positivity are becoming slightly more mainstream, I've seen a lot of progress in the last couple years, I hope that more discussions about gender stuff that include education about nonbinary identities becomes more mainstream. If the people who are kids now were just told, "You could be a man, you could be a woman, you could be nonbinary, you could be gender-queer, you could be anything," and then they'd be like, "Okay, whatever," and then it wouldn't be confusing to people.

Jay: It's amazing, because I feel like that's actually how kids do react. I've had a couple instances where kids of different ages, but most specifically Carissa's niece, she's five, and just correcting pronouns to a five-year-old is really funny, because they just make a confused face and go along with it. That's totally okay, because it's a big concept. Also, when it came to actually explaining it one day, she couldn't figure out if I was a boy or girl, and Carissa said, "Guess what? Jay's not a boy or a girl. Jay's something else." Francesca is her name, she was just so amazed by that and then really wanted to go to Old Navy and buy clothes. It immediately did not matter that much.

sophie: Again, gender is not bodies, but I have a distinct memory, because I grew up with just my mom and sister pretty much, that I was watching change and whatever, I think people who have cis brothers feel differently about this, but I remember my mom telling me what a penis was and being like, "Sounds fake, but okay. What?"

Jay: Same. I still think that.

april: That seems bad. My mother has never said the word "penis" to me, by the way, and she's a nurse.

Jay: Oh my god.

april: It's never coming up.

sophie: I just think if we just talked about it differently with kids, they'd be like, "Whatever. We literally don't care," and then people would be normal about it. I would hope that's a very simplified version of what would happen. I truly do, I have such a strong memory of my mom explaining hetero sex and then being like, "Sorry, what do you want me to do eventually? What is it?"

april: "Gross."

sophie: "Uh-uh (negative). No, thank you. What do they look like? Why?" What do you love or celebrate about being fat and non binary?

Jay: I love being non binary and having a partner who is so understanding of non binary identities, because there's just no role restrictions. In a relationship, I get to be whatever feels right and we get to communicate a lot about it. It's not assumed that I am going to act or say or be one way or the other. The dynamic is just completely fluid and unrestricted, which is something I really, really love.

Jay: I think it also makes me understanding, and not to say that I am so much more realized than everyone else, but I do think that being non binary and finding such a safe place in being non binary makes me more apt to be understanding of weird gender feels and not fitting in any boxes really. I feel really open-minded. I'm happy and excited to learn more. That's really great.

Jay: Then what do I celebrate about being fat? Can I be real? I think fat sex is amazing. I am super wholesome, but I am open about talking about things like this when we're getting [crosstalk 00:34:36]. I just think that especially because we're two fat people who are really interested in accessibility, we really want to communicate about what works and what doesn't and how to make it the most comfortable and best experience possible. I think that growing up, I didn't have any representations of fat people having any sexuality at all.

Jay: It's been really amazing to date a similarly fat partner, because I feel empowered. We feel empowered by our sexuality and intimacy. It's not just about the hardcore banging that is really wonderful. It's, I don't know, just being in love and being close to another person and simple things. For all of my life, nobody touched my stomach, even just in a hug or whatever, cuddling. People would avoid that part of me. I took that as like, "Oh, they're supposed to avoid that," when really it was just their discomfort with it. We're just happy to touch each other anywhere. It just feels so safe and loving.

sophie: That's so nice.

april: That is beautiful. I stan. I hope you know I stan. There are a couple things since we've been talking that you've mentioned that make you feel really seen and supported and understood. I'm wondering what other things, it could be from your family or from friends or from partners, that they can do to make you feel seen and supported and safe.

Jay: I think what stands out to me most is when I can see family and friends taking it a step further and what I see as going above and beyond, when really I would hope that folks would do this as a baseline. As far as being fat and being allied to someone who's a super fat, I think the biggest thing has been when friends scope out a venue beforehand or give me details beforehand about a place they want to invite me to and say, "Hey, do you want to go here? They have really great seating." Just knowing that they have thought about this, so that I don't have to, so that I can stress less and be excited more to be invited places.

Jay: As far as being non binary, using gender-neutral language to start off with people, which I think is really hard and I'm also still learning how to do, not assuming someone's gender, even if it seems super obvious to me, even if I'm super plugged into the queer community, not assuming and just using they/them pronouns to start off until I find out otherwise, I think that's huge and I really appreciate that people that are in my life that do that.

april: I have another question. I wonder if there's any resources that you point to, like let's say you have somebody in your life who wants to understand you better, is there a go-to book or movie or TV show or YouTuber or anything where you're like, "Here's a good starting-off point for them."

Jay: That's a really great question. I hadn't necessarily found a one-stop shop kind of place. My go-to is just to tell people, start following trans folks, start following queer folks, start following people of color, really diversify who you're following and what kind of media you're taking in. There are YouTubers who are non binary or use they/them pronouns or who are trans, but they're also really thin, and so the representation, it's really hard, because I think it's a super unique intersection. I don't have a one-stop place that I'm like, "This is the thing we need." Maybe I'm trying to be that.

april: Oh hell yeah. You can absolutely be that. People just honestly need to see themselves in one person and it makes such a difference. That's why I'm so excited that you're out here doing it, because I really do think that's important.

sophie: I feel like the fat positivity movement in general centers at probably mid to small fat white cis women's bodies. What do you think we could be doing in general to help put the focus on both more diverse, I guess more diverse bodies is the wrong way to put it, but put more kinds of bodies in the spotlight and put more marginalized bodies in the spotlight as well?

Jay: I think everything's super gray, because we want allies to speak up and use their platform for good. I know that we all talk about that. At the same time, when it silences marginalized bodies and folks who are out there really trying to get the word out, get their experience out, and be a representation, it's hard, because it feels really shitty. I was just talking about this on Instagram, about how I felt like, man, I want to read these awesome articles and these resources from people, but I can't relate and I don't want to have a negative attitude about them. I want to feel positive and let everybody have their shine. What I try to do is just regularly showcase folks that I think are not being

heard. I have a small following. That's what I would hope other folks would do too is do your thing, keep talking about what you want to talk about, keep being an ally and stuff, and then also set aside time to raise voices of others.

april: Last Q on my end, I'm wondering, you said you've been making an effort to follow more people with your intersections, do you have favorite Instagram accounts? They could be fat non binary people or just any accounts that you like that we can share with our listeners?

Jay: I will send you a few, because there are people that I specifically search up on my Instagram, which I don't do much. I just usually go with the feed, which is ridiculous, because the feed, you can't trust it. I will send you some, because there are people that I love and who inspire me. That's the biggest thing is I love finding more people who inspire me. I will hook you up with a few.

april: We will be including Jay's favorite Instagram accounts in the shout-outs this week. Cool.

sophie: Then just finally, is there anything else that you want to add or that you want us to talk about or that you wish we had asked about?

Jay: No. I feel like y'all were so thorough and wonderful. I feel so chill about this. I was so nervous, but I'm not now. That's great. You can find me at Comfy Fat Travels on Instagram and Comfy Fat on Twitter, Facebook, and YouTube. I finally got monetized, so I'm excited about that.

april: Incredible. We will have all those things in the show notes. Please check out Jay. Thank you so much for being here. This was awesome.

Jay: Thank you. Thank you for having me.

april: Of course.

sophie: Yay, thanks, Jay. We also have a clip from MD Spicer-Sitzes, who we interviewed for the season premier of Season Three. We chewed the fat with them before, and they are a nonbinary educator and activist, and they also gave us some amazing resources that we can use to learn about the experience of being non binary. Here is that clip.

MD S.-S.: Building Allies, the organization that I have volunteered for a long time with, they're amazing, they're based out of Los Angeles, but Kyle Sawyer, he's a trans-identified activist, and he does work all over the country. They are an amazing storehouse of resources. The website is www.buildingallies.org. They have a really amazing media page with interviews, mostly interviews with Kyle. An applicable article to just about any type of marginalization is the infamous Unpacking the Invisible Knapsack by Peggy McIntosh, like a starter read. It's really centered around white privilege. We use it with Building Allies. It really does apply if you just insert marginalized experience here. There's another article that's called How To Tell the Difference Between Real Solidarity

and "Ally Theater." I think it's a really useful read. I think it takes apart how to not just be performative in your allyship, but really commit to solidarity.

MD S.-S.: A couple of my favorite videos, Kimberly Crenshaw has a TED Talk on her theory of intersectionality, and I think that's really important, foundational resource when you're considering identities outside of the binary. There's a awesome video on YouTube, and it's called Janet Mock Flips the Script, addressing a reporter who has asked her to prove her womanhood, which I think that's amazing. There's an awesome organization, it's based in L.A. but they're on social media, called Q Youth Foundation. They promote a positive culture for folks outside of the binary and for queer-identified folks.

sophie: Wow, that's an amazing amount of resources. That's so helpful. I feel like it was not that long ago that any mention of anyone gender-nonconforming or trans, it was Degraasi and that's all I knew about it as a cis person.

april: They got you at first, but we're definitely still lacking. Thank you for sharing such literally a wealth of information.

sophie: Yeah, that's amazing.

april: I think that's it. Thank you so much for taking the time to walk us through all of this. This was so helpful. Finally we have our listener voice memos. We put out a call to our nonbinary listeners to send in voice memos about their experiences, what they wish people knew about being non binary and fat, and anything else they'd like to share. Thank you so much for your generosity in recording those and sending them over. Here they are.

Speaker 10: Hi there, I am a recent super fat and a non binary, gender-fluid femme daddy. As someone who expresses their gender through fashion, I oftentimes find it really hard to find masculine clothing to fit me because it's just not built the same way and it's not prepared to handle the distribution of my fat, such as in my chest, hips, and butt area. No matter what I do, I cannot hide them, and that oftentimes leaves me being perceived as a woman. It almost feels like in this extremely gendered world, everybody else owns my body, when that is not the case. I own this gender-flux body. I am exactly who I say I am. Dealing with every day dysphoria from strangers misgendering you is really rough. That's why I think it's really important when you first meet somebody to ask pronouns in a respectful manner.

Hannah: Hi, April, Sophie, and the SAF crew. My name is Hannah. I'm a two to three X size fat, depending on the brand. I identify as gender-miscellaneous. I don't necessarily feel comfortable defining my gender as something that it's not. That's why I don't really use the term non binary or gender-nonconforming. I think that there are a lot of fundamental flaws in our language around gender, but that's for another podcast entirely.

Hannah: I didn't understand my identity until I turned 25. I didn't come out until then either. For most of my life, I spent a shit ton of time, energy, and money over-identifying with

femininity and never, ever feeling comfortable, feeling as though I had to make visible and tangible excuses for my fat body, rather than just being fat and comfortable. I always felt that because of my size and that because I am cis-presenting and passing, I had to conform my appearance to something that was feminine and something that was palatable. I realized that over the years, internalizing all of this negativity and not having access to the LGBTQIA+ community and all the info that comes with it as a teen, sent me back about a decade in terms of emotional development. That's my life. I don't know if anyone else has experienced that, but that's certainly my journey.

april: Now that we've listened to all these beautiful non binary voices, what are your biggest takeaways?

sophie: Just that this is an area where I don't feel like an expert and I don't feel super educated, and I'm really glad we did this, so I can continue to pursue learning through these resources and becoming a better ally and a better person.

april: Absolutely. I'm happy we did this episode and we're doing episodes like this, to model what it looks like to try to be an ally and try to grow, because I don't want people to think that it's like you're foolish if you don't understand exactly what this person's experience is like. It's more like we're coming in day one, just like anybody else, and we want to make our space an area where people can learn in a respectful and educational way. I'm happy people can see what that looks like. I hope people enjoyed the people we interviewed, because I thought they were all amazing.

april: Finally, I just wanted to talk about how we pledged to make SAF an inclusive space for non binary people to continue making it that space.

sophie: I think we can just continue to try to make sure when we spotlight people or when we have faves, that we're including other people than just cis people. What do you think?

april: I think, yeah, that's the main thing is trying to bring in as many voices for as many other experiences as we naturally can with the pod, because for me it's like everything we talk about on the show is through our specific lens and through our specific experience. I don't claim to be an expert on anyone else's experience, but I really want to hear about them. I want to continue to make more areas in the show where we can bring in more voices and all grow together.

sophie: I want to support and make it easier for more people marginalized by gender in this specific way to tell their story so it becomes more normalized.

april: On their own terms. That's really important.

sophie: That's another thing I'm interested. If anyone has a good resource for that, that would be great. We're gonna keep working on it. Feel free to continue to hold us accountable. Our audience is pretty good about that.

april: Great.

sophie: That's gonna be it for this week. We've solved how to listen to nonbinary people. I don't know what we solved.

april: We've explored the intersection of fat and nonbinary.

sophie: You're welcome.

april: You're welcome.

sophie: Today's episode of She's All Fat is brought to you by Rosmarino candles, a one-woman operation from the beautiful mind of Rachel Whitcomb. If you know me and April, then you know we love a delicious-smelling room, and Rosmarino candles never disappoint. We're literally burning one right now.

april: We're burning mulled wine. It is the best smell-

sophie: It smells so good.

april: ... I've ever smelled. Rachel uses a specially formulated blend of soy waxes, which create super long-lasting candles. When we say long, we mean it. My Delightfully Smoky Campfire candle has literally been burning for six months, and I use it all the time.

sophie: I love how adventurous Rosmarino candle scents are. I'm constantly in awe at how Rachel seems to knock her scent blends out of the park every single time. I'm currently absolutely loving the Fancy Shampoo and the Succulent candles. Black Tea has remained one of my favorites for months.

april: Not only do we love Rosmarino's legendary scents, but we also love Rachel's commitment to sustainability behind the scenes. There's no plastic in any of the products, and all packaging is either reused, made from post-consumer waste, 100% recyclable, or biodegradable.

sophie: She's All Fat listeners can get 20% off and free shipping on their first order by entering code SAF at checkout. Just head to Rosmarinocandles.com, fill your cart, and enter SAF at checkout. That's R-O-S-M-A-R-I-N-O-candles.com. The link is in our show notes. I really want people to buy these. I'm going to go use our own code.

april: We're very serious.

sophie: Buy a ton.

april: These candles are incredible.

sophie: They've got the wood wick. It makes the nice sound. They smell so good. It's pretty. It's got the white outside with the-

april: It's gorgeous.

sophie: ... pretty little writing.

april: They burn forever.

sophie: They're just good. I usually don't like super sweet scents, and these are not too sweet. They're just the right amount. They don't smell fake. They're great.

april: Get you some Rosmarino candles.

sophie: Get some-

april: Go.

sophie: ... now.

april: Go right now. Now it's time to ask a fatty. If you want advice, you can send a voice memo of yourself asking a question to FYI@ShesAllFatPod.com. You can record it on your computer or the voice memo app on your iPhone. Just keep it short, about one minute max, or if you're shy, you can send us a plain old email at FYI@ShesAllFatPod.com and we might answer your question right here on the show. This week on ask a fatty, we have a very special letter from Hannah.

Hannah: Hi, April and Sophie. As a young plus-sized woman in my early 20s, I've always struggled the most with one particular item of clothing, bras. Back in middle school I developed really quickly, and my cup size became way bigger than my waist size, and quote unquote, out of proportion. It's hard for me to find cute or sexy age-appropriate bras in my size, because news flash, only two stores actually carry my bra size. Could y'all please share what your bra experiences have been like? Thank you.

april: Thank you so much for that question, Hannah. I have a lot of thoughts about bras. Fun fact, I used to work at Victoria's Secret in high school and in the beginning of college, so I've touched a lot of bras and measured a lot of people for bras. See, I used to, the beginning of my journey was just buying bras the same places my mom would buy bras. I feel like Lane Bryant, they don't last that long, to be honest, but they cover a wide variety of sizes, so that's nice. I used to get just sports bras at Target. As far as cute bras in larger sizes, where I would go to for that now is Soma. I don't know if you have a store nearby, but there is a website where you can get a cute little lace detail. They have nice pushup ones that aren't painful, because sometimes if you have larger boobs, a pushup bra is just like, that's too much. It's like shoving a balloon into a can.

sophie: Jeez.

april: That's how it feels. Also, I just found out that Third Love has extended their sizing, so now they go up to band size up to 48 and then cup size up to K. That is pretty wide. I usually don't hear about people extending that far up. As far as cute bras, all my bras are very utility. I have flesh tone or black bras. For cute ones I would go Soma. Tell us about your bra journey. You're a bralette icon.

sophie: I've always wanted huge boobs, but everyone who has huge boobs tells me that I don't really want them. You just feel gaslit about your own experience.

april: Absolutely.

sophie: I don't know. I don't care as much now. I used to care a lot before, especially when I felt very uneven in my proportions or whatever, but that's bullshit, so whatever. I was bullied really bad in elementary school, not really so much in middle school, but there's this one mean girl who she told everyone that I needed to use two tampons at a time.

april: I remember reading that.

sophie: Then she also one time on AOL Instant Messenger, she messaged me, "Just so you know, you need to get a bra. It's time. I'm telling you this for your own good."

april: Wow.

sophie: I was like, "Okay, thank you."

april: Oh my god.

sophie: I was so embarrassed. That's when I started wearing bralettes, but I didn't even really need them. I was-

april: Why'd she do an intervention-

sophie: ... just chubby.

april: ... for you?

sophie: I was just chubby. In 7th grade if you're chubby, even if you don't have boobs, you have boob flaps.

april: You just have some fat in that area.

sophie: Some fat. They weren't real developed boobs. I wore a lot of bras from The Gap until I sized out of them. I just constantly reorder the plain black bralette, lacy bralettes from Torrid. They're so comfy. It's just like wearing a shirt under my shirt. They're not pushup or anything. I definitely look flatter when I wear them, but I don't care. I don't want to wear underwear. I'm freelance. If I'm gonna push my boobs up, it's gotta be for someone to see-

april: That's very true.

sophie: ... not the dog.

april: I never used to be like this in the past, but these days truly an underwire is a special occasion.

sophie: Why?

april: I'm not.

sophie: I'm not gonna do that.

april: I'm not doing that. I'm very frequently braless these days, much to my mother's dismay, but guess what, mom? I'll do what I want.

sophie: My two go-tos for shopping resources are always Carissa, Fat Girl Flow has any kinds of shopping resources you might need on her website, and we will link to that, and also I follow this person or have mutuals with this person named Cora Harrington on Twitter, who is a really cool black lady who does lingerie stuff. Her book and stuff is written in a way that's very inclusive of all sizes, which is amazing. We'll link in the show notes to an article that she shared one time that was like, "Here's some resources for plus-size bras." I saved it because I trust her, because I think she's very thoughtful and cool. She's The Lingerie Addict I think is her website. She's very cool. Being body-positive about things has really, like we've said before, it makes the answer for a lot of things, "I don't care," more than I feel very positively. I'm just like, "I don't give a shit anymore. I want to wear a bralette because it's comfy."

april: It saves a lot of time, honestly, to just let these things go. That's different than the utility of needing to find a bra, because by the way, wearing the right bra size can affect whether or not your spine is aligned correctly.

sophie: That kind of stuff.

april: It's important. Just as far as being concerned about what your boobs look like to other people, yeah, it saves time by no longer caring.

sophie: Who cares?

april: I used to be like, "Oh my god, everyone can tell my tits are totally different sizes." By the way, they are totally different sizes. You know what? I no longer have time to care about that.

april: I hope this was helpful to you, Hannah. Let us know if you find good bras that you're looking for and pass it along and we'll make it a tip jar. That's it. Thanks for the letter, Hannah.

sophie: Thank you. Now let's move on to It's Okay, You Can Ask, where we get extremely nosey, but it's fine, because we have each other's explicit permission.

april: Permission in this space. We'll find out the answers to our burning questions, like why are so many white people using natural deodorant.

sophie: Or what does sucking your teeth sound like.

april: This week it's my turn to ask a question. I have a question. Here's the disclaimer, number one. I know that you're only speaking from your experience and not everyone's general experience, so please don't take this as this is an entire intersection's experience. It's just somebody's perception. I'm just asking a question because I'm curious. I just don't want anybody to misconstrue it. One time we were together and we had an interaction with a person who was very beautiful. Afterwards you made it clear to me that they had clocked you as queer, you had clocked them as queer, and you had an interaction based on that. I was standing right there and I didn't know what the fuck was going on. Again, not speaking in generalizations, so just speaking in your personal experience, how could you tell? What was going on?

sophie: First of all, there are things that queer people do that are signifiers of queerness. Some of it's conscious and some of it's unconscious. I have been clocked as queer, now that I realize I am, in a way that I don't know if I was before. I wasn't noticing if I was. Sometimes somebody comes out or comes out to themselves and you were like, "Yeah, you seemed queer before." Do you know what I mean?

april: Yes, exactly.

sophie: I don't know if I was doing that or not. I don't have a good sense of it. I'm not consciously doing anything different to put it out, except I have slightly different behavior I guess, just the same way that you would be able to tell if a man was interested in you, if they were looking at you in a certain way or the way that they approached you to talk to you in a certain way. With queer people in general I feel like it has been much less threatening for me-

april: For sure.

sophie: ... than straight men.

april: Because men are scary.

sophie: Which is not to say that ... There's definitely harassment and assault and stuff within queer communities. Especially now that I am more known to myself as bi and interested in women, when women or femme-of-center people have approached me to just chat or I think there's a thing going on, it's much more fun.

april: Yeah, it seemed fun. I felt like I was missing out on something. It's not my place to be a part of it. I was like, "Wait, huh?"

sophie: It can be very easy to create, quote unquote, sisterhood with other straight women. You're in a bathroom and you're like, "Love your shirt," whatever. You know what that

feeling is, and it's very like, "We're not interested in each other but we're connecting about this thing." This is a cousin of that, because you are interested in each other, but I'm not afraid of other women.

april: Exactly. Interesting.

sophie: Does that make sense?

april: Interesting. Interesting.

sophie: Like you said, this is just my experience, because there are plenty of people who there's predatory, whatever, whatever-

april: For sure.

sophie: ... or bad things, weird things that happen, especially a thing when people are ... I'm in a relationship, so I don't hit on people, because I'm not trying to cheat on my boyfriend. I think it's fine for people in relationships to flirt. I think flirting is fun. I think it's fun to have little flirty passing-by conversations with people. I don't exactly know what it is that I'm putting out now, but I know I am putting it out.

april: You're putting out a vibe.

sophie: I put out a vibe somehow.

april: People pick up the vibe sometimes.

sophie: People pick it up.

april: It's wild.

sophie: I don't know. It's all the things that a straight man would do to a straight woman except way less and not usually as scary.

april: It seems more thoughtful.

sophie: Not aggressive.

april: More intentional.

sophie: It's more like a bid. It's like, "Hey, are you interested in talking?" instead of like, "I want to talk to you, so I'm gonna talk to you."

april: I remember after the interaction I'm thinking of, we were at a spa, and you were like, "Oh, I knew that they were just hitting on me because they asked me for my skincare routine but didn't write down any of the products."

sophie: She touched my cheek and she was like, "You have beautiful skin."

april: It was amazing to watch. You were being caressed. I was like, "Should I call the police?" I didn't know what was going on.

sophie: It was very flattering.

april: It was amazing. I loved being a witness.

sophie: I don't know. I feel now that I realize I'm bi, I'm just more open to anyone being ... Again, I'm in a monogamous relationship, but now I'm like, "I could be attracted to anyone. Anyone could be attracted to me." It feels just like a vibe. It's just a vibe. I wish straight men were much better at reading vibes, because I am never wanting a straight man to talk to me in that way.

april: They're like, "You want it because I want it, right?"

sophie: Never.

april: Horrible.

sophie: Never.

april: Thank you so much for letting me into your world. I'm just so curious.

sophie: Sorry that I don't have a better answer. I'm just a baby bi still.

april: Oh, baby bi. Do you want to put that on a button?

sophie: Baby bi.

april: I love that. Always be marketing, like ABC, always be closing, like, "How can we market our experiences?"

sophie: Non-cis straight men, flirt with me. I love it.

april: Fuck yeah. Also, Maria, please do listen, we've done this podcast for a full year. I don't have a single love letter. Actually I have one. I've never had somebody who's hot and in love with me because of this.

sophie: I've never gotten a love letter from the podcast.

april: No. Why haven't we?

sophie: Wow, that's a good question. You're aggressively straight, and I don't think that many straight men listen to this podcast.

april: Thank you so much for sharing. I love your idea about this.

sophie: Thanks for asking. It makes me feel very cool.

april: Really? Okay.

sophie: It's cool to have something that you don't have.

april: That's enough.

sophie: That's our show. 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 via email or voice recording to FYI@ShesAllFatPod.com.

april: Please make sure to leave us your review on Apple Podcast. It's super important in making sure people find the show. If you leave us a review on Apple Podcast, we'll give you a shout-out on the pod next week.

sophie: She's All Fat is created, produced, and hosted by us, Sophie Carter-Kahn and April K. Quioh. 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.

april: Our music was composed and produced by Carolyn Pennypacker Riggs. Our website was designed Jesse Fish. Our logo is by Britt Scott. This episode was mixed and edited by the iconic Maria Wurttele. Special thanks for our fairy intern mother, Lynn Barbara. Our Facebook, Instagram, and Twitter handles are @ShesAllFatPod. You can find the show on Apple Podcast, Spotify, Stitcher, Google Play, and wherever else you get your pods. Bye.

sophie: Bye.

sophie: If you know April and I ...

april: Maria, use this as the outtake. She just made such a little uppity ass face. What, Sophie?

sophie: If you know me and April ...

april: Can you kill me?

sophie: Sorry. Sorry.

april: Make it good, Sophie.

sophie: If you know us, it's the object.

april: Oh my god.

