

En Esos Tiempos

Pau: Hello, my people. They are listening to the podcast *En Esos Tiempos*. Hello. I'm Pau and I'm one of the co-hosts of the *En Esos Tiempos* podcast.

Susy: Hi. I'm Susy, Pau's mom, and I'll be co-hosting with Pau for today's episode.

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

Okay, let's start with today's episode of *En Esos Tiempos*. Today's episode is called Queer Children Need Stories About Happy Adults. OK ma, why do you think it is important for LGBT or queer children to hear stories about happy caring adults? And why do we need to be the generation that makes sure they hear and see those stories?

Susy: Hello everyone. Yes, look son, that question is very important. I liked it because look at what they see, learn and according to that, it is a trauma for them, because you can really see tragic endings that end in death and then they are plotted. So you have to make a change and give them hope. Good examples that, well no, the same thing doesn't always happen. And the LGBTQ group means ... L is lesbian, G is gay, B is bisexual, T is transgender, and Q is quick.

Pau: Queer.

Susy: Queer. Queer. Sorry. It means a little bit of everything. And then you have to support them and let them know that the examples have to be positive, not negative. That they should not allow their mind to be traumatized that all the time the endings are going to be tragic and death. No. We must help guide them on the right path and give them good examples that, well, no, there is hope and change is good.

Pau: Yes, I agree. As a trans person when I was young...when I was growing up, all I saw were negative stories about other trans people. About how many deaths there were

or if they covered a trans person on the news or in a movie they always ended in tragedy or death. And also I didn't see a lot of trans men in the media either. So there wasn't much visibility either. And if there were, they were sad or negative stories and I didn't see many, many happy stories. And I was always looking for an adult who was also trans with a positive story to assure me that it was possible to be happy as a trans person. Right? And why do you think that happens, especially the media? Why do you think they focus more on negative stories, especially related to LGBTQ people, than on positive stories?

Susy: Yes, look son. The truth is, I don't know why they are just focusing on the negative and negative endings. No. They must focus and change ... Change is good ... to inform and give positive examples. Because more than anything LGBTQ youth focus on trauma. Lately you are seeing a lot on cell phones, son, that they focus 100 percent and that is why they suffer the tragedies of death. So you have to ... change is good, I repeat it ... to focus on the positive for the good of all, for the good of the young people and that they see positive examples that can be left to be themselves, that now there is no trauma, depression, stress, because the same negative examples inculcate them to take negative actions.

Pau: Yes, I know it too, because the media or society focus on nothing but negative stories or sad stories, tragic, right? Of the LGBT community. And we have to be careful with the message that we are sending to our children and to the youth, because they learn from what they see, right? And if they are only seeing tragic or sad or death stories, then what message are we sending them? Are we telling you that this is how your life is going to end? How is your life going to be? And that is not true. We have to teach them and show them that it is possible to be happy. It is possible to live a normal life as they want, right? And we have to be careful with the stories and messages that we are sending to the youth and share more happy stories of happy adults. That's why I think our story ... I like to share our story a lot because it's not perfect. Right? It is not perfect. And we are still learning but it helped me and I think my brother too. It helped us that we had that family support, that we had love, right? And the acceptance that let us be who we are and we can grow and focus on other goals and be happy.

And I want, as a trans person, to teach other young trans people that it is possible, either with the support and love of a family they were born with or with a family chosen

by themselves. Right? But if it is possible. And that is what we have to focus on as a society and especially the media that they have to change that message that they are showing to young people. And focus more on the happy and positive stories.

You, ma, what advice do you have for other families to make sure that we are the generation that makes sure they hear and see those happy and positive stories for their children?

Susy: My advice for families with LGBTQ children is more than anything to communicate with the media, express our concern that negative things are no longer happening because they are the ones who are covering these stories. All families must unite so that these stories are positive to create good examples for our LGBTQ children so that they feel protected, loved, and more than anything examples of love. Project love. Safety. Because as I repeat it and I like it a lot: Love is paid with love. And also my favorite phrase is: Change is good. So you have to start with that or change, change and teach our LGBTQ children that anything is possible. All dreams come true and all feelings can be covered with love, with communication, which is very important. Communication and love is paid for with love.

Pau: Yes, I very much agree. And thanks more for sharing your tips. And if I agree that love is key, right? And it is also important that we continue to educate ourselves so that we can educate other people and focus more on the positive and the happy stories of people who are LGBTQ. Give those positive examples and let young people know that it is possible, it is possible and that they keep going, right? So, thank you once again for sharing this space with me. And we continue now with Horoscopes with Susy.

Susy: Hi, how are you? I embrace you from my soul to yours. And now we continue with the horoscopes with Susy. Good news, see all the pretty horoscopes, especially for Sagittarius. It is a day for everyone to be happy. And we continue. Oh, and I also want to tell you to drink lemon water.

We continue with Aries. Aries is having a very positive week. Well, they have a very positive week and they are the best lover. Keep shining, Aries. Nice changes: travel, lots of love with Aquarius, wow, and Leo and Pisces, okay. And your lucky number is 07 and 13.

We continue with Taurus. Good news, Taurus. You have good good days on the 24th, 25th, especially the 26th, that is, the day after tomorrow - very in your favor. Your favorite lottery numbers are 03, 22 and you are very sentimental.

Continuing with Geminis. They get along very well with Sagittarius. Wow. They both have a lot of energy and are very intelligent. The Sagittarius is very intelligent along with the Gemini. Don't forget Okay, follow me, we are with Geminis just who get along very well with Sagittarius. They are not confused, like me, ok. And what else? Hear. Listen very well and believe it. Do your thing.

We continue with Cancer. They are an unhappy lover. Time to reap what you sow, Cancer. And you have a lot of support from Sagittarius. Sagittarius is now, as with everyone, the 26 and the 7 are good, very good for you. Your lucky numbers. 26 and 27 in a row. You have a very good week too.

Now we continue with Leo. O wow, Leo, be careful with jealousy and do not be so possessive and you must control your character and you are without a doubt a fire, wow. And these are ... you have a full moon. You are one of the best lovers. And what else? And your favorite color is white and your lucky number is 4, 04, okay, 04.

And Virgo is coming. Virgo, remove the blocks in your life. Don't let yourself be blocked. Well this depends on you, ok? You have a surprise. Love. You will find love. Do not feel alone. Your lucky number is 7 and your color is orange. Try to wear orange. OK?

Libra is the best friend and spiritual light. Love problems. Let yourself be loved. Libra your lucky number is 01 and your color is green. Wear green, Libra. Good good vibe. OK? Don't be contaminated by people's bad vibes. You have a super week and you are peace, light and love, Libra. You are a very dear sign. Let yourself be loved, Libra.

We continue with Scorpio. Scorpio, wow, we start with your lucky number which is 12 And your favorite color is pink and purple. It's time to shine, Scorpio. It is time to shine. Do not forget. Believe it. You must believe it. OK.

Sagittarius, the best lovers. Wow! Sagittarius, you are one of the best lovers of the signs and you are flirtatious. Sagittarius, you are a fire sign too. You and Leo are fire signs. One of the fire signs. What else? What you want, if you want it, you can achieve it. Have good thoughts. Careful. OK? There is a betrayal out there from a friend of yours. Your lucky number is 17. Your colors are purple and black. Try to dress in purple and black. OK.

Capricorn. Capricorn. Get ahead. Beware of vices. Ask for spiritual help. White candle, Capricorn. You have to light a white candle. Light it. You are wrong and you must accept it. Accept it. Well. Love. Money. You will get money, wait for it. It's money you've been waiting for. I hope it reaches you. Your favorite color is white and your lucky number is number 30. Play it often.

Aquarius. Aquarius. Patience friend. Aquarius. Don't despair. Not good. Control. Control. You want everything fast. All fast. No. Little by little. Patience. Harmony. No lies. Better truths. Aquarius friend, surprise. There is a surprise for you. A partner that is estranged from you returns. Your lucky number is 15 and your colors are blue and white and everything you want, ask for it. OK.

Now we close with a flourish, our friend Pisces. Pisces heal your heart. You are the spoiled one. Healing. A blue candle, Pisces. Try to light a blue candle will help you a lot this month. You are the best father or mother or parent. This is very good, very good Pisces. Melancholic. You are melancholic, Pisces. You are very sad. Be careful. Be careful and let yourself be loved, Pisces. Okay. Your favorite number is number 21. Your color is strong blue and pastel colors. Try to dress in bright blue and pastel colors. They are going to help you a lot, a lot this week.

Well that's all for today. Thank you for sharing, for joining me and following me. Thanks for being with us.