



June 2021 NAAFA Newsletter

Pride and Pronouns

Part 1: Intro to pronouns and gender identity

by Mycroft Masada Holmes



Hello and Happy Pride!

Pride is an important part of June, and pronouns are an important part of pride. And -- spoiler alert -- using the correct pronouns for people is important all year. Many transgender people and allies in the

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NAAFA community have experience with this, and we'd love it if you could like, comment on and share this post. For those of you who are newer, here are some pointers.

The most common sets of pronouns in English are she/her/hers, he/him/his, and they/them/theirs. Most women, cisgender (non-transgender) and transgender, use "she". Most men, cis and trans, use "he". Most nonbinary people use "they". (And, not all nonbinary people identify as trans.)

Some people use more than one set. Some people use other gender neutral / inclusive pronouns, like zie/hir/hirs. Some people don't use pronouns for themselves at all. Some use only their name, the first letter of their name, etc.

Trans people, binary and non, have always existed, and gender neutral / inclusive / nonbinary pronouns like the singular "they" have been used for centuries. They don't exist in all current languages yet, but there are people working to change that.

You can't tell someone's pronouns from only their gender presentation, and you can't tell someone's gender identity just from their pronouns. The biggest reason for this is that, due to transphobia, it's not safe for many people to express their gender, or their pronouns, the way they want to. If you need to know someone's pronouns, you may want to try sharing your pronouns, and then asking them which ones they use.

Increasingly, people share their pronouns when they introduce themselves, on their nametags, with their Zoom name, in their email signature, online bios, etc.

I'm a thin nonbinary trans person; I was assigned "female" at birth, and usually present in a mixed-gender way that's mostly feminine. I primarily use they/them/theirs. "Mycroft loved Fat Liberation Month; it was a great precursor to Pride for them. One of their favorite parts was the faith-based webinar. They are already looking forward to next

Video of the Month



Pride

June is Pride Month, and this video focuses on the intersections of fat and LGBTQIA+:

[Meet Radically Fit: Oakland's Queer, Trans, POC, Fat Positive Gym](#)

This video was posted in 2019 and the owners had this message to share: "We wanted to share this with y'all during Pride week because while the mainstream Pride culture will have people drinking their rainbow Vodka, or taking their Rainbow colored Lyft- we want to remind the folx that are always left out of the Pride narrative that there are spaces created FOR YOU. These spaces exist to ensure your safety, ensure you feel seen and heard and fight to

year."

My spouse is a superfat queer cis woman who is gender non-conforming -- she presents in a mas(s)culine manner. She uses she/her/hers. (And, she gave me permission to use her as an example.)

Getting people's pronouns right can take time and work, especially when it comes to gender-neutral pronouns. We all make mistakes with this. Even those of us with years of experience, even some trans people, even some nonbinary people -- myself included! When this happens, acknowledge it, apologize, and move on. And, practice makes perfect, or at least makes progress. Some people find it especially helpful to practice with animals, including their own pets.

One great resource for further learning is [My Pronouns](#). Also, mark your calendars for [Pronouns Day](#) on October 20th!

Part II: Gender privilege and gender respect in NAAFA Community

by Tigress Osborn

The first time I heard the term "cisgender" was at a diversity training for educators in the early 2000s. A well-known speaker used the word in a way that assumed everyone in the room knew what it meant. We should have, but the obvious discomfort in the room showed that many of us didn't. I raised my hand. "You used a word I don't know there," I said. "What does it mean?"

[Click here to read more](#)

hold space for you in and outside of them.

Our little, radical, badass, queer, trans POC, FAT gym is rooting for all of you. Everyday."

More info about Radically Fit can be found at radicallyfitoakland.com and on Instagram at [@radicallyfitoakland](https://www.instagram.com/radicallyfitoakland).

<https://youtube.com/watch?stwpEr8V8no>

Quick Links

[NAAFA.org](https://www.naafa.org)

[Facebook Main Members Community End Bullying Now](#)

[Twitter](#)

[Instagram](#)

[YouTube](#)

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Anti-Racism Resources for LGBTQIA+ People of Color

compiled by Darlene Howell

June is Pride Month! While the LGBTQIA+ community and allies celebrate the month with parades and activism events, gay, trans and queer folx deal with biases and discrimination on a daily basis. Compound that with being a person of color and you add a layer of racism to that. This month's anti-racism resources look specifically at that intersection.

History

[16 queer black pioneers who made history](#) from nbcnews.com

[A Brief History of Voguing](#) from the National Museum of African American History & Culture at the Smithsonian

The City University of New York, Big Apple Bigotry, shares this history of [LGBTQ Discrimination](#)

Resource Guides

The University of Arizona has compiled an extensive [list of resources](#) addressing QTPOC (Queer and Trans People of Color) that they share on their website.

stanfordpride.org has put together a list of resources in their [Responding to Anti-Black Racism](#)

[Black and LGBTQ: Approaching Intersectional Conversations](#) from The Trevor Project

[Communities of Color](#) from the Human Rights Campaign

Articles

[15 Things LGBTQ People of Colour Want You to Know](#) from stonewallscotland.org.uk

[For LGBTQ People Of Color, Discrimination Compounds](#) from NPR

Da'Shaun Harrison writes of [The Daily Realities of Being Fat, Black, and Queer in Public Spaces](#)

Video

[Meet Radically Fit: Oakland's Queer, Trans, POC, Fat Positive Gym](#)

Fat Liberation Month Gratitude and Acknowledgements



Thank you to everyone who made our first Fat Liberation Month such a success!

We're already thinking about next year! To share your thoughts, fill out our FLM Evaluation Form [here](#).

Special thanks to all of the following folx!

Presenters and Performers: Angry Fat People (Tracy Cox and Mathew Anchel), DJ Bugie, Vanessa Rochelle Lewis, Philip Barragan & Mason Arrigo, Bree XVI, Bruce Sturgell, Toni Tails, Spencer Pablo, Marilyn Wann, Rev. Dr. E-K Daufin, Live Big Girl (Vanessa Chica Ferreira, Karina Guardiola-Lopez, and Rebeca Lois Lucret), Aarti Olivia Dubey, Brandie

Sendziak, Patrick Rostock, Amapoundcake, and DJ Dazzler. And, of course, thanks to our friends at Pro Bono ASL!

Guest Bloggers: Bill & Terri Weitze, Amy Rios Richardson, JBridgeforth, Lindley Ashline, Rabbi Minna Bromberg, Laurel Dickman, FromAnnettewithLove, and Denarii Grace

Prize Donors: Choosey Covers, The Body Love Box, Universal Standard, Pure Romance by Deb, Vanessa Chica, and Kat Barron

And a very special thank you to Dan Oliviero and Trevor Kezon for support in more ways than we can count!

Anti-Fatness and Police Violence

by Amanda Cooper and Tigress Osborn

The protests of 2020 have made an impact, focusing the world's attention on police violence throughout the U.S., and possibly even [reducing police violence](#) in areas with the most active movements. But unfortunately, police are still using violent tactics that result in harm and death throughout the country.

This problem hit home for NAAFA Board Member Amanda Cooper this spring, when local police in her Alameda, CA community responded to a call about a mile from her. A young man, [Mario Gonzalez](#), was sitting in a park on a warm Monday afternoon. Some neighbors called the police non-emergency line and said they were afraid of him, even though they admitted he was not threatening them or doing anything remotely violent. The police came to the scene, attempted to arrest him even though he posed no harm, and he died with his face in the dirt as they held him down.

The police statement put out about his passing had eerie echoes of the statement Minneapolis police made after the death of George Floyd. Even more disturbing, the Alameda police made this statement the day before Derek Chauvin was found guilty of murder after pinning Mr. Floyd to the ground.

Another thing that felt familiar about Mario Gonzalez's story was his size. "My heart sank when I saw a photo of him," says Cooper. "He was fat. And I immediately remembered Eric Garner, and how they blamed him for his own death. And how crestfallen I was when the police who killed Mr. Garner were not held accountable. I didn't want that to happen again."

So she reached out to NAAFA Board Chair Tigress Osborn who quickly connected her with allies at FLARE and Fat Rose. FLARE connected us to the Disability Justice League, and together we got to work drafting [a letter](#) to the Alameda city leaders demanding they change their practices to protect the lives of all they come into contact with.

"There are many reasons, including race, employment status and struggles with mental health, why people like Mario are harmed by our current approaches to community safety. But we are writing this letter to highlight a particular aspect of Mario's life and death that we can speak to from our own lived experiences, as fat people navigating our communities, and legal and carceral systems," the letter explains.

"It is common in our culture for people and organizations to blame higher weight people for their own health problems, and in this case the Alameda police have taken it even further by blaming Mario for his own asphyxiation. The [APD lawyer claimed he was 300lbs](#), and that his size and strength are the reason the officers behaved as they did. If the common [pattern holds](#), they will later say that he died because he was unhealthy as evidenced by his weight. This is how police use people's size to blame them for both the violence of their arrests and their own death that results from that violence."

The group hopes this collaboration will be the beginning of ongoing work to raise awareness of the particular dangers fat people--and especially if they are disabled and/or people of color-- face in encounters with the police. We hope to advocate along with other police reform and abolition groups for changes in police practices and programs that redirect emergency calls to other first responders and that build community safety programs that work for all bodies.

Whether you are new to these issues or already deeply committed, we encourage you to check out Fat Rose's "Bustin' Out" speaker series this month, which presents a variety of topics at the intersection of abolition activism and fat liberation. Some may be presented before you read this, but they will be available on Fat Rose's Instagram [@fatlibink](#) for future viewing. We asked Fat Rose why the timing was right for this series now, and here's what they had to say:

"In 2014, the world watched NYPD's Daniel Pantaleo murder Eric Garner -- and then blame Garner for his own death, explicitly because he was fat. As Fat Rose began to organize radical fat folks, including fatties working to end carceral violence, we had a lot of big questions at the intersection of fat liberation and PIC abolition. How else do systems of policing and incarceration use anti-fatness to bolster anti-Black violence? How do the surveillance practices of diet culture influence and impact the acceptance of a much broader carceral surveillance culture? How are fat people targeted by carceral systems, and left out of transformative justice processes? We're so honored and excited to have this crew of 9 rad fatties to share their wisdom on Instagram Live."

BUSTING OUT:
Fat Lib and PIC Abolition Series

Anti-Blackness and Anti-Fatness MONDAY, June 14
5pm PT/8pm ET #fatlibink IG LIVE

Hunter Shackelford Da'Shaun Harrison

BUSTING OUT:
Fat Lib and PIC Abolition Series

Carcerality, Punishment & Anti-Fatness TUESDAY, June 15 5p PT/8p ET #fatlibink IG LIVE

Wendi Moore-O'Neal Kytara Epps
Mandisa Moore-O'Neal

BUSTING OUT:
Fat Lib and PIC Abolition Series

Surveillance of Bodies WEDNESDAY, June 16
5pm PT/8pm ET #fatlibink IG LIVE

Caleb Luna Sonalee Rashatwar

BUSTING OUT:
Fat Lib and PIC Abolition Series

Transformative Justice and Fat Liberation THURSDAY, June 17 5p PT/8p ET #fatlibink IG LIVE

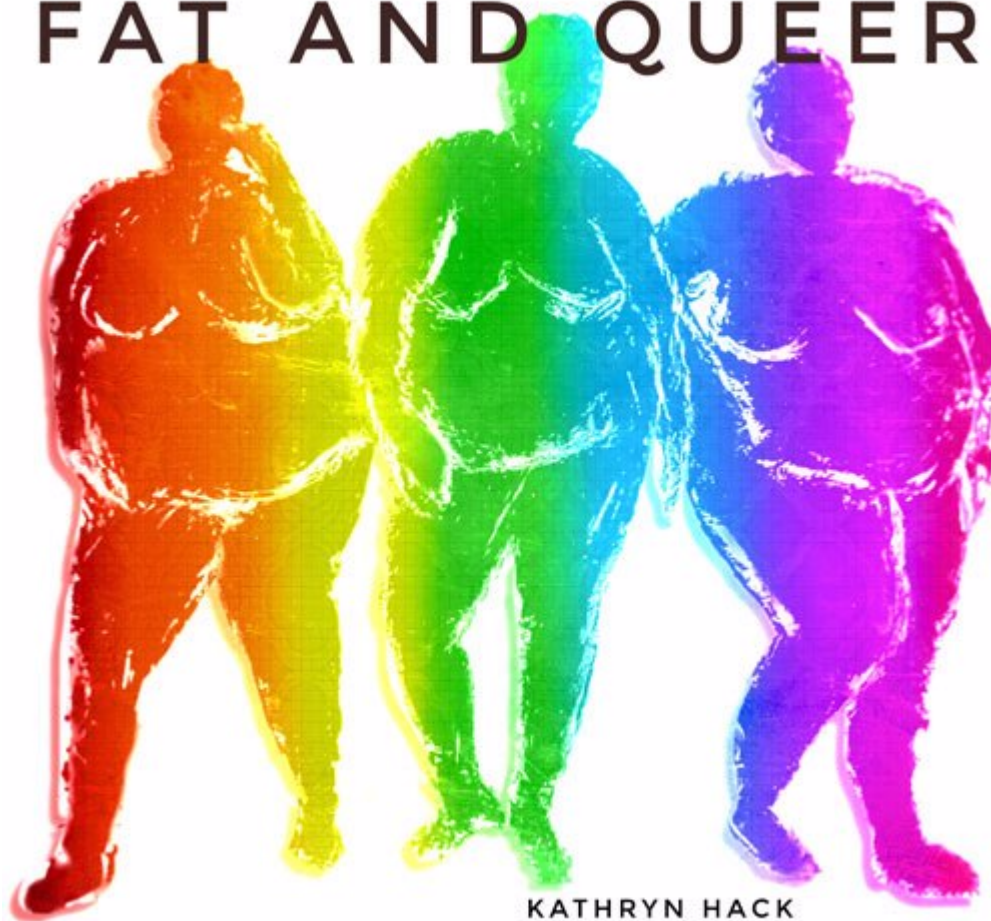
Shannon Perez-Darby Cory Lira

FATLIBINK

Fat and Queer

by Kathryn Hack

FAT AND QUEER



KATHRYN HACK

Today, I woke up feeling so deeply grateful to be who I am.

As someone who came out as queer later in life, I feel lucky. Lucky to have had to do the hard work to live my authentic life. Sometimes it's tempting to think it would have been better to know I'm queer earlier, but today, I'm deeply grateful for how my story has unfolded.

I'm building the life I really want. I've had to cry and grieve and dare to make big changes in order to be 100% myself. I've had to heal and grow and evolve to know the kind of peace I feel right now.

Peace so large it outshines the unknowns in my life.

Peace that came from accepting every possible thing about myself. My fatness. My chronic illness and disability. My queerness. But also, my selfishness. My anger. My sadness. My trauma. My shadow. My failures. My hopes and my dreams. My capacity to love beyond the binary. My rebelliousness. My joy. And my freedom.

This journey has been a profound awakening. I am very clear about the fact that I have my body to thank for all my evolution. Well, my body and the body liberation movement. Just like with the LGBTQIA+ liberation

movement, fat liberation was carved out in large part, thanks to black and brown women and femmes. It is to them that I owe profound gratitude for widening the path so I could live free in my body and free in my sexuality. Freedom from diet culture provoked a longing for freedom in every part of my life.

There is nothing so precious to me today as my ability to live at peace with my whole self. In my zeal, I can't help but want to take you all with me on my liberation journey. But I want you to know I trust you on your path. I trust your bodies to be your teachers just as my body has been mine. I trust the divine in you just as I have dared to trust the divine in me.

Though I deeply believe that body peace is our birthright, I recognize that it can be a long road of unlearning. I'm so grateful for NAAFA and countless others who have created resources for our great unlearning. The internal work is worth all the effort. Peace and freedom to be our whole selves is my continuous personal goal.

NAAFA Chronicles 65

For the latest entry in our Chronicles series, here's NAAFA's 65th newsletter, [January 1986](#).

For more, check out the "Chronicles" page of NAAFA's website, <https://naafa.org/chronicles>

Media and Research Roundup

by Bill and Terri Weitze

May 15, 2021: Lizzo talks about how mainstream body positivity is excluding the black, brown and fat people who started it.

<https://www.femestella.com/lizzo-body-positive-movement-excludes-black-brown-women>

May 24, 2021: Annette Richmond's article covers a lot of territory. She goes into the history of body positivity and its subsequent dilution as well as the origins of fat liberation month.

<https://braveworld.media/the-toxicity-of-body-positivity-and-celebrating-fat-liberation-month>

May 28, 2021: Aubrey Gordon, writing as Your Fat Friend, explains how the ownership and use of the word fat is important and empowering for fat people.

<https://www.self.com/story/fat-isnt-bad-word>

May 29, 2021: Two women planned on having WLS (weight loss surgery) in Mexico to save money. One backed out; the other died during surgery.

<https://www.insider.com/mississippi-mother-dies-after-getting-surgery-in-tijuana-report-2021-5>

June 10, 2021: The FAA is requiring passenger airlines to update their estimates on average weight of passengers and baggage for airplane safety limits, making sure that airplanes that fly routes in mountainous regions, extreme temperatures, and head winds can accommodate the total weight safely. Despite Snopes report on the rumor that airlines may start weighing passengers (see second link), so far no airline has announced any such plans.

<https://publicappointmentscommissioner.org/heavier-passengers-on-planes-mean-new-safety-limits-for-airlines/>

<https://www.snopes.com/fact-check/airlines-weigh-passengers>

Founded in 1969, NAAFA, the National Association to Advance Fat Acceptance, is a non-profit human rights organization dedicated to improving the quality of life for fat people. NAAFA works to eliminate discrimination based on body size and provide fat people with the tools for self-empowerment through public education, advocacy, and member support.

On the web: <https://naafa.org>.

Comments: pr@naafa.org

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