Sophie: Hey fam. On this week’s episode, as usual, we’re talking bodies. That’s why I wanna tell you about Superfit Hero. Superfit Hero is on a mission to make fitness more inclusive. OMG. So are we. They make fun, premium active wear, sizes extra small to 5XL. Oh, and their leggings don't just fit our bodies, they have pockets, too. This season you can use code SAF for 15% off Superfit Hero's leggings, shorts, and sports bras. I have an extremely cute workout set from Superfit Hero in this beautiful gem green color, and I love the high neck of the bra. I get compliments on the set every time I wear it, so why don’t you match with me? Head to superfithero.com/SAF for your next comfy workout or lounge day, and use code SAF.

Sophie: I am Sophie.

April: I’m April.

Sophie: And this is She’s All Fat, the podcast for body positivity, radical self love, and chill vibes only. This week we’ll discuss gaslighting yourself, the intersection of disability justice and fat activism, plus we'll spill the disabi-tee, and Alex, or @glamputee, will be answering questions with me. And what do you have to say for yourself, April?

April: Look how cute my Soph is.

Sophie: Love you.

Sophie: All right. First up, we've got my girl April's obsessions. Hit it, April.

April: What’s up everybody? It's April. I'm back with my weekly obsessions. You might notice my typical, to quote one of you, “velvet voice,” isn’t present this week. I do have my quarterly case of bronchitis, okay? She's a sickly bitch, but she's here and she loves you.

April: Here are my obsessions. Number one, there is a show on Comedy Central right now called The Other Two that you need to watch. When I’m recording this, I think the finale was last night, so you'll be able to watch all of it on the Comedy Central app, or on wherever you watch your shows. It's so good, if you know me then you would be like, "Wow, April. Why didn't you think of this show?" Which I concur. The premise is, a 13-year-old Justin Bieber type goes viral with a horrible music video. It's called I Want to Marry You at Recess. He's just one of these Vine star, very cute 13-year-old heartthrobs, right? He gets immediately famous.

April: The show is not really about him. It's about his two siblings, who are like 13 years older than him, who are not successful at all. They are fuck-ups. One of them is an aspiring actor, slash waiter, slash ... I mean, I really don't want to spoil it for you. Then he has a sister who's an ex-dancer, and she's a fuck-up as well. I love them so much. It’s so funny. It's one of those shows where
immediately when you turn on the first five minutes of the pilot, you're like, "This is gonna be my favorite show." The tag scene at the end of the season finale, I genuinely cried, so when you get there, I want you to tweet me that you cried too. Watch The Other Two. It's amazing.

April: My next obsession this week, smoked salmon. Okay. I'm late to smoked salmon. As you know, I'm not fancy. I never have been. My sister and I recently hit up Costco. They had a smoked salmon variety plate. We're like, "You know what? Let's just dip and dab and just dip our toes in." Guess what's amazing, is smoked salmon. So that's all I have to say about that. Trader Joe's has a really good pastrami-style smoked salmon, so if you too have been like, "What is that? It looks raw," I would encourage you to go ahead and just try some smoked salmon. That's my only note on that.

April: Next obsession. Okay. There's a comedian named Patti Harrison. If you're into Shrill, which I'm sure you are if you listen to this podcast, she is the weird secretary who asked for the $20, quote, "for her," okay? She's a hilarious, amazing comedian. YouTube suggested this video to me this week of a little clip from her Comedy Central standup, and it's called Patti Harrison Wrote a Song for Dua Lipa, and she performs this song that she wrote for Dua Lipa.

Patti Harrison: (Singing).

April: You'll need to watch that in full. You'll need to follow her on Twitter. She is incredible. She's so funny. I stan.

April: Final obsession of the week, okay, so you know I have complicated feelings about Gina Rodriguez. I always have. She's anti-Black. She's problematic. Nobody saw Miss Bala, and that's 100% on her. That said, Jane the Virgin is back this week, and it's one of my favorite shows. The season premiere is so good. If you saw the season four finale then I'm sure you've been waiting on bated breath, as have I, because it was fucking insane, so no spoilers at all, but I will say there is a scene in the season premiere where Gina Rodriguez did an entire act of the episode, like a six-minute scene, in one take. I haven't seen anybody talking about this on Twitter. I haven't been on Twitter a lot, but I also think everyone's just mad at her, which I am too. But honestly, hats off. It was fucking incredible. You have to see it. I will always support art from women of color, even though Gina Rodriguez in particular owes me an apology.

April: Those are my obsessions for this week. Also, I'm sure Soph's gonna talk about it, but you need to cop yourself an SAF shirt if you can afford it. As she's gotten into, of course, sustainable and ethical fashion is a little bit more expensive, but those shirts are cute, and let me just say I have several Dazey shirts, because of course we've worked with Dani for a while now, and all of them are like unbreakable, because I wear my clothes hard. I have six outfits, pretty much. I just cycle through the six outfits. This shirt, not a rip, not a tear. It's so comfy. It just gets softer with age, and you gotta do what you can to support Soph and
This partnership is so incredible. The photo shoot is so cute. I've been showing everybody. I'm like, "Look how cute my Soph is." You gotta cop a shirt.

April:
Okay. That's it. Back to you, Soph.

Sophie:
Okay. Here's my obsessions for this week. I'm extremely late to this, and I'm pretty sure this was one of April's obsessions like last year, but I just started watching You on Netflix. Very into it. Really think it's a fun new take on antihero creepy stalker crime story. I feel like usually, with an antihero, we're supposed to like him, and I do not think we're supposed to like this main character, but we're extremely in his head. Usually I think voiceover is cheesy, but I don't know. I'm just enjoying it. It's very campy and fun.

Sophie:
Yes, April is right. I am also obsessed with our merch. I love the collab that we did with Dazey. If you want to grab your shirt that says, "Allies of all size," you can head to the Dazey LA website and use code SAF so that we get the percentage from it, and you get 10% off anything in the Dazey brand. Dani and I designed the shirt together, and if you want more explanation or behind the scenes on how and why we made this shirt, you can go to my Instagram at _sophiack_, and watch. I have it as a pinned story thing, but the day of the shoot for the pictures, I did a long behind the scenes explanation of how we came up with it, and why we're excited to work with Dazey, et cetera, et cetera.

Sophie:
I'm so, not to sound like a shill, but I'm materialistic and I love items. I'm not kidding when I say, I just want to be very clear, we do ads with companies that we actually really like. Every company that we work with for an ad, we ask them to send us an item from their offerings, so that we can test it and make sure that we really like it. Anyways, the point is that I'm honestly obsessed with both my Rosmarino candle and my Superfit Hero leggings. I've just never had a matching set that I really liked. I know there's other places you can get it, but this one has really good pockets. I put my whole iPhone X in the pocket. This part is not sponsored. I just freaking like the leggings. So with the set, there's the bra and the leggings. Obviously, that's what a set is made out of. This is why I need April here. I sound like a fool in here by myself. The high neck on the bra makes me feel more comfortable having my tummy showing for some reason. It feels like, "Ooh, it's just a little peek of tum, because you can't see the top of my boobs at all." I don't know. It just feels fun and sexy, and flirty.

Sophie:
Okay. Anyways, last couple of weeks, a couple brands that I like have expanded their sizing. It's interesting. I think I've been noticing a lot of brands that expand their sizes, they go up to size about 24, and that's where they stop. I think part of that is probably because of the stuff that I talk about in my saved highlighted story about the Dazey LA collab we did. Anyway, I've been tracking some of these expansions. For example, maybe like a year ago, Madewell did expanded sizing. I still haven't tried their jeans yet, but I really want to. Anthropologie just came out with their extended sizing. I think that one goes up to a size 24 also. Ban.do sent us some items that are really cute, and go up to a size 24, though
some items are smaller than others, but I do like them in general, and Reformation, which is leading the way in sustainable clothing and has that cool girl aesthetic, they're pretty pricey, but also completely transparent about their ethical standards.

**Sophie:** Yeah. I don't know. I'm just interested in following how these different fashion brands, how they're talking about their expansions, and how they're rolling them out. I think it's really smart what ban.do did, which is contact a bunch of plus size influencers, and be like, "Let us send you stuff." When they sent us stuff, the card that they sent, it had pictures of other influencers who I know, who I'm like, "Okay, cool. They actually worked with people who care about how plus size clothes fit on plus size people. That makes me trust them more."

**Sophie:** Reformation, on the other hand, in the past, has worked with that plus size model who was health shaming of other fat people. She wasn't really fat, so that makes me trust them less, and I haven't heard anything about their line expansion. They haven't reached out to us. I don't know who else they might have reached out to, but that's a very different approach to me. That feels more like they're just expanding because they want to make more money, versus when ban.do goes, "Hey, we have pictures of cute fat girls in our clothes and we're sending them to you," that feels different. But in the end, it's all capitalism, and that's gonna make the earth just be a huge trash heap, and we're not recycling enough and whatever.

**Sophie:** Let's move on to our Apple Podcast Review Shout-Outs. Y'all know the drill. Leave us a review, rate us and review us, and we'll give you a shout-out right here on the show. Thank you to the people who had the following usernames. LizO, _abena_, libraryjen, hannahatsea, megan_b, and sammymusiclover. Thank you all so much for your kind ratings and reviews, and one day iTunes will recognize us, and that day will be a day to remember.

**Sophie:** Okay. Moving on again to our Patreon Shout-Outs. These are the people who keep us afloat, literally pay the bills, literally are my favorite people in the world, because you all pay for the podcast. We appreciate y'all so much, so a shout-out to the following patrons: Addy Farage, Angela Kohn, Crissie West. Oh, my icon, Crissle. Love you so much. Big Slappy, Zoe Howland, and Madison Kits Gaston. Thank you all so much for being patrons. We appreciate you so, so, so, so, so much. Go to Patreon.com/ShesAllFatPod if you want your name to be read out.

**Sophie:** Here are some tip jars from our Hannahs. One Hannah sent us three Instagrams that they like to follow. We'll put these in the show notes. She described them as "forces in the disability community." That's @crutches_and_spice, @annielaney, and @rvbyallegra. I follow Ruby Allegra, and they're really cool. Yeah. Those are in the show notes, and here are some other voice memos about how we can use different language.
Speaker 4: Hi. Canadian Hannah here. I'm a little late to the She's all Fat Pod fam, but I'm loving the show. Thank you so much. Given that I'm behind, I am offering some language that is around some of the discussions of disability rhetoric when talking about folks being active in the gym, and a new term that I've been learning that has come from the community themselves is "diversability," or "diversable." That's just something for consideration, and yeah. Just wanted to share that bit of rhetoric.

Speaker 5: Hey, lovelies. First up, I just wanted to say thank you so much for the podcast. I listen to it on my way to work, and it gives me so much strength for dealing with crap men at work. I just finished listening to your last episode, and it sounded like at points you were slightly struggling with what language to use around disability, and I think what would be really helpful for you guys is to look at the social model. It basically suggests that people aren't disabled by their bodies. They're disabled by the structures that don't let them access stuff, so people have impairments, and then society is what makes them disabled. You could talk about people with impairments, or disabled people, but yeah. If you look up the social model, it'll be a lot clearer than I've just explained it. Thank you so much, and keep doing what you're doing.

Sophie: Now, the call for submissions. Fat actors, we want to know what you have to say about costuming. Send us a voice memo about your experience with getting costumes, or being fit by the costume department for stage shows, or TV shows, or whatever you've been in.

Sophie: Okay. Now we do a little shout-out for the Facebook group, which you can also be in if you're a patron at Team Paisley MuMu. This week in the Facebook group, people are talking about their own answers to the mailbag episode questions. They're talking about red jumpsuits, shout-out to Shrill, and Jameela Jamil, who comes up quite a bit. We'd like to also plug my extra little segment that we do for Team I Love Bread. That is our Patreon team that gets an extra minisode every single week. This week, we have a special minisode featuring an extended Ask a Fattie/Ask a Glamputee with Alex, who is our guest today. We get further into the behind the scenes of a small business, and we talk to another disability justice activist as well. You won't want to miss it, and here's a little glip.

Natty: My name is Natty. I identify as being physically disabled, so I use a crutch to walk, and I've been disabled all my life, so I was born with it. I do advocacy work on disability justice. A lot of the work that I do right now is presentations and trainings at conferences or workplaces and whatnot.

Sophie: All right. Stick around for The Meat of It.

April: The Meat of It.
Sophie: Today we're talking about disability and disability justice, and how it intersects with fat justice and activism. I'm not an expert on this. I'm not really an expert on much, except for expensive skin care and Paddington 2.

Speaker 7: What a clever little bear.

Sophie: I have a processing/learning disability. I have ADHD. I also somewhat consider my chronic illnesses to be disabilities. Overall, I mostly think that the mottos of the body positive movement, to respect all bodies, or include all kinds of bodies, tip a hat to disability inclusion, but many body positive spaces or Instagrams or whatever aren't really inclusive in practice. It's important to Team SAF that our body positivity centers many intersections, and I wanted to really learn more about how to better include disability justice in my body positivity.

Sophie: In approaching this episode, I thought a lot about the ways that the "good fatty" trope can also harm people with disabilities, especially obviously people who are disabled and fat. If someone is trying to justify or excuse their fatness by saying that they're healthy, or they exercise, or, or they eat right, so, or whatever, that's an argument that they should be acceptable to the general public, the thin public, because they're doing things that the general public would accept as healthy, and without saying the words exactly, it says that good fatties are better than people who aren't doing those things.

Sophie: That obviously is harmful for people who will never be the idea of ultimate health. Disabled fat people will never be able to pretend to be good fatties, and that kind of framing says that being healthy is the ultimate goal, the best thing and the only thing you could be working towards. You already know we're not about that here. We're about fighting for a world where people are respected as people, and that respect is not contingent on their health or their body size, or anything else. A world where we're kind to each other, and we listen to each other's needs, and you don't need to justify wanting to be treated as a person.

Sophie: It's especially important, we think, to know about the social model of disability, just like that voice memo that our Hannah sent us in the tip jar, which shifts the framework from something being wrong with a body to a society that won't accommodate diversity and difference. That framework is really familiar and easy to get behind for someone in fat activism. For example, this essay linked in the show notes from Your Fat Friend, our actual friend, an anonymous writer on Medium on fat justice, clearly makes this connection. "I need a movement that works to increase access to public spaces for fat people, one that works to win airline seating that’s safe and comfortable for all of us, regardless of weight, height, ability, or age. One that pushes for universal design, public spaces that work for families and individuals, fat people and thin people, and people of all abilities." Sounds like we should be making these connections in our fat activism, right? But I still didn't know where to start, so I went to an expert.
Sophie: I was lucky enough to go to a workshop called Spilling the Disabili-Tea, run by the amazing activist and educator Alex Locust, @glamputee on Instagram.

Alex: ...particularly with developmental disabilities, saying, "I've fought my whole life for independence and sexual autonomy."

Sophie: Over several hours on a beautiful day in Altadena, where I was born, Alex did an amazing overview of disability justice for us, including the mechanisms that create disability, the historical context of disability, microaggressions, and expanded understanding of inclusion, disability culture, and much more. I learned a ton, and I highly recommend supporting his work or attending one of his workshops. Links in the show notes, of course, and also there's a link to his website, which has a ton more resources and information.

Alex: [crosstalk 00:22:16].

Sophie: We were lucky enough to chat with Alex for this episode, both before and after the workshop.

Alex: Yeah. My name is Alex. I'm a counselor. I'm a workshop facilitator, community organizer, just trying to help give people a leg up on disability justice. Yeah, and today's my community building exercise around disability justice, helping people learn more about not just disability rights, but how, as you mentioned, disability intersects with other identity groups and marginalizations.

Sophie: Could you just give a brief definition of what disability justice means?

Alex: Disability justice has a lot of tenets. It was proposed by Patty Berne, and some other queer disabled people of color in the Bay Area, and some of those things being intersectionality, interdependence, right? Not this, "I can do everything. Me, me, me." It's like, asking for help and owning our limitations as a sign of strength. Anti-capitalist, cross-movement solidarity, right? All of these things kind of lend really well into conversations around fat acceptance, body positivity, things like that.

Sophie: Can you even give just a brief definition of disability, and the different kinds of disability? Because I think a lot of our listeners have a general idea what it is, but probably don't have a super clear view of all the different ways disability can be identified, and seen, and felt.

Alex: Many people, when I ask them in workshops to define disability, focus a lot on impairment. The World Health Organization defines an impairment just as a problem in body function or structure, so it's kind of in a vacuum. If you look at me, as an amputee, and you just see a leg missing, and you say I have a disability, I would argue you're kind of focusing a little bit too much on an absence, right? This medical model of, "Your body's different. That's bad. Let's apply medicine and fix it."
Alex: The social model of disability is interrogating that and saying, "How does the environment create disability?" Right? "How does my life as an amputee complicated by the way people treat me, the physical access of environments, the complications of the health care system?" Right? All those things. Disability is more of the phenomenon of this interaction of features of a person's body and features of the society that they live in.

Alex: I mentioned I'm an amputee. I'm missing a limb. People focus a lot on visible physical disabilities, wheelchair riders, people who are blind, cerebral palsy, things like that, but there are a lot of invisible disabilities. You've mentioned chronic illness on the podcast. You've talked about chronic pain. People overlook psychological disabilities very often. Anxiety, depression, schizophrenia, bipolar disorder. Disability's beautiful, in that there are so many ways that it can be experienced, but it's also really complex, because it's this huge umbrella term for so many different experiences that even the monolith of "amputee" is really complicated. There's above the knee amputees, and below the knee amputees, so it gets really complex when you dive in deeper.

Sophie: I feel like there's a thing about disability that never gets totally defined, at least in my opinion. That it also is an important part of it that it's long-term, for lack of a better word. Sometimes part of disability to me has to do with being able to integrate it into your identity, in a way you don't if it's, "I broke my leg." That's not a disability, right? It's a temporary impairment for the way you normally function in the world, and that long-termness helps you integrate it into your identity, because it's a part of you and not something that's being placed on you.

Sophie: With that in mind as well, can you talk a little bit just about how you like to talk about the words you use to talk about disability? And I'm interested to hear how it's similar to how we have tried to reclaim the word “fat,” basically.

Alex: The way that I perceive disability and identity is, like many other identities, dynamic. The way that you develop and grow. I personally identify as queer now, but I used to identify as gay, to illustrate. There's definitely room for growth in the way that you come to terms with your body and your disability, so to assert, like you're saying, when people come up to me like, "I was on crutches once. I totally understand." That's not a disability, right? It's a temporary impairment for the way you normally function in the world, and that long-termness helps you integrate it into your identity, because it's a part of you and not something that's being placed on you.

Alex: Yeah. I think with language around disability, or the way that we conceptualize it, remembering to just be mindful of everybody has a personal journey, so person first language works for some people, person first being "person with a disability," or saying your disability is a feature of your experience, but it's not all-encompassing, it's not the entirety of it, whereas maybe you're of the identity first politic. "I identify as a disabled person, because there's a disability civil rights movement. It's a disability justice framework." People saying like the hashtag, #saytheword, right? "You see me as disabled, you treat me like I'm
disabled, so let's talk about it." Even more radical are crip, cripple, people reclaiming crip justice, saying, "I want to make you uncomfortable," just like "queer," and black people reclaiming the N-word.

**Alex:**
It's a lot about that radical pushback, and ultimately like you mentioned with reclaiming fatness, or even just owning it, disability's not a bad word. People make it a bad word, and so when people dance around it ... We were talking on the phone, and I mentioned someone was like, "Well, wouldn't you refer to it as a limb difference?" I'm like, "I mean, yes, my limbs are different, but it's just so euphemistic," right? When you just say what's happening without any stigma, without any connotation, I think that really strips the taboo. Similar to with gender pronouns, too, we ask people what they prefer, so you can just ask disabled people what they want to be called. It's not too hard.

**Sophie:**
One thing I think about a lot with fat stuff, which is my very technical term, is that sometimes people get in this trap where they feel like they can't acknowledge the hard things that come with being fat, that maybe if you're fat, it is ... Like, your knees do hurt more, or it is harder to do X, Y, and Z, or you are more at risk for various illnesses or whatever. There's such a strong inclination to push back on doctors saying everything is caused by your fatness that I think sometimes people are unwilling ... Like, then you become scared of saying anything could be affected by it.

**Sophie:**
To me, there's something patronizing a little bit about being like, "No, it's equally perfect." Even though I accept the various chronic illnesses I have, they make my life harder, which is also not to say, "Therefore disability is bad," but I just think there's a space there where sometimes people who are new to embracing parts of their identity have trouble feeling like, "Oh, they have to be super pro it, or it's a bad thing." What do you think of that?

**Alex:**
I really identified early on in the podcast when you all were talking about having days where you're like, "This feels bad. I don't like this." Right? Body positivity movements or this culture around, "Love yourself. Love your body," can create this pressure to be like, "I need to love all of it, even when it sucks." Philosophically, I understand that, but like you're saying, when the rubber hits the road, it's not always easy to say, "This is something that I fully integrate into myself." There are disabilities that are really complicated, and not pretty, that affect your gastrointestinal system, right? Or people with really intense chronic pain.

**Alex:**
Mia Mingus is a barrier advocate who has a really great blog about disability and ugliness, and kind of owning that that's a part of it, and that's really tied to ableism, is this idea that we have to be pretty, or we have to be really palatable, right? Or almost like the good fats parallel, where you're like, "I'm easy. I'm cool. I don't need accommodations. Don't worry about me," so just encourage people to, to what extent you feel comfortable on those things, and try not to feel bad about yourself if you need to stay in, or if you're having a bad mental health
day, if you need rest. It may be pushing back against this, "I have to be cool. I have to be fun. I have to be easy and breezy. I never need to ask for help," because that's the interdependence that disability justice celebrates and really lifts up.

**Sophie:** Can you talk a little bit about the intersections you see between disability justice and fat acceptance, or fat justice?

**Alex:** One really noteworthy thing that I resonate a lot when I listen to the pod is being out in public, right? And perception, and bodies being consumed, and morality, and this imposition of people kind of being invasive about your life. I have people all the time when I'm out and about, "What happened to your leg? What happened to you?" Haven't said "hi." There's no introduction. There's no "hello." We have no rapport. They're not asking me what I thought of Solange's new album, or anything. They just dive right in, and it makes it feel like my body's just up for public consumption. I feel like a zoo animal, and that's really hard, because it is very related to trauma. I had a pretty painful experience related to ... I was born this way, and later went through medicalized trauma, so in a way, it's like, yeah.

**Alex:** I have it not less difficult, but people have been through really intense things, like cancer or diabetes, or are veterans, and that's not my experience, but it's fascinating to me that disabled bodies are so othered that people can't conceptualize why that would be inappropriate, or offensive, or invasive. I see those parallels a lot, where people comment and are like, "Well, don't you think you should eat this?" Or, "Don't you think you're taking a little bit too much?" And it's like, "Chill out. Back up. This is not your body." The well-intentioned piece is people are worried about your health, and so then figure out how to empower people to be healthy, as opposed to telling people how to do it.

**Sophie:** I know a little bit about the ADA, but that it's not super well enforced, and fat people also have very few protections under the law. It's legal to discriminate against people for weight, so I was wondering if you know about things people can look into if they're interested in organizing specifically around legislation or raising awareness about those kinds of things.

**Alex:** The thing at top of mind, there's a hashtag on Twitter, #cripthevote, so C-R-I-P the vote, and they're talking about things that are happening right now in realtime, so if you want to check into some of what they're doing, they speak to the legislation, and to your point, just because the ADA exists, that was passed in 1990, and here we are in 2019, and I still have to do disability justice workshops, so it's obviously not just changing things overnight, and I've had plenty of experiences, I'm sure you have too, where spaces are accessible, or have accommodations, but that doesn't mean that people are gonna be nice about providing them. They're not gonna be educated about the nuances of it, so just also when you're looking into legislation, pushing people to understand that that's a good start, but sometimes policy isn't enough, and that it's the
culture around that policy that people have bought into it, as opposed to, "I have to."

**Alex:** It's that compliance-oriented "disability etiquette," quote-unquote, right? Where people are like, "Well, we have a ramp, so we're done." And then like, "Nope. There's a lot more." You know? The ADA tries, but it's anti-discrimination, which is really important, but the complexities of disability can't be covered by that one single document.

**Sophie:** I wanted to know if you have any challenges for me to explore, or things you think I should push myself to look into in this episode as I'm trying to introduce these concepts to our audience.

**Alex:** I would say something I'm working on is internalized ableism. I think that's a really good starting point, because then you can own the way that you've adopted these messages, so that way when you're working with other people, you have that empathy to understand where someone’s at in their journey, right? It's really easy to do social justice work, make a really big leap in terms of personal development, and then when you meet someone who's at the beginning, and you're like, "You need to get on the page right now." You know? 10 years ago, I was not using the word "queer" in a positive way, so if no one's ever encountered this material, they might not be where they need to be at.

**Sophie:** Do you feel that way with people who are disabled and people who aren't disabled?

**Alex:** Oh, yeah. Definitely. Everybody needs to work on internalized ableism, so the more that you can kind of process your own experiences and feelings around it, the more that I think you'll be open and receptive to what people need and how you can invite them to do better.

**Sophie:** Great. Okay. I'm gonna work on that. Let's go to the workshop.

**Sophie:** One of the things I admire most about Alex is the way he approaches people who don't know very much. The patience, understanding, and general kind vibe he gives off. Since I personally sometimes struggle not to snap at someone in front of me at Starbucks if they can't get their app to work quickly enough, after this conversation and the amazing workshop, I decided I needed a little more of a history lesson. The best place to start is, as The Sound of Music told us, at the very beginning. Let's take a walk down disability memory lane, to hit the 101s of disability history in America.

**Sophie:** Some histories point to the 1869 invention of the wheelchair as a significant beginning to the movement. While this is sweet, we know that not all disabilities have to do with mobility. Also, the patent was called the "invalid chair," so we still had a long way to go. In the 1930s, the League of the Physically Handicapped in New York City protested discrimination against
people with disabilities by federal relief programs and fought for employment
rights. In the 1940s, a group of psychiatric patients formed the group We Are
Not Alone, and supported mental health patients in their transition to
communities outside of treatment.

Sophie: Between these decades, people with disabilities started making progress and
establishing their rights. The Social Security Act established permanent
assistance for people with disabilities, for example, but forced sterilization of
people with disabilities was still legal. Eugenics movement and social darwinism
were still popular beliefs, yikes, and of course, trigger warning, we have to
remember the systematic murder of people with disabilities in Nazi Germany at
this time. Real nice.

Sophie: Post World War II, there was a rise in America of veterans with disabilities, and
because they were mostly one, white, two, men, and three, veterans, they were
able to make progress with the state. There were some barrier-free programs
for accessibility. Great.

Sophie: All right. Let’s get intersectional and talk about the Civil Rights Movement, baby.
When the Civil Rights Bill passed in 1964, it didn't include disability, but the fight
for racial justice was still making strides that laid the groundwork for disability
justice. For example, Brown v Board of Education, which ended school
segregation, sort of, helped people with disabilities gain access to free,
appropriate public education.

Clip: [crowd chanting].

Newscast: Immediately after that demonstration this morning, the handicaps started
invading the building. It's the old federal building, which is now the HEW
headquarters.

Sophie: In 1973, the Rehabilitation Act was passed, which said that public institutions
can't discriminate based on disability. However, they still did. Seeing a pattern
here? Protests abounded. There were lots of incredible activists like Judith
Heumann, who you can read way more about from the links in the show notes,
and some groups got some more rights.

Clip: [Crowd singing].

Sophie: Another big moment in American disability history is the Americans With
Disabilities Act, passed in 1990. When the ADA was gonna be stalled, 60 activists
protested by crawling from their wheelchairs up the steps of the Capitol in a
protest organized by activist group ADAPT. It was called the Capitol Crawl.

Speaker 11: After a day of speeches, over 60 activists abandoned their chairs and began
crawling up the 83 stone steps of the Capitol.
Sophie: The ADA, quote, "mandates that local, state and federal governments and programs be accessible, that businesses with more than 15 employees make reasonable accommodations for disabled workers, that public accommodations such as restaurants and stores make reasonable modifications to ensure access for disabled members of the public. The act also mandates access in public transportation, communication, and in other areas of life," end quote. Woo hoo. The article that quote is from is linked in our show notes below.

Sophie: Unfortunately, as many people might know, the ADA is toothless without the tools to push it into action. Many times, it requires suing a business or location to force them to comply with the ADA, and not many people or groups have the resources required to do that. This point, the passing of the ADA, is where a lot of disability histories will end, but for a lot of activists, this is where real, current disability justice begins. The second wave of disability rights, led by women of color with disabilities, and having a goal of intersectionality. There's a lot of amazing people doing the work right now.

Sophie: Recently, there have been some conversations about disability justice and access that you might have seen in the news. There is a big wave of disability activism in response to Republican health care bills trying to repeal parts of the ACA, the Affordable Care Act, that protect people with disabilities, with the movement hashtag #cripthevote, and protests organized by ADAPT, that same group that did the Capitol Crawl. We also owe a lot to those disability activists, those of us who currently don't have disabilities, because they kind of saved the ACA for the rest of us, too.

Sophie: All of this is to say there is still plenty of progress to be made, and movements for you to get involved in. We've added a new section to the resources page on our website to feature all the information we gathered in the making of this episode. We've got a lot more links in the show notes, to books, videos, and articles, so you can learn more and follow more people who know way more than I do about the modern movement for disability justice. You know I always like to talk about media representation or interpretation of the topics we're discussing, and we didn't even have time to get into that at all in this episode, so trust, we may do a whole other piece on disability justice, so send us that voice, and send us those links.

Sophie: All right. Are you fired up and ready to go like I am? Now that we know the briefest bit about disability history in America, and some of the current thinking about disability justice, we'll get back into it with my followup interview with Alex. After the break, we'll talk about microaggressions, access to seats and spaces, and how to talk to family and friends. Sound cool? Stay tuned.

Sophie: Tired of DC or Marvel heroes? How about Superfit Hero. Superfit Hero recently launched their body positive fitness finder. You can use it to find body posi gyms, trainers, and activities near you. Fatmily, you're always asking us for recs on where you can feel good moving your body. Here's a great lead. Plus all their
active wear is ethically produced in Los Angeles. I can see my house from there. JK. LA's really big, just like Superfit Hero's size range, which goes from extra small to 5XL. By the way, they don't call them Superfits for nothing. All of their active wear pieces are designed and tested with athletes from the whole size range. The leggings and top fit snugly, true to size. I personally wear a 4X legging and a 3X top, and I feel secure and comfortable in my set.

Sophie: You know I'm not just wearing my set to work out in. I'm also throwing a little chambray top over it to wear to the farmer's market, or when I feel like looking like I'm a cute little athlete. I just love them. Fatmily members looking for comfy and cute shorts, leggings, and sport crop bras can go to superfithero.com/SAF, or use code SAF at checkout for 15% off. Like Superfit Hero says, "Fitness is for every body."

Sophie: We've talked about our counselors on the pod before, and you know we're all about unpacking our feelings. That's why we want to talk about BetterHelp online counseling. BetterHelp offers licensed professional counselors who are specializing in depression, anxiety, relationships, family conflicts, LGBTQ stuff and more, all that good stuff you want to talk about. BetterHelp lets you connect with your counselor conveniently and safely, in a confidential online environment. You could do it in your PJs, which is sometimes how I show up to therapy anyways. Sign up today to schedule secure video or phone sessions, plus chat and text with your therapist. SAF listeners can save 10% off your first month of BetterHelp with code SAF. Get started today at betterhelp.com/SAF. You'll fill out a little questionnaire to help them assess your needs, and get matched with a counselor you'll love. You know we're therapy stans, so go to betterhelp.com with code SAF for 10% off.

Sophie: Okay. Let's get back into it. Alex was generous enough to give us a followup interview, where we did some more discussion of disability justice. One thing I learned that I didn't know before, and we had to cut our discussion up for time, is that it's possible for perfumes or strong smelling lotions to trigger people's sensitivities. I'd honestly never even heard of that before, but it seems obvious now that I think about it. There's plenty of things that will trigger my processing disorder, like people standing right behind me and talking in a low voice when I can't quite hear their words, so it makes sense that if someone has an olfactory trigger, that that would be a thoughtful thing to do to accommodate them. Now I know to include that as an option when I'm planning an accessible event.

Sophie: Alex had, on the bottom of his email confirmation for his workshop, not to wear strong scents, and also to let him know if there were further accommodations needed other than the ones he listed that we would do, which I thought was a really cool way to remind people what you're asking for, as well as make space for other things you may not have thought of or maybe can't provide unless it's specifically requested, especially since, as he explained to me, sometimes people's accommodations or needs can run in contrast to each other. Now I know I can't always wear my beloved Glossier You if I want a space to be
accessible, or at least I should ask if anyone has a preference or need for a scent-free space before I bring it in. Anyways, let's get back into my interview with Alex.

Sophie: What is the bulk of your day to day work like? How do you characterize what it's like to do work as a justice advocate? How do you pay the bills? What do you do?

Alex: Diving in.

Sophie: Yeah.

Alex: Yeah, right. Let's talk about finances. To do the work that I do sustainably, or what my day to day looks like is that I have a full-time job. I'm a counselor Monday through Friday at a non-profit, and so that affords me the privilege to have a salaried position. I have benefits, so I have health insurance, paid time off, right? That money allows me the ability to pay rent in San Francisco, and feed myself-

Sophie: Yeah.

Alex: ... and take care of things as I embark on this journey to try to brand myself around justice, and do things like host workshops that kind of cost a lot of money, if you think about it. The one in LA, I was piggybacking that off of another trip that was luckily paid for. I was paid to speak at a conference the day prior, so I didn't have to pay for my flight, but sometimes you have to pay for venues. Part of my goal as a justice advocate is to have the ability to compensate people around me, like create jobs, so that I'm not just asking people for favors, or I'm creating space for marginalized people, because I don't want to just accumulate power. The way that I try to facilitate my workshops, when I've had the opportunity, donating money back to organizations like Sins Invalid, or the Longmore Institute, or the Bay Area Transformative Justice Collective, places that I can say, "Hey, you've inspired me somehow. You've taught me somehow. Let me redistribute this money, rather than ..." I'm still learning how to be anti-capitalist, but a lot of [crosstalk 00:49:23].

Sophie: It's hard.

Alex: Yeah. Yeah, totally.

Sophie: There are specific ways that as a woman, I see straight cis men look at me, and sometimes I'll be talking to a man, there's just an edge, and I know that that edge is like, "I can get her because she's fat," or there's just something in it that's weird. I don't ever know how to describe it, because then if I talk about it to my friends and we leave, they'll be like, "Oh, I believe you, but I have no idea what you're talking about," basically.
Alex: Yeah. Yeah.

Sophie: If they're not fat, you know? Then that compared with, sometimes I'll be walking down the street and I'll make eye contact with a guy, and if I smile, then they look disgusted.

Alex: Oh.

Sophie: That one really makes me feel bad, because most of the time I'm not smiling because I'm trying to hit on them. I'm just like, smiling.

Alex: You're existing, or enjoying the world.

Sophie: Yeah. I'm just like, "Oh, hello. Blah blah blah." You know?

Alex: How dare you.

Sophie: Sometimes people, men, straight men will react like, "No, I wasn't looking at you," is what their face communicates, you know?

Alex: Yeah.

Sophie: Those looks or tones that are truly the most micro of microaggressions, are the things that for me right now are the hardest to deal with or talk about, because I don't feel like I have the tools to talk about them clearly.

Alex: The parallel for me or the thing that's coming up is I find it funny when I'm out with friends, where if we're at a bar, or we're in a gay or queer space, and they're like, "Oh my god. That guy is totally checking you out." Right? They're like, "He's staring at you."

Sophie: Yeah.

Alex: I'm like, "I didn't notice," because I've had so many experiences in my life where people are blatantly staring at my leg, or lack thereof-

Sophie: Yeah, sure.

Alex: ... where I've trained myself to stop noticing, because it's exhausting to feel like my body's so foreign that people can't be polite. They're just staring at it. Now that works against me, because maybe somebody is checking me out, and I don't notice.

Sophie: Oh my god. Yes.
Alex: Because I'm just trying not to perceive other people. I'm like, "Are you staring at me because you're confused that I only have one leg, or do you want to get up on this? I really can't."

Sophie: Right?

Alex: You know? Unless they're being really obvious, sometimes it is hard to differentiate, and so I do gaslight myself, because I'm like, "I don't think he's checking me out. He's probably just confused that there's an amputee outside and having fun, and enjoying themselves."

Sophie: Yeah. Existing.

Alex: Yeah. Yeah.

Sophie: Yeah. I feel that too. I definitely get more hyperaware, I think, and then the spaces where I try to shut it out, I think is usually at restaurants, because people can be very rude at restaurants, and just stare at you eating, which I really hate.

Alex: Yeah.

Sophie: I mean, even when something's verbal, there's plenty of ways to interpret or misinterpret, but when it's a look, it's just hard to pin down.

Alex: It's so ambiguous. Yeah.

Sophie: Yeah.

Alex: You can't do like exit interviews and be like, "Hey. I'm just curious."

Sophie: No, because again, that makes me the weirdo. If I'm like, "Excuse me, sir. Were you looking away because you find me gross, or did you just have a mean call?"

Alex: "Wait, like do you need a hug, or do you need a pamphlet?"

Sophie: Yeah. Exactly. Oh my god. "Hug or a pamphlet."

Sophie: What are the things that I can do as someone who likes perfume. Is it problematic to wear perfume? Help me.

Alex: Many times with accommodations around disability, I hear people pose certain either preferences, or like, "Oh, this is gonna be a challenge." There's a grain of truth to that, but then when you push farther, it just kind of becomes this, "Well, actually my preference is more important than your accommodations."

Sophie: Right.
Alex: Right? Part of me feels like it's like, if you're at home, and you're like, "I know that my partner is not chemically sensitive, and I want to smell good and feel sexy, this is what I'm gonna wear," because that's a space where you have autonomy and certainty.

Sophie: Yeah.

Alex: But in terms of public spaces, and workshops, and gatherings, because a lot of times we don't know what people are going through, I always encourage people to think. If you're having a moment where you're frustrated by somebody's access needs, or a request, take that moment to say, "That's fair. I wish I could wear perfume, but also I have the privilege to say I'm frustrated by this," as opposed to recognizing that you are not on the receiving end of everybody being like, "Your needs are a burden."

Sophie: Exactly.

Alex: I think that usually helps for me, if I have moments where I'm like, "Oh, this sucks." It kind of chills it out. You know, too, access is messy. If you have people with guide dogs, or service animals, and then people who are allergic to dogs, that's just a thing that's happening.

Sophie: Yeah.

Alex: How do you make a space ... It's not that access is this like, there's a ultimate golden rule where eventually we'll figure it out. I think there's always gonna be stuff where some people are more able to access unless in other spaces, it's more just the aspiration of trying to be more universally accessible.

Sophie: Yeah.

Alex: I would really encourage you, if you're interested, and the listeners, there's Mia Mingus, who's a queer disabled woman of color in the Bay, and she has this really beautiful blog called Leaving Evidence, and there's this term that she's kind of lifted up of access intimacy, and it's kind of this idea of, it's not about getting access right, it's more of having the intimacy of knowing that people around you are trying to get it right, and having the solidarity of sometimes environments are shitty, and you're not gonna get what you need, but having that friend that you can look at and being like, "Again?" Right?

Sophie: Totally.

Alex: I imagine that there might be some parallels in living with fatness, and how fatness is accommodated or included, that access intimacy also speaks to that connection, and that sense of, "Oh, people get it."
Sophie: We get a lot of questions about how people can ask for or push for larger seats in spaces. People, I think, would like to know from you how we can start including some of the tools that people who are disability advocates have used to ask for, push for, get accommodations, and expand it to seats, basically. What do you think?

Alex: Yeah. Yeah, yeah. I really want to emphasize before offering ideas of how to advocate, A, this is emotional labor.

Sophie: Yeah.

Alex: If you're tired or exhausted, or it feels intimidating, or anxiety-provoking, or risky, that's all real, and I just want to validate and affirm that, and sending hugs to everyone, right? It's shitty to have to convince people to make environments more inclusive for your body.

Alex: Let's see. A couple of things that people can operationalize. You know, the start up example strikes me as an opportunity for cross-solidarity, cross-movement solidarity. It's like, "Y'all, if we're doing great about gender, race, class, why are you being selective here?" If you need to send people a Kimberle Crenshaw article, it would be like-

Sophie: My god.

Alex: ... "Intersectionality is real, and I don't have time for this single issue politics." Hold people accountable, I guess is what I'm trying to say. If they're touting inclusivity, it's something that they need to follow up on, right? They've kind of set themselves up for that, in way.

Sophie: Sometimes when fat people ask for accommodation, the response we'll get essentially boils down to, "You did this to yourself, so you don't deserve accommodation." Basically, you know, where it's like, "It's not a disability," is something I've heard before.

Alex: Yeah. Yeah.

Sophie: Basically, that's one step away from, "I don't care about you, you fat fuck." You know what I mean?

Alex: Right. Right.

Sophie: Basically, and it's like, "I don't give a shit." Do you know what I mean?

Alex: Yeah. Yeah. People are making it a moral issue.

Sophie: Yeah.
Alex: As if, "If you were to have chosen the right thing, then we will help you, but you've chosen the wrong thing, and so you have to live with the consequences of that."

Sophie: I don't want to be set as a competitor with disabled people.

Alex: Yeah.

Sophie: You know what I mean?

Alex: Oh, and even that morality is so flimsy, because I can personally attest to experiences as a disabled person where people are very unwilling to offer me accommodations-

Sophie: Of course. Yeah.

Alex: ... or have been very rude or unhelpful in providing them, so even if people in that moment are like, well, not explicitly saying this, but we're following the "fat fuck" trail of logic, those people might not be decent towards disabled people either, so [crosstalk 00:58:39] both ways.

Sophie: Exactly.

Alex: That's I guess another point that I was gonna say, is if you feel like the space that you're advocating in is making it a moral issue, or turning it on you as if it's your fault, that's when, if you have the opportunity, tag people in, you know what I mean?

Sophie: Yeah.

Alex: Because if you have straight size people, or skinny people also advocating, then it's less of, "I'm asking for this because I need it," and people being like, "Well, you did this to yourself, so I'm not gonna help you." If you have skinny people in the office who are like, "No, I think this is something we need," now you're kind of getting things from both sides.

Sophie: Yeah.

Alex: Then it's less on you to receive that awful critique of your body, and the autonomy that you should have in the space.

Sophie: That's part of the reason that it's so important to me that we do better in the body positivity movement to include disability justice, because it's all tied to bodily autonomy and being able to get respect for how you are.

Alex: Yeah.
Sophie: Just be respected in the body you live in.

Sophie: Okay. For body positivity stuff, I have worked very stuff to find space for me and other people to feel bad about themselves at times, when you just feel hurt by society, or just if you're like, "I feel gross right now. I'm having trouble liking my body," or something. You know?

Alex: Yeah. Yeah, yeah, yeah.

Sophie: How do you recommend people work better on, or work more, work smarter, work harder on ... Okay, can I give you an example?

Alex: Yeah. Yeah. Go for it.

Sophie: For example, if I twist my ankle, and I'm annoyed because I have to have a crutch for a week, how can I talk about that without making it sound like not having the use of my leg is the worst thing in the world? Do you know what I mean?

Alex: Yeah. Totally. I would say first up is do not talk to amputees and be like, "I was on crutches one time, and I totally get it."

Sophie: Yeah.

Alex: I can not tell you how many times people say that to me, and I'm like-

Sophie: Oh my god.

Alex: ... "Oh, wow. I'm so glad you understand this systemic experience."

Sophie: Jesus Christ.

Alex: No. If you are struggling with challenges of accepting limitations or impairments in physical ability, mental ability, emotional things, I would encourage you, like I had mentioned before, looking into this concept of internalized ableism, trying to find some other people's perspectives on how you are internalizing this idea that being disabled is inherently bad, and will hopefully maybe give you some perspective on that.

Alex: Then also, just trying to do a flip. That's what I do for myself. Rather than globalize, if you sprain your ankle and you're like, "Ugh, I hate my body right now," you hate your ankle. You don't hate your body, you know?

Sophie: Yeah. Being very specific is super helpful. Instead of, "Being on crutches sucks," you could say, "Oh, my ankle really hurts, and I'm not used to doing this." You know?
Alex: Yeah. Or being on crutches can suck. Disability justice is all about, "Disability is not a burden," right? It's something that is generative, it's magic, it's creative, it's adoptable, and so for as much as if you want to talk to me about marginalization, and microaggressions, and challenges with accommodations, ultimately I'm posturing as @glamputee, because I love the fabulousness of disability and the flamboyance that I am adopting in my life around these things, and I think what I've learned from y'all in body positivity has really given me that permission to just be as loud and brash and as Leo as I want to be about loving my body, and also being comfortable having times where I don't love it.

Sophie: Yeah.

Alex: I'm still working through that a lot. Like, shout-out to therapy, right?

Sophie: Yeah. Hell yeah.

Alex: This is a huge part of what I'm trying to figure out, and so-

Sophie: Dr. Thornton in Burbank, what what?

Alex: Yeah. I find that I think that's something I've been really grateful for in your podcast and in the words that you've shared, so I just want to say thank you for that.

Sophie: That's so nice.

Alex: I'm excited to get to help broach these conversations, and bridge these communities, because I'm excited to see how we can support each other and hopefully the fatmily can look out for the disabiliteam, you know?

Sophie: Oh my god. I love it. Yes.

Alex: Let's have a cookout or something. I don't know.

Sophie: Oh my god.

Alex: I love to bake, so-

Sophie: Okay, wait. Oh my god, good, because I can't cook at all. Is there anything you want to tell people to find you on especially? Or a book you want them to read, or something they can buy to support you?

Alex: To support me, follow me on Instagram, like I mentioned, @glamputee, so at G-L-A-M-P-U-T-E-E, and then I also have a website, so www.glamputee.com. I have resource guides, multiple.
Sophie: Amazing. Oh my god.

Alex: Thank you. Most of the things on the resource guides are free. It's like videos, and articles. I just really, really encourage people to check that out. If you don't have the privilege of coming to one of my workshops, then this is kind of like a flavor of the tea that we spill, and I hope that it is a way that you can help broaden this conversation with people around you.

Sophie: Do you have a Venmo or a PayPal? If people have benefited from your work and they have the extra funds, how can they support you?

Alex: Oh, yes. I would certainly take some coins.

Sophie: Yeah.

Alex: It's also Glamputee on Venmo, so G-L-A-M-P-U-T-E-E.

Sophie: Great. If you feel like supporting Alex's work, especially because all those resources are free, then shoot some money over there. Thank you so much for being on the show, and letting me come to the workshop, and taking so much time, and giving us so much of your thoughts and brain and space.

Alex: Oh my gosh. Thank you. I've been a long time listener, first time Hannah, so really wanted to give April dat voice.

Sophie: I know.

Alex: This is truly an honor and a privilege.

Sophie: Again.

Alex: I love being a member of the fatmily, so thank you.

Sophie: Okay. You and me, Alex, we have now solved the issue of how we can make body positivity and disability justice intersect, so what can we tell the fatmily? "You're welcome."

Alex: "You're welcome."

Sophie: Perfect.

Sophie: Thank you so much, Alex. Now that we know a little more about disability justice, I honestly feel like I'm still just scratching the surface. Alex taught me a bunch of things I didn't know, and we didn't even get to play all of our interview. There's more for all of our patrons as extras, as well as a longer minisode for Team I Love Bread, with an amazing person I met at Alex's workshop, who

Ep_4 (Completed 04/04/19)
Transcript by Rev.com
works as a disability workshop trainer, and there are of course, as I said, a ton of links and info in the show notes, and we welcome any and all feedback, and updates, and corrections, and requests.

Sophie: I'd especially like to highlight further resources in the work of Denarii Grace, @writersdelite on social, who is an activist/artist/writer who focuses on fat activism, justice for black disabled folk, and queerness. That's @writers D-E-L-I-T-E. Also Keah Brown, at Keah, K-E-A-H, underscore, Maria, M-A-R-I-A on Twitter, who created the hashtag #disabledandcute, has a new book coming out. Following her is a great intro to disability issues, and she is indeed disabled and cute. Mia Mingus has an amazing blog called Leaving Evidence that's super helpful reading, and Sins Invalid is a blog and performance center for people with disabilities. They focus a lot on fat liberation combined with disability justice, and they have a bunch of really approachable resources. A special, special shout-out to Lynn for putting a lot of the history that we told you about together. You're the best junior producer we got.

Sophie: I'm so excited to know more, and we'll be sure to let you know we are starting to include disability justice into our fat activism in the future. Let's finish up The Meat of It with some voice memos from our fatmily.

Anna: Hi. It's Anna from Minneapolis. I identify as a fat white disabled woman. My pronouns are she and her, and I consider myself a disability justice advocate. There has been, for a while, a debate on whether to use person first language or identity first language. I think a lot of us fatmily can agree that identity first language is a lot easier when describing yourself. Either way, for me personally, it doesn't matter as long as you refer to me as having a disability or being disabled.

Anna: Another thing that really we need to remove from our vocabulary is the word "handicapped." I know a lot of people describe parking spaces this way, but it is actually a word that is rooted in hateful and bigoted language towards disabled people. Replace it with the word "accessible." For example, "I use accessible parking because I have a disabled placard."

Sophie: We love our disabled fatmily. Please keep letting us know your experience with being fat and disabled, and we'll be sure to revisit this in the future. If you're not currently disabled, let us know what you're doing to include disability justice in your activism and your body positive work. Okay. I don't think we've quite solved anything yet, but I'm glad we got to learn a little together. I feel lucky to have had these conversations, so to myself, "You're welcome, self."

Sophie: Thank you, Alex. Bye.

Sophie: 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-
April: Just for me and you to know.

Sophie: All right, April. 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 via email or voice recording to FYI@shesallfatpod.com. Please make sure to leave us a review on Apple Podcasts. It's super important in making sure people find the show. If you leave us a review, we'll give you a shout-out on the pod next week.

Sophie: Our music was composed and produced by Carolyn Pennypacker Riggs. Our website was designed by Jesse Fish, and our logo is by Brit Scott. This episode was co-produced and edited by Maria Wurttele. Our junior producer is the amazing Lynn Barbera. I am our host and co-producer. Our Facebook, Instagram, and Twitter handles are @ShesAllFatPod. You can find the show on Apple Podcasts, Spotify, Stitcher, Google Play, and wherever else you get your podcasts. Bye.

Sophie: Yeah. I'm the titular fatty.


Sophie: It's a terrible name. Oh my god. That's my drag name. "Titular Fatty."

Alex: Oh, "Titular Fatty." Wow.