

## Trans Identities

>> Synthesizer --

>> Yeah, you do.

>> I'm Alex Decker.

>> And I'm Cara Miller.

>> And you should listen to our show, Slightly Irresponsible, every Friday night at midnight, all the way to 2:00 a.m. Saturday morning.

>> You'll hear (indiscernible) music at its finest. From noted artists around the world to hometown DJ's along with woody banter from your favorite KCOU hosts. Everybody needs more watt.

>> You're listening to KCOU Columbia, 88.1. It's 3:00 p.m. on Thursday. This is Inside Out with DJ Excellence and DJ Discovery. We're here for real talk on basic topics facing the LGBTQ and ally folks at Mizzou.

>> All right. It is Transgender Awareness Week.

>> Woohoo.

>> Trans Awareness Week, 2012, what what.

>> Yea.

>> Yeah. Um, it's great. So welcome to Inside Out, 3:00 to 4:00, KCOU 88.1.

This is DJ -- I always forget my name.

>> Discovery

>> This is DJ Discovery.

>> I'm DJ Excellence and we have two awesome guests here with us today who are kind enough to talk to us about their lives and some of their stories and some

of the amazing knowledge and greatness that they have and are.

>> Yeah. I love that you always forget your DJ name.

>> I really do. I am DJ Discovery. Some day I will remember.

>> Yes, you are.

>> I will discover my DJ name.

>> But up.

>> But up. All right. So guest, who are you? Welcome.

>> I'm Caleb. Um, I'm a journalism major at Mizzou.

>> Welcome. Thanks for coming.

>> Yeah.

>> Hi, my name is Emily. I am a sociology major, senior sociology major here at Mizzou.

>> Welcome.

>> Welcome, welcome. So let's jump right in. I think that transgender is a topic that a lot of people (audio cutting out)

>> Hello out there. KCOU universe. We're going to get back to talking about trans identities in one hot second. Let's just talk about trans identities. Let's talk about the events we've had so far that have been amazing.

>> Well, we had the vigil on Monday which was really, really empowering and really nice to see all of those people that came out to see all of those stories.

>> Yeah, I agree. Um, who are you?

>> Oh, I'm DJ Shane. Sorry.

>> Hi, DJ Shane. I'm still DJ Discovery. Look at me remembering my name.

Yeah, so we've had -- it's towards the end of the week now and we've had some

amazing events so far so the vigil was really great. I really liked the vigil. I like to just think it's real done. It's in AP green chapel and it's just very -- I don't know. It's nice.

>> It's just, it's a very good service and like the way that it's laid out and how powerful it speaks to people. It just makes you sit there and realize that most of the things that aren't talked about are true, and you don't hear those stories. They're not publicized. So when you hear people talking about them, it really -- it just is clear in your mind.

>> Yeah, definitely. All right. Well, let's get back to our interviews and our guests. (Audio cutting out) in one minute we will be back to our interviews and our guests. Um, but that's okay because I really wanted to add more about the vigil which is to say that for our listeners out there who aren't real versed in transgender issues, and how would you be? I hope that you're here to listen and learn because a lot of times there's not a lot of education out there and that's why we have things like transgender awareness week. So um, two of our events are transgender remembrance events, and that's because once you start learning about the trans community, you realize that we are really huge survivors and victims of lots of violence discrimination and harassment. -- um, I can't hear myself anymore. No, I can't hear. We're huge survivors of discrimination, harassment and violence. Um, and so it's important that we remember and honor those who we've lost to trans phobic violence. And it happens a lot. And it really -- the statistics are quite staggering and so holding that vigil really feels like we're honoring who we are and the bravery and the courage it takes to be the people that you are, no matter who you are and no matter what your

identities are. Especially our college listeners out there. I mean, who are you? How are you figuring yourself out? What is your major? Who is your style? Who are your friends? What's your involvement? Who do you hang out with? Where do you live? You know, like all those things. How great of a student are you? Where do you study? Do you study? Do you watch TV? You know, TV time, what music do you listen to? I mean, I had to figure out all that stuff when I was in college and I'm still figuring out a lot of it today and so we know that it's hard to live authentic, courageous true lives where we're true to ourselves and we're not afraid to be honest with the people around us. And so for, you know, our people who are living open and honestly as transgendered and as themselves, that's a huge step to be who we are. And I think a lot of us we can recognize that oh, it's hard to figure out my major and other of us are like no way, I totally know my major. And some of us are like I know what music I listen to and others of us are like I have no idea what to listen to. I don't know what I like. This group of friends does and this group of friends -- and so I think for a lot of us in the world it's like yeah, I know what my gender is. And then others of us it's like I am still figuring out what my gender is. And then for even more others of us it's I'm kind of -- I know what my gender is but the world doesn't understand what my gender is. So there's a lot of that. All right, let's get back to our guests. (Audio cutting out)

>> All right, we will get back to our guests. DJ Shane, do you have anything to say about what I said about being honest and living courageous and true lives?

>> Well, I was just going to say that like you said, gender is just definitely one of those things you explore. I mean, you get to college and so many people are

exploring their sexual orientation, you know, and all the other simple things like where am I going to study? Where's my best environment to study? It's just another one of those things that you add to the list. And like I've said before, these four years are just a crucial time in your life to experience stuff like that and figure it out. And there never has to be a point where you're like oh, well by the time I'm 21 or by the time I'm 20 I'm going to have to figure this out. You are constantly learning and constantly playing with it. Um, I personally mess with gender all the time and my gender expression. Like it's just a constant fluid type of thing, just like sexual orientation is. I was also going to say that we do have all of those remembrance events that we've had this week but also tonight there's an open fluidity meeting at 6:00 p.m. where we're going to celebrate some of the cool transgender folk who identify that way and who are really important. So if you want -- or if you're interested or just want to come talk, definitely open Fluidity meeting tonight in the resource center at 6:00 p.m.

>> Yeah, and Fluidity normally we say the open Fluidity meeting because it is a confidential or closed group, and that's also it's important in that it is a safe space for us to discuss our gender and figure it out and if it is feeling fluid or if it is feeling different or if we are trying to figure out what it is. Fluidity is a great place to go for that. So if you aren't able to make it to the open Fluidity tonight and you're interested in Fluidity, you e-mail them, [Fluidity@Missouri.edu](mailto:Fluidity@Missouri.edu) with your interest and then you can get involved there and have some resources and some help because it's really a great resource so that we have on campus. And the other thing I wanted to say about, you know, you have to be 20 or you have to be 21, the trans Awareness Week event we're having right now is we're

showing the documentary "trans" in our lounge MU LGBTQ which is G225 MU student center and it's downstairs in the student center under the food court. Um, as we're showing this documentary and it has trans folks like showing the stories and lives of four, five or six, a fair amount of trans, transgender people. And it's all throughout different lives. The youngest one is seven and actually turns eight in the course of filming for the film. You get to see her birthday party, which was really cute.

>> It was really cute. She was so happy.

>> I don't know how old the oldest one is because not all of them say their names but at least one woman talks about transitioning at 53.

>> Uh-huh. Yeah, she was on right before we came over here.

>> Yeah. And Jamison Green, who is really well known in the movement, transitioned a really long time ago but is one of our kind of community leaders and has been around for a long time fighting for justice. Um, all right, we're going to see if we can get our guests and their experiences over the airwaves.

>> All right, it is Transgender Awareness Week.

>> Woohoo. Trans Awareness Week, 2012, what what.

>> Yea.

>> Yeah, um, it's great. So welcome to Inside Out, 3:00 to 4:00, KCOU 88.1.

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>> I will discover my DJ name. But up.

>> But up. All right. So guest, who are you? Welcome.

>> I'm Caleb. Um, I'm a journalism major at Mizzou.

>> Welcome. Thanks for coming.

>> Yeah.

>> Hi. My name is Emily. I am a sociology major, senior sociology major here at Mizzou.

>> Welcome.

>> Welcome, welcome. So let's jump right in. I think that transgender is a topic that a lot of people don't know a ton about so hopefully they've been coming to our events and will access this radio show for many moons to come to kind of learn a little bit more. We by no means are going to express everything there is to know about transgender issues, every story, every identity. We're talking from personal experience and some of the knowledge that we happen to have so just keep that in mind listeners. This is not a comprehensive lesson is what it means to be transgender by any means. Um, so maybe let's hear some coming out stories.

>> Do you want to start?

>> All right, I'll start. Well, I, as we are talking about, I am transgender. I am male to female. That means I was born as a boy and lives -- I live as a woman.

I started to feel kind of weird about myself at a really young age, like really young. I never really, like, all the boy stuff that I was given, sure, I would play with it but it, we it was really a sense of belonging to the male group but never felt right. As I got older I, you know, came to myself. I constantly tried to deny it until I was about 15, 16. Then at that point I (coughing) sorry, I finally came out to myself but I said I will never do this. I will never pass, I will never, you know, look right, I will always be harassed. I am not going to go through this.

Two years later I was like I'm really thinking about going through this. And this was my senior year of high school. And at that point I -- I was learning how to make friends but I was at a point where I really needed to discover myself. It took me to go to my first year of college in Joplin, Missouri at Missouri Southern State University, and that year I spent in a male dorm with one of my friends and that year was largely very depressing for me but I was also learning about myself and learning what it would mean to be trans, what I would have to go through, what options I have. I also learned that a lot of trans people end up passing, passing for whatever gender that they prefer. And that was -- at that point I was like okay, I'm going to find some place that I want to be because Joplin I just went there. No offense to anyone there.

>> Of course not. Hey Joplin. Shut up, Joplin. What's up.

>> I then went to here in Columbia, Missouri at Mizzou and my first day here at Mizzou back in 2008 -- I'm a six-year student -- I was my first day of full-time transition. So the day that the classes started in 2008 was the day that I started presenting as Emily.



>> Wow.

>> Yeah. And my family has found out in various ways, either through my telling them or through -- keep your Facebooks on lockdown, feel.

>> I feel like I hear that and I think it's so courageous to go the first day of classes. I mean, the first day of classes period are just terrifying and then to --

>> I didn't do it. I was so afraid. I was so afraid and I think people just thought I was a gay dude but like you know the really bad like stereotypes people have, I think I kind of fit that for awhile. I don't though. But yeah, I got involved here at Mizzou and et cetera and I am now on hormones which have changed me a lot. So yeah, that's kind of the basic coming out story of mine.

>> Awesome. Thank you so much for sharing that with us. And I think to say I think that we're two and two. Like Emily, I would have been with you. I would have from the very first day, I wouldn't have wanted there to be a shift I don't think.

>> Nope.

>> But I also like see that side. I don't know, interesting. All right. Caleb, will you share with us some of your coming out story?

>> Yeah. I am kind of in the same boat. I was growing up and I didn't feel right with my body I guess, um, and so I -- I'm transgender. I was born female but identify as male and growing up I had sisters so I kind of just did whatever they did. I got hand me downs, like lots of Little Mermaid stuff. And so I just did whatever they did and that was really easy but it never -- never really felt right and I never really felt like I fit into my own skin. And growing up I kind of just got to do whatever I want. My parents were pretty great in that they didn't try

really hard to enforce gender roles on us in a way that a lot of other kids' parents did. And so I was always like muddy and climbing things and running around. And so I grew up and I remember being like 15 and being out as like a lesbian and talking to my girlfriend at the time and telling her that all of my feelings about my gender and how I didn't feel right in a female body, and she kind of said that's not -- that's not normal. I don't think that's normal. And so I said oh, okay, I won't tell anyone about that ever again.

And so I just was at like that lesbian, that dressed masculine I guess, if there is a specific way to do that. And that's sort of how I got by going through high school. And I -- right before I came to college I had another girlfriend who would tell me all the time, you know you're trans, right? And I would just be like shut up. We're not having this conversation. And she was always just like you're trans, you're trans. And I was like shut up, shut up. And so we didn't really talk about it until the summer right before I came to school and I sort of opened up to the idea. And so I came to Mizzou. I'm from Texas. And I -- and slowly I started coming to on-campus events and I got involved with the LGBTQ resource center and slowly just started coming out to my family and my friends and like my roommate and people in the dorm. And kind of just got to where I am today, on hormones and living as male so --

>> It's kind of interesting. I got to see your whole entire process with that.

>> Yeah. I did it backwards. Not backwards. I just didn't -- I very much came to school and was too scared to try it on the first day so I just took it slow. I had like a few different names. Like it's really hard to pick out your name.

>> Yeah.

>> So I was just like several different -- it was a whole process of like people knowing me as different things. So it was -- it was weird but --

>> We came up with some really interesting names for you too for awhile.

>> Yeah.

>> Um, thank you very much for sharing that with us. So I feel like maybe we should have done this at the very top of the show, but I would like to give the most basic definition of transgender that I can maybe come up with, but hopefully you've been to our events so far and know more, but it's okay if you didn't. We're always happy to learn and continue to teach and et cetera. So when we're born we're all assigned a sex, male or female. And being transgender at its most basic is not agreeing with what that assignment tells us how we are supposed to live our life. So if I'm assigned male, it tells me I'm supposed to live my life in this way. Or if I'm assigned female, it tells me I'm supposed to live my life in that other way. And being transgender is saying I don't really care about that assignment. I'm going to live my life as I see fit and it might not match up with what the world tells me based on that assignment. Is that kind of --

>> That's fair.

>> Do you all think that's a fair one?

>> Yeah.

>> And then in that it's important to note that there's so many different ways to do that. I think there's a misconception that the only way to do that to maybe um, I don't know what people would consider, be like a flip-flop of some sort.

And while that is genuine for some people's experience, that is not the only experience of being transgender. There are lots of ways to be -- I mean, there's lots of ways to be a man. There's lots of ways to be a woman. And there's lots of ways to be transgender and that's important to point out. So I guess this is probably a really hard question but I'm interested in both of you kind of had the theme of okay, maybe I figured that out. Like Emily, you said very specifically I was like okay, I figured it out. Nope, not going to do it. And then about two years later you were like okay, maybe I'll do it. So was it simply time? Was it being in a brand new environment? Was it like, you know, your emotions, you couldn't take anymore? Or was it education somehow? And if it was like learning more about -- you know, was it learning more about the process or learning more about other people? Like what kind of helped you along?

>> Everything above. Everything that you listed. When I first came out to myself, I was afraid that, one, I wouldn't pass. Two, I was afraid of blatantly just going to hell. That's what I was afraid of. I was also afraid of how society would treat me. I was afraid of a lot of things. And when you look at this as a 16-year-old kid, you're like oh, my god, why would I ever do this to myself? And what finally pushed me over the edge was, honestly, just constantly thinking about it. And I was going to do bad things if I didn't do this. Suicide was constantly on my mind. And so I decided to essentially just go and look at anything I could find on the internet. And the internet was such a godsend. If it wasn't for the internet, I'm not sure if I would have transitioned until much, much later. That's where I found all of my resources. That's where I found other people to talk to. It wasn't libraries. It wasn't anything like that. It was

the internet. And from there I made friends and I learned how other people go through this process. And that's kind of what gave me the courage is the people who came before me and did so with such strength and they knew how to combat the -- whatever bigotry there was, they knew how to combat that and how to teach others how to grow with thick skin, so to speak.

>> Yeah. Thank you so much for sharing that with us. And I think it is suicide piece is a really true and legitimate and valid experience and all way far too common of an experience for trans individuals. So if you're out there and you're struggling with thoughts of suicide, please feel free to come talk to us. If you are an MU student, the counseling center is open Monday through Friday 8:00 to 5:00 and you get free counseling, and they're a great resource and they are definitely trans allies over there. The student health center can help, we can help. There are also a lot of hotlines. The Trevor project is an LGBTQ-specific suicide hotline. And I believe that phone number, we'll put it on our website [LGBTQ.missouri.edu](http://LGBTQ.missouri.edu), but I believe that phone number is 866-4TREVOR, T-R-E-V-O-R. And they also have a chat. They have an online chat because all of us are phone people. And that is not 24/7, but if you go to their website, The Trevor Project, then you can find Trevor chat and you can online chat instead of calling. There's also the Hope line, the Lifeline, the Mid Missouri Crisis Line if you're here in mid MO. So, you know, it's okay if you are feeling like you're having a tough time. Please ask for help. There are people who care about you. We care about you and we value you.

>> Well said. I also like -- so I remember when I was coming out as like queer, okay, and I remember thinking, like, you know that moment of like I wish I could

go back until younger me. Or I remember younger me being like what's it going to be like? Like is it going to be okay? Like I just remember thinking like there's no way my life's going to be okay if I fall in love with other girls. There's no way. You know, and I remember those thoughts, and I remember thinking like that was a huge source of my depression --

>> Yeah

>> -- and stuff. So I guess what I'm asking you two is like if you could go back, so this would be directed to the people out there listening who have either not started their transition process or don't know a lot about it, or people, you know, I think you can really extrapolate to a lot of groups of like two experience depression. But like what would you go back and say, basically, if you could to your younger he self?

>> I would tell my younger self I would be happy. I think -- I mean, I'm from a farming community and we had one trans woman in the entire town, one trans woman in the entire town, and she had been fired from her job and worked at Wal-Mart. And it was -- I very much grew up not thinking that I would ever have that happiness or be able to be like normal or like functioning. And so I think if I could go back and tell myself I would tell myself like you know I know I got beat up a lot and I got bullied constantly and I would just tell myself that from coming from such a sad community sometimes generally a lot of our community is so much sad history, I would want to tell myself that, you know, it is possible that one day you'll be happy.

>> Ditto on that. Definitely ditto.

>> Yeah, I would ditto that to my inner self as well. I struggled with a lot of

these issues and -- with, you know, being queer and lots of other things. I mean, lots of other things that went on in my life. And it's an important message to even -- even if you don't feel happy yet, to just somehow believe that it's possible in the future. Because I think that --

>> Right

>> -- you know, it sounds like it's echoing around the room and I know I've heard echoed from lots of other people that there are times when it feels like there's no way. Like there just will never be happiness. And there can be and there will be.

>> Yeah. And I think Caleb brought up a good point too. There's also a bunch of other stuff that isn't happy --

>> Yeah.

>> And like is really hard. But like, just like knowing like that there -- yeah, that like eventually you could be happy at some point.

>> Yeah.

>> I think that's really what your younger self really wants to know, when you're in all that sadness and stuff, like will I ever be happy again? Will I ever get to be the person I want to be?

>> Or ever be happy for the first time.

>> Yeah.

>> Yeah.

>> Honestly, yeah.

>> I want to go back a little bit to some of what you said, Emily, that interwebs is a huge, enormous, giant thing with lots of good info and lots of bad info. And so

I'm curious if you would just -- we don't need specific sites. If we have something good we'll like work together on the resources for our website for when we put up this Podcast but like what sort of, was it like educational, was it like YouTube videos? Was it like blogs and Tumblrs? Was it chat rooms? Like I'm really curious what sort of -- was it finding a community or was it finding content or was it everything? I'm really curious what was helpful, and then hopefully we can have some resources if you know or remember some helpful ones.

>> Um, a lot of the resources that initially started using, I used TSRoadmap.com at first. It isn't updated as much as it should be. It's kind of outdated at this point. But I kind of started at websites like that that would get me you know at least basic info started. When I was starting to research, YouTube hadn't grown into the huge system that it is now of like --

>> Right.

>> There wasn't that many blogs or anything but there was a couple, and I could see these people live their lives, go through their transition in these YouTube videos. That especially happened in my year at Joplin. I -- YouTube was getting big then and people started putting up blogs about themselves and about their transition. So that's where initially kind of started out was just general websites, and YouTube. Right now I have a community on a website called Reddit. I frequently post in the transgender communities, little forums. We call them sub-Reddits. But that -- the internet has been a large way of how I found my community and people like-minded. Because the people who are like minded tend to be not here in the -- yeah.



>> Yeah.

>> What?

>> I mean, it's not anything to say about Missouri. It's just people --

>> Right.

>> -- that I connect really well with. Some are in San Francisco, some are in Florida, some are in Canada. So the internet has -- and chat rooms, chat rooms I went on something called IRC, Internet Relay Chat. That's an internet protocol that's been around since I think the '80s, but I've used that a lot to talk with people and get people to be, you know, supportive, you know, find out different information, personal experiences from people is through Internet Relay Chat. And there's all kinds of different ways to connect to that so --

>> Awesome. Thank you. I think that's -- I think sometimes we say like go online and people are like what.

>> Yeah.

>> Check my Facebook, what do you mean?

>> Right.

>> Like I need more information.

>> I follow -- like I found some on like Tumblr.

>> There's so many like trans related blogs on Tumblr it's ridiculous.

>> Totally.

>> I like how -- well, I admit that I am not on Tumblr and therefore less cool than a lot of people. But you can look at Tumblr sites even if you don't have a Tumblr, which I didn't understand for a long time.

>> Yes.

>> And I found one that I liked. I thought you had to like join -- I don't know.

>> Sure.

>> And it is -- it has such specific interests that are so different and varied and so every other post it's like you know gender revolution stuff, queer stuff, feminist stuff, and then like My Little Pony stuff --

>> Yes

>> -- outside nature stuff. A lot about the stars. They'll be like look at the galaxy far, far away. And then a whole bunch about --

>> I will, I will.

>> -- the video game Assassin's Creed which I know nothing about except for I follow this blog so I'm like hey, that one symbol that's on that Tumblr all the time, I know that.

>> That is so funny. Why do you -- why do you follow Assassin's Creed?

>> No, I don't. The Tumblr that I like, the Tumblr that I like has feminist stuff and like -- and then there's --

>> Avid fan.

>> -- all sorts of like dressage things on there and like some that I'm like yes, I love the stars, I've always wanted to be an astrologist -- not an -- astronomer, dang it, not astrologist. I am a Libra. You know, and it's just all this random stuff and I'm like this Tumblr is so fantastic and it's just so many things that I care about and so many things that I don't understand at all.

>> Dear Tumblr, you owe us some money because we just promoted you hellas. Just kidding, you don't owe us any money.

>> Yeah, just kidding. Thank you for all of the great tumbles. But Caleb, we

didn't actually give you a chance to answer kind of how and where you learned more.

>> Um --

>> Or if it was like learning knowledge or if it was just inside you knew you had to do this or kind of what led you to, you know --

>> Yeah. The first place I ever saw a representation of a trans person, I was like seven years old in the New York airport and there was an episode of Maury, about like teenagers that dress as boys and like get into fights, and that was the only experience had I had until I was like 14 or 15 with trans people, was like criminal teenage youth. So that wasn't a great outlook on being trans for my like 7-year-old self.

>> Yeah, I actually have -- I'm sorry to interrupt. I actually have a lot of people who tell me when I go and do trainings that the first thing they've ever heard about trans people is Jerry Springer.

>> Oh, my god.

>> And I'm like excuse me, that is never a good representation of anyone.

>> No, not ever.

>> Like the women on Jerry Springer, they don't represent me as a woman. The midwesterners on Jerry, they don't represent me as a midwesterner. No matter what identity it is, it's not a great representation. Okay, sorry. Go on.

>> Um, so that was my first ever experience ever seeing a trans person. And back in the days of MySpace, I had like just this one random MySpace fan -- friend that I had that I guess was trans. And I didn't know but we were talking I guess one day and I was like 14 and it got brought up. And that was (audio cutting

out).

>> Did you like my DJ mixing right then?

>> That was probably the coolest DJ mixing I've seen in a really long time of Caleb's voice.

>> Sorry about that. We will do our best to make that interview come back some other time, maybe over winter break when I have nothing -- nothing to do but work on Inside Out. I'll still have plenty of work to do but I will also be working on Inside Out. So I have some comments on the interview that I really want to say and then I think we can just keep talking about it and all the great and amazing info that was on there, and then of course don't you worry KCOU listeners, you will get your sports minute. So one of the things I want to say is we talked a lot about one of the biggest messages we wish we could tell each other is you -- there is the option of happiness in the future. And I just want to make sure that we're clear to everyone out there. You do not have to be happy right now, and you do not have to be happy every single day. You do not have to be happy forever. Like we just want you to know that there's support out there and that there's the option possibility of being happy, hopefully. You know, like there's people who will love you for who you truly are. Um, if you're as Mizzou, we will -- come hang out with us. We are nice. We like you. Come to Fluidity. Check out more Inside Out Podcasts. Like we are doing resources because we kind of -- maybe it's hokey but like we want people to be happier --

>> Uh-huh.

>> And you know, it kind of sounded like well, once you get to college then you'll

be happy. And like my life was a lot better in college, now speaking personally, but I was not -- I think on the happy scale looking back, I was not nearly as happy as I am now. There were still a lot of issues I was going through. I've used some of those crisis lines. You know, like it's --

>> Well, exactly.

>> It's hard out there.

>> And like being in college does not mean that exploring yourself and that things that are going to make you unhappy don't happen. Like being in college doesn't mean you're in some bubble where life doesn't exist and that things don't happen to you. But like all those feelings that you feel when something happens to you are valid and you have every reason to feel them for as long as you need to feel them. And like there's so many people that are going to try and like make you -- like -- because people care but, they're going to try and make sure that you're happy. But they also need to come to recognize that you feel those for a reason and you're going to feel them for as long as you need to until you come to that realization that there is another way to be happy.

>> Yeah, absolutely. Um, all right, before we continue talking about some of the interviews and more trans issues, let's switch on over to your KCOU sports minute.

>> Hello, this is Dan from Imagine Dragons and you're listening to KCOU, Columbia.

>> So this is what you meant when you said that you were spent.

>> It's the bottom of the hour. Here's what's making news in the world of sports.

>> It's around 3:30 at the KCOU sports desk. I'm Trey Alesio. Frank Haith and the Mizzou mens basketball team kicks off the regular season with the Cougars of SIU Edwardsville. After their complete domination in their exhibition games, the Tigers have very high expectations for this year. They are ranked 15<sup>th</sup> in the nation coming into the SEC this year. During the preseason exhibition games, Mizzou had six players averaging double figures, Earnest Ross, Keion Bell and Phil Pressey will be -- will lead this high-powered offense into the season. The last time these two teams met, Mizzou put a whooping on the SIU Edwardsville Cougars, beating them 107 to 57 back in 2008. Catch the Tigers this Saturday at 4:00 p.m. in the Mizzou Arena.

The Mizzou football team heads to Knoxville this week to play the four in five Tennessee Volunteers. After giving the gators a run for their money and playing them surprisingly close last week, the Mizzou Tigers are searching for their second SEC win this week. Tennessee is still winless in the Southeastern Conference. This matchup will be an intense battle where both teams are looking to push on and get into a bowl game. Freshman wide receiver DGB is coming off a game with six receptions and 73 yards. As for running back Kendial Lawrence, he scored Mizzou's only touchdown from last week. Look out for the Tiger defense to be all over the ball this week as the lead in the turnover margin has been a good indicator of success. This SEC matchup will be around 11:00 a.m. this Saturday, November 11<sup>th</sup> on the SEC Network.

The Mizzou baseball black squad swept the fall World Series with their stellar

pitching. Pitchers Rob Zastryzny, Andrew Hohn, Gerrion Grim, Breckin Williams combined to hold the Mizzou gold squad to two hits in game four of the fall inter-squad series. Freshman pitcher Alec Rash who is also a second round pick by the Philadelphia Phillies made an appearance and racked in a sweet K against the first batter he faced. The black team took game four by a score of four to two.

Onto the NFL. The St. Louis Rams are heading to San Fran to face the six and two 49ers after suffering a brutal 47 to five loss in London to the New England patriots last week. The rams are looking to avoid a four-game losing stream. Catch quarterback Sam Bradford and the three in five Rams taking on the niners Sunday, November 11<sup>th</sup> around 3:30 on Fox.

As for the Kansas City Chiefs, they head into the steel city to take on the five and three Pittsburgh Steelers. Big Ben and the Steelers are currently in the midst of a three-game winning stream and are looking to continue the streak to four. KC remains at third over all in rushing yards this year. They hope that Jamal Charles can turn things around against the Steelers. Catch this game on Monday night at 7:30 on ESPN. For the latest news and sports, check out our website KCOU.FM. From the KCOU sports desk, I'm Trey Alesio and I'm out.

>> Awesome possum. How about them sports? How about them Tigers? I have another sports update for you, sports fans. Mizzou soccer is playing this Saturday at 6:30 p.m. at Walton Stadium for the --

>> SEC champion?

>> Is it the SEC or is it the NCAA?

>> I think it's the NCAA because --

>> Whatever.

>> -- I think --

>> Whatever. They're really good and it's super fun to watch, so do that along with all the other sports that you're watching that we just heard about.

>> Yeah. I meant whatever in a cool way. Like -- like whatever. Either way it's so cool.

>> I meant it like a clueless hold up my hands whatever way. Oh, clueless, oh, clueless. Okay, tweet at us your favorite clueless reference at LGBTQ hashtag Inside Out. Okay. So we were talking about how there's the possibility that you can be happy and it is okay if you are not happy. I want that to be clear. Um, and I think this is an important statistic to put out there, and then I think we'll get back to the interviews. But, you know, we talk about the hard issues, we talk about the sadness, we talk about the counseling center and Mizzou Cares and the student health center and Lifelines and all these things all the time, and it's not because we're trying to be repetitive, it's because it really matters and it's because it is a real, real issue trans people have the highest suicide rate of any identity demographic that there is. We are at 41% attempted suicide rate. That is so high. That is so high. The general population is 1.8%, 1.3%. I apologize that I don't remember exactly. But it's one point something percent. And we're at 41%. And that number is from the trans documentary playing in our lounge which has sources if you're interested in more details on that. It's also a pretty commonly quoted statistic. And it's devastating. I mean, that is



devastating. I don't want to talk about devastation but if you are feeling that way it is okay and you are not alone and there are people who care and are here to help. We care. All right. So I think one of the other themes that they didn't really hit hard on in the interview but it definitely was talked about was not only that Caleb and Emily both expressed having fears of not being happy but also they had fears of not passing. Actually I remember Emily saying that. I don't remember if Caleb said that. I don't want to put words in anybody's mouth.

>> Yeah.

>> But then that she wished she would have told her younger self, you'll pass, you can pass. You know, and I think that that's -- I think that's a really big thing to kind of understand, either from someone who is trans or is thinking about transitioning or is questioning their gender identity, or from someone who just wants to learn more and be a better ally to the trans community is realizing I can't look at someone and know if they're trans or not. And I think that's sometimes that's quite a surprise to folks. I think that they're only seen that kind of Jerry Springer reference that we've talked about.

>> Right.

>> Or maybe the people don't pass or they purposely out themselves as trans or, you know, proudly hold that identity. And it's important to note you can't tell.

>> Well, and it's just important to also know that you can't make assumptions about anyone just by walking down the street --

>> Exactly.

>> And being like that person's that and that person isn't that. You know, it's

just something you can't -- it doesn't work well for you if you do that because usually you're wrong.

>> Yeah.

>> Assumptions -- I mean, there's a reference I could make that people say about the word assumption but I can't say it on the air so --

>> There you go.

>> But you know what we're saying.

>> I was listening to KCOU radio earlier today and they made some other reference that was like you know what we're saying. And I was like I do know what you're saying in fact.

>> I feel you.

>> Yeah. Um, so another thing I wanted to say is we talked about all the internet resources, and I think that that is so true and fantastic. But if you're here at Mizzou -- well, I guess also anywhere but it does depend on kind of where you're going so you might have to test the waters out a little. But libraries are magical, magical places. They really are. Librarians are brilliant. And if you'll forgive the kind of stereotype, they're a little bit nerdy in that they're just so excited about their subject that --

>> They're going to help you.

>> They'll help us. You know, they will -- most librarians I'm going to go out and say, especially depending on where you are and what sort of library they have access to. So like if you're here in Columbia, I would vouch for most of the librarians here in Columbia, they're going to be so excited to help you find the book on exactly your specific topic. And they're going to be like oh, you don't

have the exact same request as every other person whose come in here. Yes, how can I help you? And they're going to get excited and it's not going to be a judgment on what subject you're looking for. It's going to be excitement on -- it's like a treasure hunt, can I find the right books? I can find the answer to this question?

>> Right.

>> You know, it's something that's fun and exciting and a part of their jobs and I just -- I want to say that libraries are magical places.

>> Yeah.

>> Well, and so many people forget that too because the interwebs are so easy to access.

>> Yeah.

>> Yeah.

>> And they're free.

>> Yeah. And I mean, the thing is too like with the internet, because I totally -- I'm feeling you on the library. I feel you. Library's awesome. I love the library. Free books. Great idea. Who came up with that? I don't know.

>> Well put.

>> Good job. Pat yourself on the back, dead person. But you know, it's like --

>> Tweet us if you know.

>> Yeah. Tweet us at -- tweet at us if you're still alive. No, I'm just joking.

Okay, they were -- they're thousands and thousands of years old. So basically what I wanted to say is that I think the internet, like Emily and Caleb both said like it's so huge. And I know we've hit this point so many times, but I think

about young me, and I think about how like the internet wasn't -- I mean, it wasn't a thing yet. Like you couldn't like Google maybe -- I'm sure there was Google but it was like not -- like people weren't like Google me, you know what I mean like --

>> Yeah.

>> You didn't know anything about Google.

>> Yeah.

>> And I just -- I can't imagine like how much more helpful that is for trans folks and also just like LGBTQ folks in general.

>> Absolutely.

>> That you get to like watch vlogs, like video blogs or --

>> Yeah.

>> I think that's what that means.

>> Yeah.

>> Yeah. Like -- and like watch that and be like oh, like that's the answer to that question I was thinking about. Exactly. And vlogs also help a lot of people who don't transgender identify. I know a couple of my friends back home when they were trying to explain it to their parents or to other friends that weren't being accepted and they would be like well I looked up this guy and he says it very well. And like it puts it out there that it's not just your child or your friend. It's like a ton of people that feel this way.

>> Yeah.

>> Yeah, absolutely. And the -- the documentary that we have playing in our lounge all day today, it's called "Trans" and is available in our lounge to watch,

blah, blah, blah -- one of the people who is newly transitioning talked about how they realized about it through YouTube videos and through vlogs and just like that and then their partner, his partner said that she then also went and went to the partners of people transitioning page so that she could help understand how to be a good partner, talk about some of her own issues because, you know, when you're in a relationship, you're affected by what your partner is doing or not doing, you know --

>> Right.

>> -- Like that's true and it's supposed to be a healthy compromise, you know, go back to our earlier shows healthy relationships. DJ Shane what's our theme?

>> Communication is key.

>> See, that ad's important.

>> Ding, ding, ding.

>> You know, that -- you're exactly right that the YouTube can help lots of people.

The YouTube. The YouTube will help you.

>> I remember when YouTube like first got started and, you know, like funny videos weren't like a thing. But there was -- there were two -- I think they were two Asian men that sang Backstreet Boys. That was like --

>> Oh, I remember that.

>> Does anybody remember when that went viral?

>> They were in like a rest hall room.

>> Yes, they were in their dorm and they had like glasses and backward hats on.

They were singing Backstreet Boys. That was like the first video my dad ever showed me.

>> Wow, I totally remember that video.

>> That was the start.

>> We should look it up and tweet it and/or have it on our resources page.

>> Yeah. This is an important piece of history, YouTube history.

>> It's just like the first time anybody made a video with like their faces and put it for everybody to watch, just for them to like laugh.

>> Yeah. I actually want to for our listeners out there who don't understand maybe what we're talking about when we're saying these videos. What we mean is someone will document their transition. And so once a month, usually it's about once a month. Sometimes it's more often. It really depends.

Every person does it differently. They'll make a video log that shows, and so -- I mean, a former Mizzou student I know made one and posted his videos on his Facebook wall and like had people watch. So it was, you know, like -- I think he started it when he first started hormones as opposed to when he started his transition because he had already been living full-time as himself. But he started hormones and so it was like all right, this is my first day on hormones and then the next month he was like okay, it's been one month on hormones. And you could really see, and he would point out this is how I feel, this is what feels different, this is what's changed. And he would show like I have like a little hair coming in on my chin and now I have a full like peach fuzz all over my face and like kind of just showing this is what a transition looks like. Like this is what my body is doing and shifting and what that looks like and how that goes. And I think that that can just be so informative because, you know, it's not like you have your hormone, first hormone treatment and it's like bang, you have a full

beard, you know. There's time and there's shift and every person's body is different. Like we all have testosterone and estrogen already running through air bodies and so trans folks are just kind of altering what those levels are in order to have their body match who they are. And you know, I think it's just -- it's cool to be able to see that and it's very helpful for someone when they're trying to figure out and understand.

>> Exactly.

>> And it really humanizes it. It's really like you are watching other humans speaking on their experience, which is a very personal and somewhat intimate thing to be sharing that with people.

>> Absolutely. And speaking to like the trans allies out there, or future trans allies or want to be trans allies, you know, like I -- it's also -- you also should be watching the vlogs, you know. You should also be going to the library and asking the librarian like you know it's -- part of being an ally is informing yourself and like going -- you know, going to like different resources and finding out this information so you're not just like hounding your one trans friend for all the answers.

>> Oh, for sure.

>> Exactly.

>> Because it's also like a singular experience, so they can't give you all the answers. And you know, I like speaking from experience of like becoming a trans ally like, you know, I wasn't always a trans ally. I wasn't like actively against the trans community or anything but I he didn't -- first of all, I didn't know anything about it like you know I think like four or five years ago and then like

when I did like -- like kind of realize there were trans people in the world like it was just -- I just -- I didn't get it. And when you don't get something, when you don't understand something it's really hard to empathize.

>> Yeah, definitely.

>> And so you know like I -- I didn't educate myself right away. I just kind of was like I knew it existed and I -- so I knew trans identities were out there, but I didn't know -- you know, I didn't educate myself. But there came a point in my life where that -- it became important to me like the LGBTQ and like activism in general and like including the T. And a huge part of that was, A, meeting people that are trans, and again, like I said, not hounding them for questions but just like -- kind of like humanizing the whole idea of it.

>> Yeah.

>> And then also educating myself, and then had I became educated enough, educating others.

>> Yeah.

>> And I just think that's a huge part of being a trans ally. So if you want to be that, like do all that stuff I he just said --

>> Yeah, I agree. And DJ Shane, you go ahead.

>> I was just going to say I agree also and that I mean I had the same experience. When I came to school I had -- I had heard about transgender people and people who identify that way but I was like hmm I don't know anyone like that so I'm just going to completely ignore it and be ignorant to the subject. And I came and walked in the resource center and I met some people who identify as transgender. Just like it just totally changes your mind about it, just



like -- excuse me. Just like when you meet someone with a different sexual orientation. It's like you sit there and you talk to them and they explain it. And so many people are afraid of things they don't understand. And if you just like -- I hate to use this like clichéd term but just open your mind to the idea.

>> Yeah.

>> Like you will sit there and you will learn things that completely change your mind on --

>> Yeah.

>> -- the views that you had before.

>> And be nice.

>> Yeah, just be nice.

>> Like people are people. I mean, like I'm obviously like really like liberal and real like love a lot of people. But like -- and I'm not saying all liberals love all people. But you know has I'm -- I'm telling you my personal experience. And like you just think that like diversity and like in the broadest sense of the word is so cool. Like diversity like in like creatures, like not even humans and like also humans. Like why -- I don't understand like when we get mad about stuff and like want to put it in boxes or want to like scold it and put it on the margins of society like -- it's so cool.

>> I know.

>> Like listen to people. Listen to stories. People's stories are incredible.

>> Yeah. Agreed. I really like want that like artfully done on a poster. I don't understand why people get so mad about stuff.

>> Seriously.

>> It's so cool.

>> I follow that.

>> When people are -- I mean, I always think about myself in like I am one of those people, I never get mad. Like if you ever see me anksty --

>> Anksty.

>> -- or something, you are seeing something very rare because I just don't see -- I don't see the point in spending -- like we talked about earlier, all emotions are valid. Well and everyone should feel feelings that they want to. But like anger is just one of those things that takes so much out of you. And it's just so like putting effort into being angry at some certain person.

>> And hate.

>> Exactly. Just putting all that effort into being angry at a certain person or a certain situation or a certain --

>> Group.

>> -- grade on your test. It's just putting all of that energy and that's all that you think about, god, you will fall your asleep and knock yourself out.

>> Totally.

>> Well, or like to use that anger in a healthy way.

>> Against someone.

>> Yeah.

>> But the fact that you can use --

>> Yeah, you can do that.

>> There's like passionate anger and there's -- oh, man, we should have a whole show on anger.

>> Totally.

>> I each know who our guest would be.

>> Nice.

>> Thinking about the future.

>> One of our tweet buddies brought up that gender identity disorder is a diagnoseable mental disorder --

>> Yes.

>> -- in the DSM-IV trainer, which is the current like book bible of mental health disorders. Not like really a bible but like --

>> It's what you follow.

>> It's what you use.

>> It's the bible but like not in a religious sense. In a mental health sense.

And, you know, I -- there's something to be said about that, that like --

>> Well, yeah. And there's actually a fair amount of controversy within the community because we have to remember that we are -- we live within a context. And so the context that we live in is the United States of America in 2012, which means there is not free or universal or public health care.

>> Right.

>> There's some programs, but that I he can't just walk into a doctor's office and say I need health care, which in a lot of other countries you can just walk in and say I need health care and that's all you really have to do.

>> Right.

>> Uh-huh.

>> So when something has a diagnosis, we then can --

>> Move forward.

>> -- use that diagnosis with health insurance companies in order to get the health care that we need. But there is a huge other side of it that's saying there's something wrong with us and there's not anything wrong with us. There's not anything wrong with being transgender. Listen to me. There is nothing wrong with being transgender. Then we get into this context and that's where there's some of the issues in the movement is there's nothing wrong and yet we need resources. And so what side of this double-edged sword do we want to live on or be on. And I believe -- I wish that I remembered this specifically. I've heard it maybe once, someone explained it to me. But so the APA who plays a large role in the DSM updates and revisions, DSM stands for Diagnostic Statistics Manual, which means that's full of the diagnoses. So like if you have depression, they diagnosed you with that based on the DSM.

>> And this is used across cultures and across the world.

>> Right.

>> So it's a big -- it's kind of a big deal.

>> Yeah. So they have been looking at -- what did it used to be called?

Gender dysphoria --

>> Gender dysphoria order.

>> Disorder

>> Disorder?

>> Yeah, not order.

>> It went through so many changes.

>> They made a whole bunch of changes and they took out certain words that

were very kind of pejorative to make it more positive. But I believe it is in the new edition that is coming out but is not out yet so it isn't what we're using currently in health issues -- health world. I feel like we need a guest expert on this, but we're doing the best we can. We will also put links our website if we find them.

>> Yes.

>> Is that it's still a diagnosis and when the revised edition comes out I believe it will continue to have some sort of diagnosis but that the language will be more positive.

>> Yeah.

>> And I think it's also important to note that homosexuality was a diagnosis in the mental health up until '73. I think it was '73, sometime in the 70s.

>> Uh-huh.

>> So it's been not even 40 years since I'm not considered wrong or sick or in need of --

>> Having a disorder.

>> -- intense mental health help.

>> Well, and that's scary too because I think about like if you're in the DSM and like we've been watching those movies today and like sometimes when you are having like major issues in your life, like the way that it comes out is like violence or anger or stuff like that, or like hurting yourself, and so then like you can get committed to mental institutions or whatever --

>> Oh, definitely.

>> Or state hospitals. And so like when -- that can be -- if you're -- if your doctor

that you just got checked in with and you're trans and they're like eh, I don't believe in that. You know like I believe in this disease that's in the DSM but I believe it's a disease that can be changed like --

>> Right.

>> That's so dangerous.

>> Oh, it's just amazingly detrimental to someone.

>> And then me being the psych major in the room, like just learning about how people view that as a disorder. Like the Diagnostic Statistics Manual, actually the revised revision is coming out in I think like May.

>> Yeah, there's like tons of legal stuff. Who cares. Anyway, go on.

>> The point being that we're learning in abnormal psych right now that everyone on this planet has some type of disorder. Or not -- okay, don't take that in like there's something wrong with you. But you have it on a continuum. You have it like mild, moderate, severe.

>> Right.

>> And like you diagnose it by the symptoms. So like nobody in this world is normal whatsoever.

>> Right.

>> Nobody is like perfect --

>> Sorry to break it to you.

>> But this book -- in this book you fit somewhere. Maybe not on some broad whatever, but like because I'm not going to diagnose people. I'm not there yet. But point being is that everyone has something, moderate, mild, severe. You have something. There's something that is not normal about you. And people

totally forget that. And they forget that --

>> And that's a good -- that's --

>> That's good.

>> And like that's how we interact as humans.

>> And empathize.

>> You know, like I do this thing and you do that thing and we do it differently.

And scientists, in order to make our world better and care about people, have found a way to diagnose and statistically like place things and make it into bullet pointed systems instead of well, you're DJ Shane and you act that way and I'm DJ Discovery and I act this way --

>> Right.

>> -- it's like well why do we act differently. There's a lot of positive of breaking it down in those ways because it can help us all feel better and healthier and happier and interact in the world in a way that we want to. But keep in mind, you know, just because you fit into a diagnosis doesn't mean that you are in great need of care.

>> Exactly.

>> Like being happy and healthy is the goal.

>> And diagnosis is such like a looked down upon word most of the time. Like that can be really positive to know has is going on with you.

>> Totally.

>> This is totally off the transgender subject to some extent, but like it makes you feel more comfortable to know that -- and put a name and a face and reasons to why you're feeling the way you're feeling.

>> Yeah. We're starting to get towards the end of the show and I had some other comments I wanted to make about being a trans ally. And I actually had a conversation pretty recently with someone who came to me about someone they knew who -- who was identifying as trans but hadn't yet come out to that person as trans. And they were like there's no way for them -- I just got to college. We don't live in the same state anymore. There's no way for them to know that I would be an ally so I don't know if they would come out to me or not. But I am and I want to help them and so how can I somehow broach the subject of I support you? And that's a super huge question and it's really hard and I want to make it clear that it is very contextual and that sometimes people will not like that you have talked to them about it or offered a resource. And so you want to make sure that what you're doing is offering support and resources and that you are keeping your -- the person you are trying to be an ally to in mind first and foremost. It's not about well now I get to say I have a trans friend or now I get to say this or now I've done this thing and checked it off my good person list you know.

>> Right.

>> It's like you really have to be thinking about I really want to care for and support this person and so how can I do that in a better way. And no matter what your context, honesty is always a good choice. Honesty is always a good choice. And so if you want to say, hey, this is where I found out about this, maybe they weren't supposed to tell but they did and I just want you to know I'm here for you. Or hey, I saw this on Facebook, you know, like we talked about that in the interviews. I saw that on Facebook. I know you haven't told me.



I don't know if you realize that we're Facebook friends but I think it's awesome and I want to help you in any way that I can. So being an ally, honesty can be a huge part of being an ally. And then helping with the resources, going to the library, finding this Podcast saying hey, I listened to this thing that had trans people talking about their experiences and then some DJs who were like somehow we started talking about statistics.

>> Right.

>> Like --

>> Oops.

>> You know, like just saying hey, I listened to this thing. Maybe you'll like it. Maybe you won't. Maybe you could tell me about it. Maybe we could listen to it together. You know, or I read this book or I saw this documentary. Or, or, or, or, or, or, you know. Be a resource. Really be that friend. Ask them how can I be a friend to you, instead of thinking this is what that person needs. Because we don't know what other people need. We just know how to be open and loving and caring. All right, I think that's all the time we have, which we could talk about this just forever and ever. So please tweet at us what you want to hear from us. We want to give you what you're looking for at MU LGBTQ hashtag Inside Out. We will see you next Thursday. Oh, it's one Mizzou week next week. Go to stuff, [oneMizzou.Missouri.edu](http://oneMizzou.Missouri.edu). Go to things.

>> KCOU Columbia, 88.1FM.

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