[*Gender Reveal* theme music plays]

**Molly:** Welcome to *Gender Reveal*, a podcast where we ask intrusive personal questions and hopefully get a little closer to what the hell gender is. I’m your host and resident gender detective, Molly Woodstock.

[*Gender Reveal* theme music fades out]

**Molly:** Hey everyone, hope you’re hanging in there. This week, I’m thrilled to have Caitlin Benedict on the show. Caitlin is the creator of a new eight-part podcast for the BBC called *NB* that’s all about being non-binary and what the hell gender is!

But first, just a quick reminder, as always that this show is only possible because of listeners like you who have stepped up to support *Gender Reveal*. If you would like to join our legion of incredible supporters, you can do that at [patreon.com/gender](https://www.patreon.com/gender). We have a bunch of different pledge levels where you can get pins or stickers or a whole box full of cool stuff. You can also just make one time donations on PayPal or Cash App, or you can donate by buying a bunch of buttons on StickToResist. They are so kind and generous, and so every time you buy a pronoun pin or some of the trans flag pins, they donate 100% of that money straight to us.

Thank you so much as always for everyone who has done any of that, or who have just told friends about this show. That’s honestly also a very very important way you can support the show is by telling someone.

In the meantime, it’s time for This Week in Gender.

[*This Week in Gender* intro plays.]

This Week in Gender, I want to talk a bit about safety tips for queer and trans folks with a **content warning** for mentions of assault and far right extremism. Those mentions are going to happen right [pause] now. As you may have heard, there have been a spree of physical assaults of queer and trans folks in the streets of Portland in the last week. There’s no way to know exactly how many queer folks have been attacked, but it seems like more than ten. And there’s no way to tell exactly who’s doing it, but folks are suspecting local far right groups like the Proud Boys or Patriot Prayer.

What I can tell you is a list of ways for folks to try to keep themselves safe in times like these. Even if you don’t live in Portland, there will unfortunately probably be a time when your community is under threat if you’re LGBTQIA or BIPOC, so file these away for your future. Just a note that these suggestions are community sourced. A lot of them are from former podcast guest, Carlos the Rollerblader. I am not taking credit for them.

[contemplative guitar strumming throughout]

First and foremost, don’t travel alone if you can help it. If you do need to bike or walk alone, even if it’s just walking from your car to wherever you’re going, carry some sort of self defense weapon, preferably a long range weapon like pepper spray if that is legal where you are.

If you’re in the States, please be sure to check your state’s Stand Your Ground laws because for example, if you carry a knife in many states, not only could that knife end up being used against you in some sign of conflict, but the fact that you have a knife or that you pulled a knife can be grounds for someone to do something really awful to you and get away with it under a Stand Your Ground law.

Also if you need to walk alone, walk against traffic. Try to walk in well populated areas. Keep your earbuds out so you can hear what’s going on. Keep a mental list of shops and other places you can duck into for refuge if you need it.

Tell a friend where you’re going and when you expect to get there. Better yet, create a groupchat with 3-5 of your friends where all of you tell each other when you’re leaving, somewhere where you’re going, when you expect to get there, and check in when you get there. If you’re extra freaked out, call a friend and keep them on the phone until you get to your destination.

I don’t know a lot about cybersecurity, but it’s probably good to change your passwords sometimes, which I realize I hadn’t done in many years. It’s also probably good to not have the same password on all your accounts. I’d also check in to make sure that your two-factor authentication is turned on, and I also learned through the Reply All podcast that if you set your two-factor authentication to just text your phone, that can actually be bypassed pretty easily so I would recommend some other form of two-factor authentication. Gmail will give you a bunch of different ones, you can check that out.

The easiest and most basic thing you can do is to set your social media accounts to private. Even if you aren’t scared of something happening to you, folks can look at your social media and use it to extrapolate places where queer and trans people like to hang out, and then use that to target other queer and trans people who aren’t you. So, take one for the team, and turn your account on private.

Unfortunately queer and trans folks experience assault at much higher rates than the general population, and this kind of shit triggers PTSD and anxiety in lots and lots of folks. To that end, check in on your friends, check in on your community. If you’re up for it, organize. There is so much rad organizing happening in Portland. Queers took it upon themselves to create a safe ride program, where if you call a number, they’ll dispatch you to the local cab service and get you a free cab ride. There’s another group that is providing security for events. There’s another group that’s putting up fliers to let people know what’s going on because most of the information has just been shared through queer Instagram, and not everyone is on queer Instagram. So if you feel up to organize and support your community, that’s great. If you just want to reach out to your friends and make sure they’re eating, I know a lot of us who are actually having trouble just one, remembering to do that, and two, going outside to get food, so maybe your allyship looks like sending your friends money so they can order food through Postmates.

Of course if you’re a queer or a trans person, and you’re really burnt out, and you’re running on negative spoons, it’s okay to not organize sometimes. You really do need to take care of yourself before you can take care of other people, and it can be amazing when you’re burnt out how much better you’ll feel if you just take, like twelve hours to yourself. So, take care of yourself, take care of your friends, take care of your community.

[Contemplative guitar strumming ends]

And most of all [pause], these assholes are trying to stop us from experiencing queer joy so go on a cute date, text your friends, go to a dance party. Keep experiencing queer joy. They can’t take that from us. This has been This Week in Gender.

[This Week in Gender music plays]

[background music plays]

Caitlin Benedict is a radio producer on various cozy BBC art programs, and the creator and co-host of the BBC’s *NB* podcast. They’re from Australia, though you can barely tell it anymore. They have a music degree in whether Beethoven is a problematic fave, and they talk about how they’re vegan about as much as you’d expect.

[background music ends]

**Molly:** The way we always start this show is by asking, with regards to gender, how do you identify?

**Caitlin:** I, today, today I identify [Molly chuckles] as a rumbling storm cloud. [Molly laughs again] I use they and them, and I use the term non-binary out of simplicity. And I think I say genderfluid, and I think I say genderqueer, depending on who I’m talking to.

**Molly:** Do you feel like the language to describe your gender exists yet, or do you feel like you’re waiting for it to exist?

**Caitlin:** Oooh, I don’t know. I think if it does exist in the future that maybe my imagination is kind of crumbled to some extent because I think that language can maybe be an indicator but never the final resting place of anything that has to be, like emotionally meaningful, you know? I don’t know, is that like an incredibly Judith Butler smoking a cigarette kind of answer?

**Molly:** [laughs] Yeah, but I like it. I think it’s the right answer. Judith Butler got some things right, I think. [laughs gleefully]

**Caitlin:** Yeah? I hope that there are more words that can make me feel seen and understood, and I hope that for other people, especially like really young people, especially. But like, I also am okay, I’m getting to be more okay with the fluidity and the lack of concrete meaning, I guess? You don’t want to get yourself into a position where you’ve described yourself so extensively that anything that changes about you feels catastrophic, I guess.

**Molly:** So you’re from Australia, is that correct?

**Caitlin:** Yeah, I’m from New South Wales in Australia, and I grew up in, a bit in the country, and a bit in the city, in Sydney.

**Molly:** And now you live in London, question mark?

**Caitlin:** Beautiful beautiful London, yeah. I’ve lived in London for like six and a half years now so I went from a reasonable sized city to *literally* the most extra city in the world I think. [Molly laughs]

**Molly:** What makes it the most extra city in the world? I’ve never been there.

**Caitlin:** There’s a lot going on, especially coming from Australia where everyone’s a bit “no worries” all the time about everything. Everyone is worried all the time here.

**Molly:** I’m really curious in how attitudes towards queer and trans people differ from the various places you were in Australia versus London so yeah, any part of that that you could speak to would be awesome.

**Caitlin:** Yeah, I mean, I’m in a way, not the best person to weigh in on this because I’ve not really been out in Australia, like, I was always out as queer, as bisexual when I was thirteen, fourteen I guess. I was really comfortably out for most of my adolescence, and that was okay [hesitant], but it was also okay within the construct of guys being able to be like “oh yeah, she’s one of the boys.” Little did they know how much that was vaguely true [laughs]. It was only when I came to the UK, and kind of also getting out of the kind of structures of educational systems and things like that, like leaving Uni, having to sort out my own life as an adult for the first time that I really started thinking about gender. So I think Australia is doing some things really well and other things really badly, like a lot of quote unquote “liberal post-colonial countries.” What they do have which is a little bit complicating is the fact that the state government have so much power. So similar to the system in the U.S. there’s a lot of legislation that only applies to each state, and we’ve got seven states, and then we’ve got the federal nation of Australia. And I don’t know if that does have seven states, I’ve been out of Australia for so long [Molly laughs loudly]. Literally, that’s year 2 homework, and I cannot remember. There must be...maybe it’s seven states and two territories, or maybe it’s five states and two territories, or…..

[small chime]

**Molly:** Just jumping in to say that there are six states and ten territories in Australia.

[returns to Caitlin talking]

**Caitlin:** Anyway, there’s some different bits of Australia, and they have different laws. In New South Wales, where I’m from, there was quite a famous court case a few years ago, the result of which was that you can legally have an X on all of your documents like your birth certificate, your passport, all of that rather than an M or an F. So there is a legal acknowledgment of people who are neither male nor female, *but* social attitudes are bathed in the sweat of Australian masculinity, and that’s always going to be a problem to some extent. There is a huge huge problem with violence and toxic masculinity that also wound up in the colonial project and in the way that we treat indigenous people, and the way we treat people who have different cultural standards, different cultural backgrounds. And all of that has an impact on the way people perceive gender as well. Is that sort of answer your question?

**Molly:** Yeah what’s it like in London though?

**Caitlin:** I mean, London’s pretty queer. London is literally whatever you want it to be, I think. There are enough different little silos and different communities that you can really find your people, and you can find multiple versions of your people. It feels pretty secure. I think the U.K. has got problems. [laughs] I’m kind of trying to be delicate because I’m a public servant so I can only say some things. There’s no acknowledgment of how concentrated and organized the project that is making trans and gender non-conforming people’s lives harder in the U.K., especially anyone with any public profile. Every single guest that we’ve had on the podcast that I’ve just made has suffered from organized online abuse. And that’s horrible, that is really horrible. I think in terms of what happens next, I feel more confident that the U.K. can kind of sweat out its prejudices in a way compared to Australia. I think Australia is socially slow moving in some ways, and I feel there are enough places you can find safety and find security and find affirmation in the U.K. And it does feel different, but that could just be me talking out of my ass rather than kind of a general experience. And I’m also extremely aware, well I’m not a trans woman or a trans feminine person, and there are kind of experiences that those people have that are *way* different and much more aggressive. And you know, they need our support.

**Molly:** Would you like to tell us about the podcast you just alluded to, the project that you’ve been working on. I’m really interested in the conception of it, and who pitched it, and how they pitched it, and what the reception was like when you wanted to make it?

**Caitlin:** Well it was sort of surprisingly wonderful.

**Molly:** Great!

**Caitlin:** I really have to be extremely positive about this. So I work at the BBC, I’m a staff member at the BBC. That’s a big organization that runs lots of different programs with lots of different editorial perspectives, but the idea is that we balance everything. We are fair and balanced and give both sides of arguments and all that sort of thing. That does lead to people with opinions I don’t agree with getting quite a lot of airtime sometimes, but what’s been really really spectacular about making this podcast, which what I should do is not start with a big discourse argument and actually just tell you what it’s about. [Molly giggles.] So the podcast is called *NB* which stands for non-binary. Thank you, very very experienced namer of things here [*slight sarcasm*].

**Molly:** I have questions about the name, but I can wait ‘til you tell us what it is. [Caitlin chuckles.]

**Caitlin:** Basically, it’s an eight part series. It’s a journey through the coming out process as it happens to me and as I feel everything, and think about everything kind of for the first time because I’ve only just really come out, like not even in the last year. So it’s been a huge huge process, and I have just started recording everything basically with the incredible Arlie Adlington who is an amazing amazing producer and the best co-presenter of all time, Amrou Al-Kadhi. They are a writer and a filmmaker and a drag artist, and just one of the smartest people I’ve ever met. And they are kind of acting as my mentor through this process and bringing me to meet all their cool friends so I’m meeting all of these amazing amazing people and getting to ask all the questions when you’re not really sure about stuff, and the thing that’s been so nice about asking all of those questions is not getting the answers but having people who I really look up to go “yeah, I have those questions too.”

**Molly:** I mean, I feel a lot of similarities with what you just described in my own podcast. The difference is that you’re putting it out on the BBC where *everyone* can hear it. Are you worried? Are you excited? What is the feeling to put this super vulnerable thing- one, just the concept of being non-binary, putting that out in public as a concept is very scary, but also having it be your personal journey and you, in a sense, coming out on the show… what are you doing to prepare yourself for that?

**Caitlin:** I’m spending a lot of time with other queer people, and making sure that I’m always checking in with what we’re doing. Arlie, who’s the other producer has just been the most incredible rock in the whole process, and I’ve got an amazing best mate, and I’ve got an amazing partner, and I’ve got good editors and things like that. Maybe it just hasn’t hit me, maybe it’s gonna be awful, but actually I think it might be, it might be okay because to be honest, for me, making a program about something that is personal feels easier than having some of those conversations face to face with people.

**Molly:** Mhmmm

**Caitlin:** And being able to have all of those thoughts on tape and then edit them and then listen to them again and finesse all of my ideas about every aspect of gender and gender presentation and identity and language and all of those things. It’s been a really productive part of the process. And the fact that other people are going to listen to it now is almost secondary. I don’t know I hope, so I do occasionally work as a telephonist, on a phone-in show, which one of the Radio 4 phone-in shows where members of the public call in and tell you their opinions. Sometimes they’re really really informed opinions, and sometimes they’re less informed opinions, but you know, all public opinions about news topics of the day. And we did one section of the program on the Gender Recognition Act when it was being debated in the UK, which was a real flashpoint for discussions between gender non-conforming people or trans people and trans exclusionary people. [Scoff sigh] I was so, I saw it on the running order, and I knew I was going to have to take those phone calls, and I was like “oh my god, fuck, I cannot do this.” I went to the loo [Caitlin reenacts hyperventilating/repeated breathing] was like, “I don’t want to have these conversations,” and I went back into the phone room, and the producer turned to me and said, “Oh I’m really glad you’re here for this one.” And I was just like, “oh, stop being such a selfish fucking drama person, and think about the fact that I am so safe and secure in my life, and I am so lucky to have amazing parents, partner, my job is not going to kick me out, everyone is going to have to come to grips with my gender because we’re in this fun liberal bubble where everyone at least wants to try. I’m really really lucky. I should be using that to just bring every ounce of strength I have to the process of helping other people understand.” And then you know, you get to feel a little bit of a hero as well, and that’s definitely helpful for getting through the crisis points.

**Molly:** Yeah, I am really glad you could do that, and I’m glad you could be a little bit like a hero, and I’m glad you could help other people, and *also* it is not trans people’s responsibility to sign up to listen to transphobia. So I don’t like the idea of you calling yourself a selfish person for not wanting to do that. It is okay if trans people don’t want to be like, “Yup, just call me on the phone. Tell me how my identity isn’t real. Tell me how I shouldn’t deserve any kind of legal rights. That sounds great, I would love that.” [laughs]

**Caitlin:** Yeah, I mean, the real upshot of that day was getting to talk to some trans people on the phone, [**Molly:** Mmm] and they were all talking to me like I didn’t know anything about their lives, and it was really nice to be like yep, I understand, I understand. One elderly trans lady called up and said, “Well you know, it’s all very well, we’re talking about trans women all the time, but I just feel sorry for the non-binary people. No one brings them up.” [Molly laughs.]

**Molly:** Whoa.

**Caitlin:** And I was like whoa. whoa. Hello. It’s me. I’m happy to consider that my job in a way because it’s so much easier for me than for many other trans folks, and I think that that’s, I need to cop that, and I’m happy to cop that. And that’s quite a helpful mentality for projects like this, in a way, even though I kind of also don’t want random members of my organization emailing me being like “Can I pick your brains about gender?” and doing something that’s offensive anyway. You know?

**Molly:** Mhmm, yeeeah. So on this show it is difficult sometimes to walk the line between making content that will be interesting for trans and non-binary people who have thought a lot about gender, and also making content that will be accessible for straight cis people or queer cis people who are listening and trying to educate themselves. Because I don’t want them to feel completely left behind, but I also don’t want to make a gender 101 show. I did that in the first episode, and I don’t really want to ever do it again. So I’m curious with your program, who you feel like you’re speaking to?

**Caitlin:** Yeah, I really feel that. I feel what you’re saying about not wanting to do gender 101. Those two audiences, those two groups of people, really high in my mind all the time when we were recording things, when we were editing them and everything. Actually I think maybe those two groups of people are a bit more interwoven than I might initially think, and we’ve basically not done heaps of hand holding, but at the same time we’re not getting into full hair splitting discourse. But that’s also because I don’t find that that interesting a lot of the time. I desperately hate any kind of intra-community drama, and it’s really helpful that I’m kind of at the beginning of this process, and I’m not really deep in the discourse, I guess, that I can kind of be telling a story from the beginning.

**Molly:** [contemplatively] Yeah.

**Molly:** So your is called *NB* the letters N and B, and here, in the United States, not personally but just on the internet, I have been told many many many times that we’re not using NB to use non-binary because non-black people of color have asked that we use NB to mean non-black so NBPOC would mean non-black people of color and not non-binary people of color, and so there’s a constant debate going on about whether it’s appropriate to use NB for non-binary. So, I’m just wondering is that a discussion that’s happening in the UK at all, and why did you choose the letters to be the name of your show?

**Caitlin:** Uh, well, never clocked it. Never, I’ve never seen it used that way in the UK. Basically that’s the first I’ve ever heard of it. And it hasn’t been flagged by anyone in the process so… sorry that’s a really boring answer, [Molly laughs] but no, not at all I guess. But had I known at the time, there would have been a discussion.

**Molly:** I’m also just curious why you chose the name. I’m not trying to call you out on it. I’m just curious in how you chose that name.

**Caitlin:** Because it was the working title. I had a whole bunch of working titles going, and I sort of settled on the simplest one. And you know, I mean it’s a pun on NB as in *nota bene*, like here is something for your information. So that’s a weak-ass pun, but you’re welcome.

**Molly:** Oh, I’ve never heard that [laughs].

**Caitlin:** [laughs] Okay so maybe that’s the difference here. In the UK/Australia/I guess in many places you say NB. It means *nota bene*, “note well,” it’s an additional piece of salient information underneath a main point so people might say, “okay so we’ve decided where we’re all going to go out for dinner. It’s going to be here at this address” and then you’d write a new line and go, “NB, there is one vegan option and gluten free pizza.” Something like that so it’s a little additional piece of information that should be specifically flagged, and it’s also the same letters as the word non-binary. I don’t know if you caught that. [Both laugh.] Yeah it lives in a similar sort of part of the linguistic landscape to i.e. and e.g., I guess.

**Molly:** Totally, here’s the thing, I’ve probably seen it all of the time and didn’t register it because I just didn’t know what it meant so I’ll probably see it tomorrow and the next day and the next day and just be emailing you, “Hey what’s up this is actually around all of the time, and I’m wrong.”

**Caitlin:** Right, please affirm me, thank you.

**Molly:** Alright, I’m interested. I’m sure, even though it was a very blessed and good pitching process, I’m sure there were some sort of hurdles in making this happen, and I’m interested in what those were.

**Caitlin:** Yeah, the hurdles in making it happen are surprisingly quite internal for me. Honestly the biggest hurdle in it is presenting and producing something that is about yourself and going, “No one’s fucking interested in this. Why would anyone give a shit about this?” [Molly chuckles] It’s kind of like what you were saying before. It’s about trying to decide what level you’re going to pitch it at, and how detailed you want to be about the whole structural, academic, political side of gender identity and how much you want it to be about your feelings and how intimate you want it to be.

My colleagues are really great. They are just all A for effort. I do get a really hilariously large number of emails specifically about the podcast where I get called shitty. Again, not trying to be like, “I’m a huge hero,” but for a lot of my colleagues I am the first gender non-conforming person they’ve ever had a proper conversation with. And that turns you into the explainer and the kind of social experiment and the world-weary person who has to deal with someone telling you why they’re a TERF. That is occasionally really really distressing. But at the same time, I know that I’m the only person who has to do this for that person, and then the next person that they meet, they’re not going to be weird around in the same way because they’ll have already had an interaction with someone else who they’ve had to mind their pronouns and think about them in a way that stretches the human imagination a little bit I guess. I want to be really honest about it, but it’s been much better than I expected. Almost to the point where I was like, “I haven’t even had to have a big scream and cry about this.” It’s almost disappointing, you know. I want to wave a banner at some point, and just say, [theatrically] “If we’re not going to do it my way, we’re not going to do it at all!” or whatever, you know. But really nice the nice thing about it is that it’s always been about my perspective and my story, and that’s really nice.

And having Amrou there as well has just been really incredible because they have a really different perspective to me. Again, they were assigned male at birth and grew up in the Middle East, and then came to the UK so they’ve got an incredible [pause], just like a completely different perspective, and completely different set of ways in which they’ve felt like an outsider in the UK and in the kind of circles of gender conformity, I guess. And that’s made them incredibly wise and capable of giving me so much love and advice, and it’s been really wonderful. So I think with Amrou and with Arlie, producer Arlie as well, it’s just the dream, basically. But having to push to have a completely trans team, and to make sure that the producer I was going to be working with was someone who I didn’t have to educate as we went along, and who might actually be able to educate me was really important. So being able to get Arlie in the building was so important, and I’m so grateful.

**Molly:** Is there a moment or piece of tape that you’re especially excited about. Is there anything you’re especially excited to put out in the world?

**Caitlin:** Yeah! Oh god, everything, [singing] everythiiiiing! Okay so episode 1 has two of my very favorite guests in it. One of them is E.J. Scott who is who is a curator, and he’s just this incredible, sweet, bouncy, but super smart, just wonderful presence. I don’t know how exactly how old he is, but he feels like a little bit of a queer elder, and we had all these conversations about the different words that he might have used around his gender, compared to the ones that Amrou and I use now, and it just felt so productive. And the conversation we had with him was walking through the Museum of Transology, which he curated with the help of the UK’s trans community. And there’s an incredible moment in that interview, in that space that I think is really worth listening to because it’s surprising, and it’s funny.

And then we go to see Victoria Sin, and Victoria Sin is just so, I don’t know how well, how deeply deeply in love with them I was in within five minutes of meeting them, like whether that will come through on the tape because I feel like my eyes turned into massive hearts the entire time I was talking to them. They’re a performance artist, and they really helped Amrou come out. And they’re just so cool! They’re so cool! You have to look them up on Youtube and stuff as well. They do incredible drag. Also I think I’m excited for especially for young non-binary and trans people to hear episode seven, which is mostly a conversation with my dad, which was really special.

**Molly:** Awww, I’m excited. When and how can we listen to the show?

**Caitlin:** You can listen to the show from Wednesday the 20th of February. There’s going to be a new episode every week, on a Wednesday, and there are eight weeks of the show. And you can get it if you search *NB*, like well, non-binary I guess. I tried to describe it to someone the other day as November Bravo, [Molly laughs] and then they were just like, “you could just say non-binary,” and I was like, “No no no no, November Bravo on BBC Sounds.” Yeah so it’s on BBC Sounds, but if you’re outside the UK, you can get it on any podcast catcher.

**Molly:** I just subscribed, and I rated it five stars so don’t let me down because I’ll look real dumb. [laughs]

**Caitlin:** Oh my god. Big shoes to fill.

**Molly:** No I’m just kidding. I listened to your trailer, and that alone was five stars so it’s fine, it’s good.

**Caitlin:** Thank you.

**Molly:** I asked you what you wanted to talk about on the show, and you said and I quote, “gender euphoria, joy, friendship, why I’ve bought so many denim jackets,” and those things are all things that we need more of, especially denim jackets, so can you tell me about your experiences with gender euphoria and/or denim jackets?

**Caitlin:** Well they’re so often going hand in hand aren’t they? [Molly laughs]

**Molly:** They are! Yes [continues laughing].

**Caitlin:** Um, yeah. I well, okay. So denim is a really interesting fabric, you know. [Molly laughs] It’s a double woven cotton particular thing, but the thing that makes it something denim and not drill, I think it’s called when it’s not done this way, is that the ink sits on the surface of the denim so you know I feel that that is a great metaphor for how gender is something that is vaguely synthetic, and that is absolutely not what I intended to say about denim. [Molly laughs gleefully] I just really like denim jackets. It’s just a good look. There’s a lot of structure to it. And I found when I started wearing “men’s clothes,” - you can’t see that I’m doing the air quotes - when I started doing menswear and stuff, shorter kind of boxier cuts were making me feel more fun, and I had a really nice time. And now I feel basically that I’ve got a nice aesthetic going on. And that is due to the denim jacket and due to many other jackets. I maybe just have too many jackets, it’s possible.

But clothing is one of those things that is super affirming and is playful and fun, and I think dressing myself used to feel literally traumatizing. I used to hate it. I used to throw things on the floor, and I would always have this enormous pile of unworn clothes in my bedroom, and it would be just emblematic of how hard it was for me to look in the mirror, in a way. And I would try to put loads of things on at the same time, and that was like super stressful. I had a terrible time, and now I just don’t feel like that anymore. I just play dress ups with my own clothes at home, and I really, I love going to charity shops. I love finding new weird things, and I’ve completely changed my relationship with looking at myself, and the denim jacket is totally emblematic of that, I think. And that’s where one of the purest kinds of gender euphoria comes from I think. From just being able to look at yourself, and not like looking at yourself out of the corner of your own eye, but actually going “yeah even if I don’t look like the imaginary perfect version of myself, this is an okay body. This is an okay person that is standing in front of me, and that’s really nice.”

**Molly:** So the way we always end this show is by asking, in your ideal world what would the future of gender look like?

**Caitlin:** And I have asked some guests this question as well, but I don’t have an answer for it myself. EJ Scott said it really beautifully when he said, I think “hopefully in the future, gender will be like a haircut. It will be no big thing, and that doesn’t mean that you don’t have a haircut because everyone’s got a haircut. It just means it’s not the end of the world if you change it.”

**Molly:** Mmmm

**Caitlin:** And you know, my roots are showing right now, is what I’m going to say.

[*Gender Reveal* theme music plays]

**Molly:** That’s going to do it for this week’s show. Don’t forget to subscribe to *NB* and tell your friends about the show, and while you’re at it don’t forget to subscribe to *Gender Reveal* and tell your friends about our show. It really does help so much. We do not pay to advertise the show so spreading the word is the best thing you can do. If you’d like to support us in a more financial nature, you can do so at [patreon.com/gender](https://www.patreon.com/gender) or on PayPal or Cash App or by buying a TheyMail message or by StickToResist. All those links are in the show notes. If you have a question about gender there is a form in the show notes to fill out, and we will answer your question on the show. If you want to contact us for any other reason, you can do so at our website [genderpodcast.com](https://www.genderpodcast.com/), which is where you’ll also find transcripts of the show, info about hiring us for workshops or talks or consultations or anything like that, all sorts of stuff. Check it out, that’s [genderpodcast.com](https://www.genderpodcast.com/)

This week’s episode was produced and edited by me, Molly Woodstock. Our logo is by Michelle Leigh, and our theme song is by Breakmaster Cylinder. Additional music this week by Blue Dot Sessions.

There is not going to be a new episode next week. I am traveling all week. I don’t have time to make one, and also all of this wild violence in my community is sort of destroying me, so I am going to take a week off. There might be a tiny thing in the feed, but there won’t be a full episode, but then when I get back there will be two more episodes in this season. I’m really excited about the season finale, and you should be too. So I will be back in two weeks with more feelings about gender.

[*Gender Reveal* theme music ends]