

EP-1

Pau: Hello my people. You are listening to the podcast *En Esos Tiempos*. Today's episode is called International Transgender Visibility Day.

Hi, I'm Pau and I'm one of the co-hosts of the podcast *En Esos Tiempos*.

Leo: I am Leo, Pau's father. I will be co-host with Pau for today's episode.

Pau: Before getting into today's topic, we first want to say that the podcast *En Esos Tiempos* is part of Somos Familia programming. Somos Familia focuses on supporting LGBTQ Latinx people and their families. To learn more about the podcast *En Esos Tiempos*, view past episodes, and support the work of Somos Familia, subscribe to this podcast and visit the Somos Familia website at www.somosfamiliabay.org.

The episodes of *En Esos Tiempos* will cover various historical topics and events related to LGBTQ issues, race, ethnicity, the intersection of identities, culture, family and more - how the old times were and how the new times are. Great. Let's start with today's episode of *En Esos Tiempos*. Today's topic is about the international transgender visibility day.

This day is an annual event that occurs on March 31 dedicated to celebrating trans people and raising awareness of the discrimination faced by trans people around the world as well as celebrating their contributions to society. OK, Pa. Why do you think transgender visibility is important? And why is it also important that parents, like you, and other allies of trans people are visible too?

Leo: Well, look, I think that transgender visibility is important because I think that all people are the same, we are the same and both they and we have the same rights. And this, well, I also admire those who fight and who do not give up. Coming out to their parents and siblings that don't accept them, right? I admire them a lot because it takes a lot of willpower. And well, some have been lucky enough to study and be professionals and others not, but they all try, they try to get ahead and more now that they are seeing that there are many rights and the more people are supporting us and everything will turn out well, I think. And it is also important for parents and allies of trans people to be visible because there is a lot of misinformation, a lot of very bad education, and it is important that we train both parents and allies because without education change will definitely not be achieved.

Pau: I remember that when I came out as a trans person, or when I told you that I was trans, you told me that you were afraid, afraid for me because I was so visible as a trans person. Why this fear? Why were you afraid for me?

Leo: Well yes, I was afraid. More than anything because of the insecurity in the streets at that time. Every so often on the news they said that trans people were being attacked. And more than anything, and when I looked at you, you were barely making your change, transforming

yourself physically, right? And that, more or less, was my fear. Like if you go to a bathroom and someone recognizes you, and they will attack you, right? That's why I stood outside to take care of you. And also, little by little, I was overcoming that, when I already saw your more masculine change and everything, and they already looked at you as normal, as a masculine person.

Pau: I identify as a trans man. And I decided to make those physical changes, take hormones, do the surgeries and refer to myself as a man with he/him/his pronouns, and present myself more masculine. But not all trans people follow those steps. Not all trans people decide to take hormones or have surgery. There are trans people who are non-binary. If I ... Do you think that your opinions about me or your fear about my visibility as a trans person would be the same if I would identify as non-binary? Or if I would not have made any of the physical changes you mentioned?

Leo: Of course. Yes. If I would accept you the same and respect your decisions. Since my wife and I have made the decision to respect everything you do and undo - changes you make or don't make. The most important thing for us is the love with which we have brought you up and for that it is the force that moves everything - love. And since childhood we have treated all of you the same. It was a bit frustrating at the time, nothing more, but we talked about it and overcame it.

Pau: Before me, did you meet other trans people when you were younger? Do you think it was or is more difficult and dangerous for a trans person in Mexico or the rest of Latin America than in the United States?

Leo: Yes. Of course I have met trans people but unfortunately many died with the secret. Well, for the same reason, the deep-rooted machismo and the lack of social protection, of laws that protected them. Well, they belonged to the trans community...they stayed anonymous. And it was very hard, very hard. Now everything is very different.

And, yes, it is very dangerous in what it is in Mexico and in the rest of Latin America, it is more difficult than here in the United States and because here there are already more laws that protect, more social laws. Little by little the more rights are being equalized.

Pau: And to close, what advice would you give to other parents who are struggling to accept their trans child?

Leo: Well, my advice to parents is to focus on the love that they brought up, that they instilled in their children and that they do not get carried away by keeping up appearances for their friends who advise them badly. Because you have to weigh - love for your child, the acceptance of your friends, and machismo. You have to put all that aside and really focus on the love of your children.

Pau: Well, pá, many thanks for sharing your experiences, your advice, your stories with us. They are very important and this topic is very difficult, right? And it is very big too. We did not

cover everything but it is important to create visibility for trans people and continue fighting for the rights of trans people.

Well, folks, if you liked this episode, please subscribe to this podcast *En Esos Tiempos* and go to the Somos Familia page at www.somosfiliabay.org to see other episodes. See you in the next episode. Thank you. Bye.