

Ally ([00:03](#)):

Last week we talked to activist and cultural worker Maya Finoh about how western binary definitions of gender and gender roles are not only confining, but erase the historical truth that before Western imperialism, definitions of gender all over the world were much more fluid.

Babette ([00:20](#)):

Maya's insights were so incredible, and we wanted to continue that conversation this week and talk more about what it means to "transition" as non-binary folks in this modern hellscape.

Speaker 1 ([00:32](#)):

We are going to remain a refuge of sanity and a citadel of normalcy. We have rejected woke ideologies. Policies that make kids pick pronouns. They're using drag queens for recruiting. A number of pornographic materials. Pump minors with puberty blockers. We are not allowing gender ideology in our curriculum. Our traditional education ideology. We have eliminated critical race theory in our schools. We're protecting women's sports. We have elevated the importance of family. ...These pronouns in the schools. [inaudible 00:01:07]. This state is where woke goes to die.

Ally ([01:12](#)):

That's enough. Thank you. Okay, back to our gorgeous, peaceful show.

Podcast Intro ([01:17](#)):

Am I even queer?

([01:17](#)):

Because I think I want to take testosterone.

([01:20](#)):

I mean, I'm wearing men's underwear right now.

([01:21](#)):

Is that a boy? Is that a girl?

([01:23](#)):

Man, woman, cisgender, transgender. We're born into language.

([01:27](#)):

Butch, femme, t-girl, decolonized, queer, trans, BIPOC, neurodivergent, cisgender, hetero-patriarchal capitalist girl boss.

([01:34](#)):

Queer-femme, lipstick every day.

([01:37](#)):

T4T like fag-boy relationship.

([01:39](#)):

Butch!

[\(01:39\)](#):

Boyish, sprightly.

[\(01:41\)](#):

The softer, more fae.

[\(01:43\)](#):

Oh, but you're so feminine. You're so feminine.

[\(01:45\)](#):

Attraction to a hot t-boy.

[\(01:47\)](#):

I used sexuality to try to understand my gender.

[\(01:50\)](#):

What does it does it look like for non-binary people to "transition"?

[\(01:54\)](#):

I was a boy. If I was looking down at the memory, I was a boy.

[\(01:58\)](#):

It's really difficult to look at gender identity. Head on.

[\(02:02\)](#):

Wait, I think I'm trans.

Jaylind [\(02:10\)](#):

My name's Jaylind. I also go by Jay and I use they/them pronouns.

Babette [\(02:16\)](#):

So I first met Jay on Instagram. They have this amazing fitness account where they post about the gender euphoria they feel through exercise and a non-restrictive approach to health. They're also an incredible tattoo artist. Could you tell me how you got into tattooing? I'm really curious now what that journey was like for you.

Jaylind [\(02:36\)](#):

Yeah, I was in college. I was in art school and I don't know, it just kind of felt like a waste of time. It was fun. It was fun. And I met some really awesome people that are honestly my best friends still to this day. But it was just such a waste and I don't know, I just dropped out and I got my first tattoo and I said to myself, "I think I can do this. It's a way I can draw and then make money, so why not?" You know?

Babette [\(03:13\)](#):

Oh, hell yeah.

Jaylind [\(03:14\)](#):

So that's how I got into it. I just got my first one and then I dropped out of college and...

Babette ([03:20](#)):

Wait. I love that.

Jaylind ([03:22](#)):

Yeah.

Babette ([03:23](#)):

That's amazing. Thinking about art and also fitness, but I think your approach to fitness does feel kind of artistic. I don't know. I am seeing how it's kind of all connected and bound up in community, so that's really special.

Jaylind ([03:37](#)):

I really like making it just, I guess more palatable for everybody. Because I know it can be very exclusive and leave people out. And I just never wanted to leave people out, especially trans people. Because I don't know, as a trans person getting into fitness, I didn't feel seen at all. Everything you would see, it catered to a lot of Whiteness, thinness, and I was just not seeing myself at all in that. So I just really wanted to explore, "Okay, well what else could we do? And how could we help everybody no matter their size or fitness level?" And I want everyone to feel good, too. We can all move our bodies how we want, and however we see fit and whatever feels comfortable to us.

Babette ([04:28](#)):

Totally. When you hear the word masculinity, what does it bring up for you? What does masculinity mean to you?

Jaylind ([04:36](#)):

For me, it brings up a lot of what a lot of people project onto me when they first see me. And I felt like that ever since I was young, too. Growing up, my parents would call me a tomboy and stuff like that. So growing up, masculinity was projected onto me a lot. And it was just because of how I looked and how I appeared. So I just grew up very confused with that term. Personally, I don't feel "masculine". I don't identify as masc. Even though I look like this and I take testosterone and I have facial hair and I have top surgery. To me, it doesn't mean that I'm masculine or feminine or anything.

([05:29](#)):

I'll say a colonized view of masculinity, like, "Oh, well, because you look like this or because you present like this, you're this way instead of that way." And I feel like when you think about the colonized view of masculinity, toxic masculinity, all of these things, you get all of these stereotypes that line up with that. And I just never fell into any of those stereotypes, projections at all. So it's a very weird relationship that I have with masculinity.

([06:09](#)):

I've had to unpack that because growing up it was just projected on me. So I was like, "Am I masculine?" But the thing was actually kind of looking within and asking myself, "Who am I outside of other people's gaze, how they see me? Who do I see myself as outside of everyone else's perception of me?" So that's when things woke up for me and I was like, actually, "I'm not masculine at all. I'm just myself"

Personally, I'm an agender person. I fluctuate between feminine, masculine. I'm not in one place ever. It's always changing.

Babette ([06:54](#)):

Totally.

Jaylind ([06:56](#)):

And I just allow myself to do that freely and it feels really good.

Babette ([07:01](#)):

Hell yeah. I'm so appreciative of you saying that and just bringing up these ideas of coloniality and also a White colonial gaze that wants to put us into these boxes.

Jaylind ([07:10](#)):

Yeah.

Babette ([07:11](#)):

You said, "There was a moment where I kind of turned inward and just kind of thought of myself outside of other people's gaze." Could you talk a little bit more maybe about that moment? How old you were and maybe kind of leading up to that moment? What brought you there and how did that happen for you?

Jaylind ([07:27](#)):

So I'd say I was about 23 or 24, and it was right before I came out publicly as non-binary. And I was dating a person at the time and they were explaining to me... They were coming out to me and asking me, "Hey, I have these new pronouns. Can you use them?" And when they were describing how they felt about their gender, I was just like, "I literally feel the same way." And I was thinking, I'm like, "Man, all my friends are trans too." And then I was like, wait, "I think I'm trans."

Babette ([08:09](#)):

Not the giggle.

Jaylind ([08:11](#)):

So I just had that kind of 'aha; moment, and I just started exploring what it was. And I remember thinking too, I was interested in taking testosterone, but there was a whole thing where it was almost kind of this unspoken rule. Only if you want to be a man, you take testosterone. And I was just like, but I don't want to be a man. I just want to have facial hair. And I don't know, a deeper voice, but I don't think that necessarily would make me a man. So I started talking to other people that either identified as women or people who didn't identify as trans men or male, anything like that, and people who were medically transitioning that also didn't identify as men. And I felt seen with them, especially when I would talk to them about how they went about it, and they said, "This just makes me feel comfortable."

([09:14](#)):

And I truly feel the same way. It just makes me feel comfortable. I really had to be secure with myself first and foremost, because if I wasn't, it would just make the process a lot more grueling.

Babette ([09:31](#)):

Totally.

Jaylind ([09:32](#)):

So it was that. It was when I decided to medically transition. I really had to unpack what that would mean for me. And I started thinking about how other people would see me, and I started thinking about how people have always seen me, their perception of me, but who I actually am as a person. So yeah, it was around when I was like 23, I really started just jumping into the abyss of my own identity.

Babette ([10:06](#)):

Totally.

Jaylind ([10:06](#)):

And I had the freedom to do that. So it was really freeing.

Babette ([10:12](#)):

It's so hard because I think it's just viewed as such a big deal. And I think it's the thing of you're going to become a man, you are going to take testosterone one day and you're going to have a 10-inch dick and facial hair the next day you're going to wake up and it's going to happen. I mean, I think testosterone is a very powerful hormone, but I just love what you describe. It just makes me feel comfortable, and it doesn't have to be this huge... I went to the doctor's office and I appreciate them informing me about everything, but it's like, "Do you want kids? Are you sure? You know, you might not be able to have kids." And I'm talking about microdosing T, and they're like, "Well, I don't know." And I'm like, trans men literally get pregnant all the time, also.

Jaylind ([10:53](#)):

All the time.

Babette ([10:53](#)):

All the time. So yeah, I think it is kind of viewed as this thing that's a huge leap. But I love what you're talking about. Did you get a lot of information about transitioning from the people around you? Is that where you think you got did your research?

Jaylind ([11:06](#)):

Yeah, lots of people that I trusted, people of color, and even my friends that were White and trans, they would even introduce me to their friends who were Black or other people of color that were medically transitioning as well but didn't identify as a man. So it was really awesome. I got really good support from friends, so it helped a lot. And I will say too, even taking testosterone, there were moments where I would just be stoned and I was looking at myself and I was projecting onto myself. I'm like, "I look like a

man. Holy shit." And I'm just backing away from the mirror and I'm like, "Should I not be taking this?" And then I'm like, "Whoa, whoa, whoa. There's no way to look like."

Babette ([11:55](#)):

Exactly.

Jaylind ([11:56](#)):

There's no way to be. You can only just be yourself and that be enough. So it was constant reminding myself too, and really just checking in with myself when I was not feeling secure. As you change people start keying you, and assuming that you're a man. I didn't like it. Because I was like, "I'm not a man."

Babette ([12:23](#)):

Totally.

Jaylind ([12:24](#)):

And I was just like, "Ew. Why would you think I'm a man?" You know, like having a full beard and a deep voice? And of course, in the public eye in the world outside, me and my partner say, "Of course they're going to view me as a man, but that doesn't take away who I am."

Babette ([12:50](#)):

Totally. And your relationship to yourself. Yeah.

Jaylind ([12:53](#)):

Yeah.

Babette ([12:54](#)):

And I mean, I want to even admit, I feel like I maybe even fell into that trap of approaching you about masculinity where it's like I wouldn't necessarily move with the same sureness with approaching a trans woman. But it's like my t-girl ex, she identifies more as a tomboy. So yeah, I don't know. I think even in queer spaces, we're all kind of still making these assumptions, and I feel like I'm always trying to push myself to break out of that.

Jaylind ([13:17](#)):

Yeah.

Babette ([13:18](#)):

So you were kind of talking about how when you were a kid and your family viewed you as a "tomboy", how is your family kind of held your transition and just coming into your identity? Have they been supportive? How has that been like for you?

Jaylind ([13:31](#)):

At first, when I told them it was funny. I just started taking testosterone, and then I told them once I got a date for my top surgery. And I was like, "So, mom, dad, I'm going to get my tits chopped off and I'm

taking testosterone, so I'm going to be looking different and sounding different." And they were just like my Christian Black parents, they were like, "Oh my God." They were definitely thrown off at first, but it felt so good to just tell them. I didn't even care how they reacted. I knew it was going to be some gut-wrenching news. And my mom, she's like, "Are you going to be able to have children?" I'm like, "I'll still be able to if I want to, but I don't." Exactly.

Babette ([14:28](#)):

Exactly.

Jaylind ([14:28](#)):

So just get that out of your head right now. And my dad was just sitting having one of those brain farts just trying to figure out what is going on. But I told them my pronouns and they were really terrible at it at first, and sometimes they're still bad with my pronouns, but they're getting a little bit better. But it's honestly really awesome to see that they still love me, even though it was a hard pill to swallow when I first told them. I see them trying and not letting their religion get in the middle of our relationship. It's not perfect by any means, but it could have gone terribly wrong. So I'm glad that it didn't.

Babette ([15:23](#)):

It's kind of like that because the bar is below the floor, so when anything is okay, it's like, "okay, thank God."

Jaylind ([15:32](#)):

That's exactly what it is. I was like, "Well, I live on my own. I do everything on my own already, so I don't actually need any support." I was like, "I'm just telling y'all because I don't want y'all to be looking at me crazy when I come home with a mustache and no tits."

Babette ([15:52](#)):

Right. I'm somehow convinced that I'm just going to gaslight girl boss. My parents just be like, "Oh, you have some facial hair." Like, "No, I don't. What are you talking about? I literally don't see.. I don't get it. I don't get what you're saying."

Jaylind ([16:06](#)):

That's awesome.

Babette ([16:07](#)):

So I love that you were able to have that.

Jaylind ([16:09](#)):

Yeah, it was good. It was one of the most proud moments of my life, just not being afraid to tell them. Because I was just so proud of myself and happy in myself. I was like, they could have any reaction, but I'm going to get my tits cut off and have a mustache in two years. I don't give a shit.

Babette ([16:29](#)):

Could you tell me about a recent gender euphoric moment you've had if you've had one?

Jaylind ([16:36](#)):

Oh, absolutely. Absolutely. I was working out at my gym and one of the guys that works out there that's big as hell, he just comes up to me and he's like, "Dude, you're killing it.: And I was just like, "Oh my God, thank you so much. You're so huge. That seriously means so much to me." But I went home and I was just flexing in the mirror and I was like, "I'm really doing this thing." You know?

Babette ([17:10](#)):

Hell yeah.

Jaylind ([17:12](#)):

And that happened a couple weeks ago. It was really awesome. I was super happy. And another moment I had, too, was I got this really pretty skirt from the thrift store. It's very long, a long skirt, and it's got florals all over it. And I was just wearing it in my yard, tending to my chickens and just twirling around. And I was like, this feels good. I was like, this is great.

Babette ([17:43](#)):

Hell yeah. You have chickens?

Jaylind ([17:45](#)):

I do. I have three.

Babette ([17:47](#)):

Oh my God, that's lovely. That's so sweet.

Jaylind ([17:49](#)):

A rooster and two hens.

Babette ([17:51](#)):

Oh my God, that's so fun. Kind of going back to your relationship to fitness, I think working out for cis people is overwhelming, and then with trans folks, you just have all of these other added layers of barriers, I think, to access and to information. How did you kind of just start collecting this information on fitness? How did you do that?

Jaylind ([18:13](#)):

I had a trainer, and it was before I started transitioning, and we were just doing trades. I tattooed her and she would train me, and it was awesome. It was really fun. So she showed me a lot, but it was really, whenever, I think it was 2020, I started taking nutrition to become a certified nutrition coach. I had the exercise part down, but I really wanted to know about food and how that helps with exercise. So once I learned about food, that's really when things started changing and I was learning how food is fueling my body. And I just stepped into a whole new world, and I was following other trans fitness people, and a

lot of Black trans fitness people as well that were talking about fitness in this decolonized way. Which was what I was interested in because I didn't want to look at it from the way things work.

[\(19:16\)](#):

Because, that never worked out for me, and it doesn't really work out for other people either. So once I started learning stuff, I was like, "Oh, I can help other people. I was like, this is great." I wish it was free. I wish it was stuff that we could just be able to learn freely. It sucks that you can't. And that's why I try to put as much stuff as I can out there without overextending myself. But that's how I did it. I just got my little certificate and started following all of these really cool trainers that were focusing on different ways to do fitness without it being such a hassle and without it being fatphobic and without depriving people of the foods that they like to eat. That's what I used to think it was about, because that's all I saw. And I was like, "Man, it kind of sucks." But whenever you learn it for yourself and you see how other people are doing things as well, it just inspired me to want to do more for the community.

Babette [\(20:28\)](#):

Yeah, it's so weird. It's like adulthood doesn't provide you with a manual for how to really be in your body. And it's all the things that we're doing are constantly getting us out of our body. And there's no manual that's like when you're working a nine to five, how do you still find ways to be with yourself and be in yourself and do things that feel good? And then I feel like when you're feeling bad, you turn to the evil, usually White-centered colonial messaging of like, "You just got to go to the gym all the time."

Jaylind [\(21:01\)](#):

I didn't sign up for that shit.

Babette [\(21:03\)](#):

I don't want to do this.

Jaylind [\(21:04\)](#):

I'm tired. I'm tired.

Babette [\(21:06\)](#):

Exactly. So in your working out and your fitness and nutrition, obviously you're not trying to achieve this White colonial standard of whatever it means to be fit. So what is it that kind of keeps you going or gets you, continues to make you feel excited?

Jaylind [\(21:24\)](#):

Honestly, listening to my body and what it needs for sure. That is really why I wanted to do it, because I just want it to feel good in my body and I want it to be in tune with my body and what it needs from me, and that changes all the time. So that's why I keep doing it because it's always changing. And working out really hard for six weeks, after a while, you get tired and it shows when you're in the gym and you're working out and you're not lifting as heavy and you're getting out of breath. And so I just listened to myself and I'm like, "I think I'm tired. I think I'm just going to take the week off and just go on walks, eat a bunch of food and just rest."

[\(22:13\)](#):

And it makes my body feel really good. So I think that's why I get into it because I just really want to feel in tune and I want to feel one with my body. So I feel like when I pay attention to it and when I look within and see what my body's needing from me, it really makes me feel good. And I'm just thankful that I pay attention to it and I'm like giving it what it wants.

Babette ([22:40](#)):

Yes.

Jaylind ([22:41](#)):

It's really sweet. It's very sweet. In the past, before getting into this kind of stuff, I worked a lot. I worked like five days a week, barely cooked, barely slept. I was drinking, partying all the time, and I was running away from working on myself. And so whenever I started looking within and whenever I started going to therapy and just getting all kinds of help, it just made me want to do more for myself. It was very addicting. I felt like I was really loving myself, so that's why I do it.

Babette ([23:21](#)):

That's beautiful. And I feel like that's so intertwined with transness as well, which is I feel like ultimately it's taking the moment and taking the moment of stillness to look within yourself and be like, "Okay, what do I actually really want?"

Ally ([23:35](#)):

I have a question for you. I love your relationship with your body or learning more about nutrition, and I was curious if you have any meditative or spiritual practices that you do?

Jaylind ([23:48](#)):

Yeah, I do practice Hoodoo, and it's really awesome because I feel like it's really helped with my journey being trans too. It's really helped me reconnect with my ancestors. So I usually sit with them sometimes in the morning and I just talk to them and I ask them for guidance and protection. And yoga too. I really like doing yoga and just stretching my body out.

([24:18](#)):

But usually in the mornings I just try to do this little check-in with myself and just see where I'm at emotionally and if it's something deep that needs to be tended to, I'm like, "Okay, well, we can work on this a little later in the day, or let's just decide right now that we're not going to let this determine where my day's going to go. Just because I feel grumpy. I'm not going to let it make my day crappy." You know what I'm saying? So that's usually what I do. I just check in with the ancestors, check in with myself and stretch and go about my business.

Ally ([24:59](#)):

That's so gentle. That feels very re-parenting to me.

Jaylind ([25:03](#)):

Yeah.

Ally ([25:04](#)):

Because I'm also on testosterone, but it feels like I'm going through another puberty and I really feel like I'm my own parent to a teenage version of myself.

Jaylind ([25:13](#)):

Yes, it does. It feels so weird that second wave. It's a really weird thing where you have to just kind of constantly remind yourself like, "Hey, you're doing good. Your body's just changing and emotions and hormones. It's all right." So I'm glad that you do that too, and you kind of re-parent yourself because that's exactly what it is.

Babette ([25:36](#)):

Absolutely.

Ally ([25:40](#)):

Definitely. Yeah. I think that's our hope also for the podcast is just to be another resource out there for trans or just anyone, queer people in general to be easy on themselves.

Jaylind ([25:51](#)):

Yes.

Babette ([25:57](#)):

Yes, yes.

Jaylind ([25:57](#)):

Absolutely.

Babette ([25:57](#)):

Okay, so something that I'm thinking about in both that conversation with Jay and then that conversation with Maya from last week is how with both of these interviews, I just assumed that these people, Maya and Jay, identified as either masc or fem. And we did those interviews in different weeks, so literally at the top of both of those, I was like, "Oh, yeah, surely you identify as femme or surely as a masc person." And I feel like both times they correct me with such grace, which I really, really appreciate.

Speaker 2 ([26:32](#)):

I don't identify as femme. I think that I have experienced Black girlhood on the line with Black girlhood, but I think if I were to think about my gender in my head, it just feels kind of like the cosmos. Just fully unknowable even to myself. Deep, deep expansiveness. I guess how I would or wish I could really speak to my gender outside of the Western colonial constraints and binaries would probably be just like, "I'm gender expansive."

([26:59](#)):

I can't really see myself as fully within the constraints of femme, masc, woman, man, and I don't really want to, because I think in so many ways, gender is inherently tied a lot to Western European colonialism, White supremacy upholding and White-meeting standards of womanhood or manhood that I don't want to and I don't feel beholden to.

Babette ([27:25](#)):

I feel like in the queer community, there's this tendency like femme and masc can be these labels that feel very comforting to people. It's a type of femininity, it's like a queer femininity. And I know sometimes femme has felt very comforting to me as a label and identity, but I think we've gone from a place to being like, "Oh, great. This is comforting for me," and just putting it on other people and just assuming. And I think what I really appreciate about both Jay and Maya are how they kind of just refuse to fit within that binary. Even though it's a fun queer-binary, it's still just a new binary that we've kind of imposed on ourselves I feel like.

Ally ([28:04](#)):

Totally. I mean, even Jay was saying, "I take testosterone. I've gotten top surgery. These don't make me masc." And I do feel myself doing a lot of extra work for queer people that I talk to where I'm still offering... Same what you just said. I think I'm offering up a new fun queer-binary, and it's like, "That doesn't exist. What are you talking about? Do you hear yourself?" Yeah. Yeah.

Babette ([28:31](#)):

It's like you're offering up a gift they didn't ask for. ,

Ally ([28:34](#)):

You are, you're overworking, you're working way too hard. I feel like I don't approach queerness with enough curiosity. Sometimes I am just kind of like, "I understand myself and I understand you." And maybe because as a person, I get asked so many questions, so I almost want to make it like, "We're all on the same page, right?" So many assumptions, and it's like, "No, I'm not going to register as a person being they/them is plural. I'm just going to register as another queerious, queer person." Queerious?

Babette ([29:06](#)):

Right. Queerious. A queerious person.

Ally ([29:10](#)):

I'm simply queerious.

Babette ([29:12](#)):

We all need to get a little more queerious these days. No, I think that's totally right, and I think what I'm walking away from this interview is I feel like when people who are marginalized find comfort in communities, there's a way that you can reinforce certain harms, if that makes sense. It's like, "Okay, everybody and their mother is queer." I feel like there's just so much more comfort being queer than there was 30 years ago. But I think the work is to keep questioning and to not get... I mean, I don't want to say not get too comfortable. Because obviously we all deserve to be comfortable and happy, but I

think there's still this questioning that kind of needs to happen of our own understanding of these things.

Ally ([29:53](#)):

Less ladies' nights.

Babette ([29:58](#)):

Or less... I mean, I feel like I had to do a lot of work to unlearn women and femmes because the intention is there. You just mean feminine-presenting people. But I feel like as an umbrella, it just doesn't make sense because there are tons of gender-variant people who are also impacted by citizens of power that aren't women and femmes.

Ally ([30:20](#)):

And femmes. It's like, I would not feel comfortable there. I'd be like, "Okay, so not for me. Yeah." You know what? This is almost making me think of Maslow Hierarchy of Needs. I'm going to do a comedy showcase over the summer. That's the Women of Boom Chicago, which is this old theater I used to perform at. And I messaged them. It was just like, "Oh, yeah, this is kind of crazy. I don't ID as a woman." They're like, "Oh, we're so sorry. How should we change the language?" And I'm like, sometimes you're starting from such a insane place in the rungs of queer literacy.

([30:56](#)):

I guess that it's just kind of any bump up. I'm like, I am actually really thankful for women and femmes, or women and non-binary people, GNC people.

Babette ([31:04](#)):

Totally.

Ally ([31:05](#)):

But then I'm like, even more so I love talking to these futuristic minds like Maya and Jay, where it's like, "Oh, thank God there's still room to go up from here. There's more freedom to be had."

([31:25](#)):

Gender Spiral is an original podcast from Audiation. This episode was mixed by Matt Noble. Music is composed by Chanel Critchlow. Art is by Joey Hahn, with Graphics by Honey Hodges. The executive producers are Ireland Mitcham, myself, Ally Beardsley, my co-host, Babette Thomas, who's also our story editor, and Sandy Smolins.

Babette ([31:45](#)):

Huge thank you to our guest, Jaylind Hamilton. You'll find a link to check-out their work online in the show notes. And if you like the show, please head over to patreon.com/genderspiralpodcast to support us and get access to fun stuff like our Discord server, bonus content, and complimentary merch. You might even find Ally's, personal only fans.

Ally ([32:07](#)):



It's just pictures of my dog's paws. Everybody calm down. You can also check us out at genderspiralpod.com where you can find a link to leave us a voicemail and ask us questions. Tell us who you want to hear from and what you want to hear about. And follow us on Instagram. It's @GenderSpiral. Subscribe wherever you get your podcast and stay tuned. We're releasing a brand new episode every single week this summer.