

English Translation:

Pau: Hello my people, you are listening to the podcast *En Esos Tiempos*.

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

Susy: Hi, I'm Susy, Pau's mother and I am co-host with Pau for today's episode.

Pau: Before going into today's topic, we first want to say that the podcast *En Esos Tiempos* is part of Somos Familia's programming. Somos Familia is focused on supporting LGBTQ Latinx people and their families. For more information on the podcast *En Esos Tiempos*, to watch previous episodes, and to support the work of Somos Familia, subscribe to this podcast and visit the Somos Familia website at somosfamiliarbay.org.

Okay, let's start today's episode of *En Esos Tiempos*. Today's episode is about why anti-transgender laws are dangerous to transgender youth and how parents can support their children. There are several states that are introducing anti-transgender bills that would prohibit transgender youth from participating in school sports based on their gender identity.

Mom, what do you think about this issue? Do you agree or disagree with allowing transgender youth participating in school sports according to their gender identity? Yes or no? What is your opinion? And why?

Susy: Well, definitely not, son. I don't agree at all because they have their right to choose where they want to be as they are. How are you going to forbid them from being on a team or in a group doing what they want to be transgender? And then no, they do not give them freedom, son, and freedom of expression. Because then the same society and the same people, the same groups that want to make these changes and prohibit them and make them stressed. They become depressed to be themselves and feel bad out in society like that .. like they get in the way .. And they make them feel less.

And no, I do not agree. Definitely not. And I am even willing to march, son, to ask for support and say no. It is not right that they do that.

Pau: Why do you think that for parents it is difficult to understand and support their own trans children? Like you, right?, it was a process but you support me and I know that you will always support me. But for some parents, it is not so easy and they do not agree that their children are trans and support these laws. For example, laws that discriminate against trans youth and do not let them participate in sports or be in groups or be who they are. Why do you think it is difficult for parents to support their children?

Susy: Well, look son, I think that more than anything they are misinformed because they do not know about these groups. Apart from that they do not look for them, son. They do not seek information. They prefer to hide their children. They prefer to stress them, that they go into

depression and anxiety. That anxiety disease is very common, son, and that same anxiety is leading them to want to try suicide. And not want to live, to not like life and see it is wonderful. Because life is the ultimate, son. But more than anything, live the beauty and feel loved and accepted by their parents. More than anything that they understand that they do not hide them. Because there are many parents who are not well informed, son, of how their children really are, of what they think, of what they feel like they want to be, of the changes they want to have. It's your life son. I have always told you and your siblings that. Each head is a world and each world lives in its own way. Because each human being has a different heart and sentiment, son.

So, it is very important, this topic, this program and I congratulate you for talking about what is going on and to hidden people, to people who do not have you, because you should, son. I have seen many people who hide and who do not talk. They do not express themselves about what they feel, son. And they get depressed and that's when depression accidents happen and even kill themselves.

Pau: So far, there are more than 250 anti-LGBTQ bills under consideration in state legislatures across the country, of which more than 120 directly target transgender people and at least 66 of them would prohibit transgender girls from participating in sports according to with your gender identity. These bills against transgender people discriminate against a community that is already vulnerable. These anti-transgender or anti-LGBTQ laws are dangerous for the community.

What advice do you have for them or messages to support parents who are currently struggling against these laws across the country? And how can they support their children?

Susy: These laws are dangerous and we have to fight for the rights of our children as their parents. We have to support them and go forward, go out and demand our rights. Both for our children and for ourselves because it also affects us a lot that they are not supported. And if they do not have the support of the society, of negative people, if they do not accept them, well then we have to go out to protest, do marches, do fairs, make flyers to distribute and... These groups are very nice because we give each other support. We give each other ideas. We communicate. We are not very effective and that is why we are doing these issues so that all parents who need support unite. All the people who care for us, we are here to listen to understand them and help each other. Because unity makes the force. We are a team and we must not allow ourselves to be trampled or sink, on the contrary. We must be a lifeguard like when one is drowning and the word says it guard our lives and that is why we must support each other. There are more groups and we invite them to integrate because it is very important to protest and not leave anyone behind.

My message for parents is to defend the rights of our young people, our children, let them be and let them come to us and feel 100% trust that they are not alone.

Next we continue with the horoscopes with Susy. Hello. How are you all? Super. Super.

Today I have good news for all of you. It's a super moon to make things happen, ok?

- We continue with Aries. Aries, hello. It is time for signatures, communicate communication, Aries, ok? It is all in your favor.
- Be attentive, Taurus. You have a full moon in your favor, Taurus. It is time to win. Let's go!
- Geminis, you have nine very good days, Geminis. Go ahead. Grab the good days for everything you wish for.
- Cancer. It's time to win, Cancer. You have a very good vibe for this whole week. Congratulations, Cancer.
- Leo, It is time to harvest. What you reap, that you are going to be what you sow, Leo, ok? Jealousy ... Jealousy ... Be careful with jealousy in all aspects. Leo, not just your partner in everything ... in everything, Leo, be careful.
- Virgo. Virgo be careful because you think a lot and have a short memory. Watch out, Virgo, ok?
- Libra. Libra will have many surprise meetings at home.
- Scorpio, it is time to move on.
- Sagittarius - positive decisions, Sagittarius. You have a very good, very good vibe this week.
- Capricorn you are very smart. Very smart, Capricorn. You have many gifts to give.
- Aquarius. Wow, Aquarius, this time to succeed, to be full in this time. Leave the past behind. Now it is your time, your turn, to do things well and want to do them and achieve them, ok? Aquarius.
- Pisces. Pisces you are splendid - enjoy your love life. Attention, Pisces. You will do very well in love.

That's all for today. Have a good time and love, a lot of love.