

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

Sophie CK ([00:25](#)):

I'm Sophie and this is she's all fat, the podcast for fat positivity, radical self-love and chill vibes only. In this episode, we're talking with Sophie Williams, AKA officialmillennialblack on Insta about her upcoming book, not centering whiteness and the love triangle between fatphobia, racism, and misogyny. But first it's time for our SAF book club. Every week, this season we'll be reading a chapter of Fearing the Black Body, the Racial Origins of Fatphobia by Sabrina Strings as a team. And we want the fatmily to do the same. Check the show notes for independent Black owned bookstores to find your own copy. Folks in the Patreon Facebook group are talking about how the social idea of beauty was largely constructed by the patriarchy. Even back in the Renaissance. Someone also mentioned the idea of the "medium woman", and how Dr. Strings notes that women were thought to be beautiful if they were "not too fat or thin". Sound familiar to now, huh? Okay. Here's some exercises from me and the SAF team. I wrote mine in the show notes so that I could use this time to also encourage everybody to read the introduction chapter. If you haven't already, there's tons of important knowledge in there that'll help you frame the rest of the book. Lynn wants you to take a further look into the types of Renaissance paintings that Dr. Strings analyzes in the first chapter. That's linked in the show notes, along with some questions. Then take out a paper and draw yourself. Think about what you focus on and why Yeli wants you to journal about how art and storytelling play a role in perpetuating anti-black racism in the second chapter. How has this changed from then til now? How has it remained the same? In what ways are we complicit? After you've done all that, or if you have a different reflection to the first couple chapters, please let us know. You can DM us. You can tweet at us. You can email us. You can go in the Patreon Facebook group. You can join the Patreon to be in the Patreon Facebook group. You can call and leave us a message on our Google Voice answering machine. We want to hear from you and have this book club together. So thanks for participating guys.

Sophie CK ([02:33](#)):

A quick note on this episode, we don't really delve into it in the interview, but on Sophie Williams' Insta and in her book, she uses the spelling of women with an X. There are a lot of different feelings about the spelling in the queer and trans community. Some people use the spelling to stand for a radically inclusive definition of women. For example, including people who don't always identify as women or who societal structures fail to include as women. At the same time, some people believe that a different spelling is transphobic since you're potentially creating this new category of women, when really trans women are women. And that's that. It's a complicated in-community conversation. So bear with us, but rest assured that number one, we have resources in the show notes for you to learn more about this and two, both we and millennial black know that trans women are women and that feminism and queer activism don't exist without trans people and the trans community. Also, I'd like to note that the words obesity and overweight are used in this interview when referring to the medicalization of fat bodies. Okay. Thanks for listening. Let's start centering some radical voices.

Sophie CK ([03:46](#)):

All right, here we are. I'm here with Sophie Williams, another Sophie to talk about her upcoming book, millennial black, which on Instagram is called an manifesto and a toolkit for Black working women. It's spelled with an X. Um, Sophie, can you say hi and tell us about who you are.

Sophie Williams ([04:04](#)):

Hi. Yeah. So thank you so much for having me. Um I'm really excited. Um, so I'm Sophie like you, um, good thing comes in twos. Like Duran Duran.

Sophie CK ([04:14](#)):

Yes.

Sophie Williams ([04:16](#)):

Like you said, I'm the author of upcoming book, millennial black, which is being released in April of 2021. The thing that's probably most interesting about me at the moment is the fact that I've got this Instagram account that's gone out of control.

Sophie CK ([04:29](#)):

literally a couple of weeks ago, Lynn was like, look at this cool person who follows us. And I was like, Oh, she seems cool. And then Lynn was like, we booked her on the show and I looked at your account and I was like, Holy moly, all of a sudden she gained 150,000 followers. It's crazy.

Sophie Williams ([04:43](#)):

Yeah. It was absolutely insane. So I think maybe three weeks ago, maybe I had under 1000 followers and then the sort of terrible, tragic galvanizing murder of, um, George Floyd happened. And the next day I put up a post about allyship because I felt like, you know, nonwhite people had always been there doing the work. And I thought so many white people were saying, I want to have these conversations. I want to do this, but I'm scared of getting get wrong. So I just put up a post about allyship and what that looks like and what that means and what that doesn't. And then I don't know what happened, but yeah, three, maybe three weeks later I've got 150,000 followers.

Sophie CK ([05:26](#)):

I mean, clearly you're writing slash point of view, like, connected with a lot of people who were like, help me and like want to share your stuff and like, yeah, we'll get, we'll get into all of that, um, in the meat of it. But so can you talk a little bit about like, so you had the book before, so you're, just your point of view in your book and your connection to fat justice or fat liberation.

Sophie Williams ([05:50](#)):

So yeah, the book is a manifesto and a toolkit for Black working women, as you say, women's spelled with an X throughout. And it's just because I had had quite a long career in advertising and worked in various sort of positions and worked in various agencies. And I eventually sort of made my way to be chief operating officer. And I found that even though I was in that C level position, people would just not taking me seriously. They would expect me to make coffee. They would, you know, I invited someone up for an interview. I went to get the glass of water, handed it to them and they were like, okay, great. I'll just wait here until the people arrive. And I was like, no, I'm the people.

Sophie CK ([06:29](#)):

You're like, I'm the people, I'm the people. Oh my God.

Sophie Williams ([06:33](#)):

Absolutely, so I sort of looked around, realized there was nothing really aimed at Black women. That that's something that I really wanted to write because I understand or hope I understand that I'm coming to understand more how our intersectional identities really play into our experiences and our workplace experiences. And so I guess the way that intersects with fat justice is, well, one I'm a fat person. And so when I've been doing these roles, I've been a fat Black woman. So sort of, yeah. So my intersections have worked in that way as well.

Sophie CK ([07:04](#)):

Do you talk about fatness in the book too?

Sophie Williams ([07:06](#)):

I will be honest, at the moment. I talk a lot about intersectionality and I talk a lot about how the different facets of us change the world's perception of us, but I don't think I explicitly called out fatness anywhere. And when you sent over your interview questions, I was like, okay, that's actually a really important area that I've over missed explicitly talking about.

Sophie CK ([07:30](#)):

I mean, fat justice is like the lens of this show. And so in my mind it can be applied to like everything pretty much. You know what I mean?

Sophie Williams ([07:40](#)):

No absolutely. I do think that fatness and non-whiteness are actually really, really deeply interlinked areas. So in the UK, for example, whilst 62% of all UK adults are likely to be classified, according to the BMI, which we all know is a nightmarish made up system anyways, but they're likely to be, to fall into the category that is classed in that way as obese or overweight. Um, but actually 73% of Black people are likely to fall into that category in America. Black Americans are 51% more likely to fall into that group as well. And so I don't think there's any coincidence this system that was made to idealize and measure white populations then penalizes Black people in this way. And so I do think that race and fatness are really essentially interlinked.

Sophie CK ([08:36](#)):

Yes.

Sophie Williams ([08:36](#)):

So, I mean, I guess those sort of origins of fatphobia are again, linked to race. So we can look at people who were taken from the countries where they lived and they were brought over to be exhibited in freak shows because of their Blackness and their fatness and the way that they work together. Like it's a, it's a story as old as time, I think,

Sophie CK ([08:56](#)):

yes, it's all connected for sure. You know, this is the real shit it's like, this is what we're working on. This is what we're working on dismantling. And, um, that's why we work to create like a cozy feeling space on here. So we can be tackling the hard topics and be taking care of each other at the same time. So to end our introduction before we get really into the meat of it, I want to know what one thing you've been doing to take care of yourself has been during quarantine while, while we're all cooped up.

Sophie Williams ([09:28](#)):

So you might've heard me take a big deep breath then, because I knew what you were going to ask. And I know that I don't have a very good answer for it. I was thinking about it and to begin with, I was like nothing. I was just like, you know, I've been doing all this work and it's been really hard and like all of this. Um, and then I thought of two things that I can say. And the first thing is, you know, there's little, like semi-circular patches. You can put underneath your eyes.

Sophie CK ([09:55](#)):

Yes. Love those.

Sophie Williams ([09:57](#)):

Okay. Well, I didn't know about those until like two weeks ago. So them, those are great because I have not been sleeping well. And so, um, those mean that I can pop on video calls and do whatever I need to do without sort of showing what a mess I am.

Sophie CK ([10:12](#)):

I love those, but I feel like, I feel like face masks always fall off my face in some way, unless I'm like lying down in particular, those eye things, they like start up here and then they slowly end up like on my jowls sort of they're, they're very soothing, but I have to kind of watch TV, like with my head tilted back with them on.

Sophie Williams ([10:35](#)):

I can see Sophie at the moment, she's doing a very fetching impression of her head being back. So yeah, I also can't make sheet masks stay on my face. It's not where they want to be. Um, and so a few years ago I was on a train and then we were doing an overnight train and I put one on, which I wouldn't normally do. And my partner woke up in the train and, and he was like, what have you done? And it turned out that he thought I'd covered my face in ham. Um, so yeah, sheet masks, not the one under my masks. That's what I've been doing.

Sophie CK ([11:06](#)):

That's so funny. What have you been doing to help your brain rest? Or what are you going to do to help your brain rest now that we've brought it to your attention?

Sophie Williams ([11:17](#)):

So I guess that leads me quite nicely to the second thing that I wanted to say. Um, and that is, I have really been relying on what I call my Lady Gang. And so my lady gang is, um, I guess a bit of a riff on Ann and Amina from call your girlfriend's Shine theory. It's just the people who absolutely have my back. And I have theirs and the people who like say nice things about me behind my back. And so they've been amazing.

Sophie CK ([11:47](#)):

That's awesome. Yes, friend support is very important. Shout out to your friends, shout out to your lady gang. That's awesome.

Sophie CK ([11:54](#)):

All right. Let's get into the meat of it.

Sophie CK ([12:06](#)):

All right. So can we go back to your book?

Sophie Williams ([12:08](#)):

So first, I sort of figured out what I needed, essentially, because I, as I say, had a career in advertising, I was sort of an a C suite level. I didn't really see this for myself, but then I realized that I needed something that didn't exist because so many books that are intended for women in their careers. When you sort of dig into it, they're intended for white women in their careers, um, and white women, I guess who aren't in any other marginalized groups. And one thing that really struck me actually was I was selling this book about Blackness and woman-ness. And whilst I think everyone who came from publishers to meet me was a woman there wasn't, there was one, there was one nonwhite person in all of the people I was meeting. And that was like, that was a lot of people. I was really shocked by that, which I guess I shouldn't have been being the person writing this book about, you know, diversifying for workplace.

Sophie CK ([13:04](#)):

What were the challenges that you found from pitching a book that maybe, as you said, the people coming to meet you didn't personally relate to?

Sophie Williams ([13:14](#)):

I guess one of the problems was that it didn't happen so much in meetings, but it happened to people who declined meetings. The message that I was given a lot is this market is saturated. So there's a book in the UK called Slay In Your Lane, which is not explicitly about business, but it's by two Black women talking about sort of Blackness in healthcare, in education, in work, in relationships, in dating, sort of all of these things. And it had been wildly successful. It's a great book, but because that exists, that one book, I was told time and time again, this is a saturated market.

Sophie CK ([13:51](#)):

because there's only one kind of book written by a Black woman, probably.

Sophie Williams ([13:55](#)):

Because there is a book for Black women by Black women.

Sophie CK ([13:58](#)):

That's so annoying.

Sophie Williams ([14:00](#)):

It's wild. And I think it's because of the makeup of, of publishing in general, it's a largely white, largely middle class space. And so it's the same as when you hire one non white person, you're like, okay, great job done. It's like, we've got one of those books, job done.

Sophie CK ([14:19](#)):

Yes. Yes. Ugh, it's so racist. That's not cool. I'm glad that you finally got through, because if there can be a million of every other kind of freaking book for white people, there can be two books for Black millennial, Black women like, hello. I have a question for you, which is so obviously people are not a monolith. Can you talk to me about using the term nonwhite? I've read, done some reading from some people who say that, like talking about non white people, still centers white people, using the term nonwhite. Can you tell me about why you like it and what you use it for?

Sophie Williams ([14:56](#)):

I don't know if I do like it, to be honest, because they're entirely right. So in the UK we say BAME, which is Black, Asian, minority ethnic. So I guess it's your version of people of color or BIPOC? I don't like it. It definitely makes two groups, white people, and everyone else. That there are times when I need to talk about the experience of whiteness compared to the experience of everything other than that, because whiteness is such an overpowering state. There are times when I do want to say, this is what I've perceived about the white experience. And this is what I've perceived about the experiences of every other group who were aside from that. But that's also because I don't think that all of our experiences are say, all, the same. I don't think that all of our expectations are the same. I don't think the way that society treats us all are the same. That's why for my book, for example, I'm looking at explicitly at Blackness and explicitly at womanness. And I am a very light skinned, mixed race woman with blue eyes. And so I sort of acknowledged my proximity to whiteness, the advantage that that has. And so I say, in my introduction, you are a Black woman if you identify with Blackness and womanness, like I'm not there to sort of judge who is Black and who is woman, I'm very happy, it has to be a self identity thing. So I do try and separate those groups out where possible, but also Black women are an entirely under researched group.

Sophie CK ([16:33](#)):

Yes. Talk more about that.

Sophie Williams ([16:36](#)):

It's a little bit better than America. So in the book, I have to rely on some very American heavy stats because there's a larger Black population. And so Black women are researched more because there's a larger overall population in America than there is in the UK, which is a much smaller group of countries. And so when research is done about women, when you look at sort of the data that's gone into that, you can see that it's largely white women and white cisgender women. When you look at the research that's done on Black people, again, if you dig into that, you can see that that's largely Black men. And so, you know, all of the Black people are men. All of the women are white, Black women fall into sort of that intersectional invisibility gap in between those. And so sometimes it's necessary to talk about BAME people here because we don't have those datasets that tell us what the Black female experiences until we have to rely on sort of broader sets.

Sophie CK ([17:44](#)):

So your book is focused towards a Black audience. Obviously anyone can read it, but it's like focused towards helping millennial Black women. Your Instagram has done a lot of allyship stuff. So can you tell me why you felt called to post those things on Instagram or like what that pivot in audience has felt like for you?

Sophie Williams ([18:06](#)):

It was an accident. So just two things. First, the book is called millennial Black, but it's really does not put the emphasis for change onto the shoulders of Black women. White people have to read it, white people in positions of power and leadership have to have to read it because Black women are normally under promoted within businesses, which means that they're not in positions of power, so they can't make changes. And so there is that white audience there that has to be there if we're going to make change. And I think that is sort of the framing of why I wanted to talk about allyship, because I didn't want to say to Black people in the book or on my Instagram, here's what you've got to do, because they know they've been doing it like we are, it's so tiring. And, and we already know we've already been doing it. And so I wanted to say to a group that, I'm not saying no one's engaged, so many people are engaged, but so many people are not. And I wanted to say, we, we have to work together on this, but it is not always easy. So I need to figure out how I can best talk to this audience, which isn't the audience I've traditionally spoken to. I need to figure out how I can say something that- I made a post on allyship fatigue, which I had to take down because I got so much feedback from Black people saying this is offensive. Not because I was saying anything that was offensive, but because the title allyship fatigue, suggested to people that they could be tired. And that meant that they could stop. And people, I was getting feedback from people saying, they've, you know, these newly activated people who've been working on this for two weeks, we've be working on this for generations. And I was saying, you know, I was not taking my own advice. I was being sort of defensive and being like, no, but that's not what I meant and la-da. And that's, I just had to be like, okay, that is what people are taking from it. That is offending the audience that I am saying I want to amplify. I'm just going to have to take this down. And it's, it's a constant balance between finding ways to engage and keep activated this new group that I feel a real responsibility to bring along for the journey without alienating the people whose voices have to be heard.

Sophie CK ([20:40](#)):

Dang, that sounds hard.

Sophie Williams ([20:42](#)):

Too many white people are interested. It's not fair. Like I'm into problem.

Sophie CK ([20:48](#)):

No. I mean, it's true, but I have been thinking a lot. Um, and having conversations with my white friends about like, I just, I just feel like a lot of my friends who are white or people I know who are white are kind of just like freaking the fuck out right now. Like people who are trying to be helpful are, you know what I mean? Like I think that a lot of white people are finally waking up, but, but then a lot of white people's like inclination is to do something instead of to like, listen, do you know what? Amen.

Sophie Williams ([21:24](#)):

I don't think that's just white people. I think, you know, I have slides that are like just listen, but it's all of our inclination I think to be like, I can help you look at me helping you now.

Sophie CK ([21:34](#)):

Yeah. And I'm like, okay, like, listen, you also just learned about like, you know, prison abolition, like four weeks ago. Like let's not scream at each other white people. Let's just like, listen about this for a little bit. But I do think that, um, people, a lot of white people are very looking for the quote unquote right

way to do things right now. And it's like, there isn't a right way to do things. You just have to listen and try, like period.

Sophie Williams ([22:00](#)):

Yeah. I tried to be really careful in my messaging. Cause I, I say you will make mistakes. You will say something that you think is right. And you will be told it's wrong. Like me with that allyship post, I was trying to do something good. That doesn't matter. Like if it offends the people who are trying to help, you got to listen to them. And I would rather have not had to learn that lesson in public, but you know, we're there,

Sophie CK ([22:27](#)):

I've done that. I mean, I've done that millions of times so much. We tell people all the time, call in and tell me what I said wrong. Just cause like, what are, what else are you going to do? You know, you're going to act like you're perfect? No.

Sophie Williams ([22:39](#)):

I'd like to be like, I am sort of in like my mental image of myself, I'm doing really well, but.

Sophie CK ([22:47](#)):

You could be doing really well without being perfect. I mean, it's like impossible to be perfect about this stuff because I mean, especially as a white person, I don't want to talk for anyone else, but like we, we cost this and we're not, we haven't done great at uncausing it. So like, we're not going to do great at it right now. You know? I'm like, it's okay to mess up. That's why I'm like, I hope that, I'm excited about the current moment in terms of, I hope that like radicalizes a lot more people. Um, and I hope it also gives people like white, again, white people. I keep having to remind myself to say explicitly white people. Like I hope a lot of white people do things like read your book, read your posts. I think there's a growing, hopefully understanding that taking down white supremacy means not just being like, this is our table and we're inviting other people to it. It means like getting rid of the table and starting over, you know what I mean?

Sophie Williams ([23:48](#)):

Yeah. That's a really nice way of thinking about it. And actually, I don't know if you know, Candice Braithwaite, she's a UK Black influencer. Her book has just come out called, I'm Not Your Baby Mother. And she uses that exact analogy. So she's a really successful just UK sort of diversity influencer talking about motherhood, talking about sort of various racial issues. And she talks about when she arrived on the scene, the feeling of there being, um, a table for one group of people that was sort of overflowing and there were gaps between them and then the table for another group of people where she was sitting, where everyone was sort of huddled around, sharing the KFC family bucket. And yeah, just again, having sort of the audacity to take herself up from that table and go over to the other table and say, there's space here and I'm sitting with you. Um, so I guess what we need to do to further your analogy is not to say, yes, you can sit at our table, but to say, actually, this is all of our table.

Sophie CK ([24:47](#)):

It's not, yeah, it's not our table. It's not our table anymore. Like we've got to get over that, you know, I think, and it's like, once it, once you realize it's not your table, then you really you're like, Oh, I'm not responsible for making a better system. I'm responsible for taking this one down and listening to other



people. You know what I mean? Like when I've been doing work to try to look at my own sense of whiteness and my own sense of white privilege stuff, um, it has been like surprising to me how much like unconscious centering of whiteness I have,

Sophie Williams ([25:22](#)):

but that's something that I've also been accused of too. And I've had to sort of think about in myself because I am a Black woman and I have always grown up in very white environments and it's, you know, I got a lot of feedback that was like, you're coddling people. You're sort of, you're creating this sort of way of speaking where you're sort of uplifting them and centering people. And I had to sit with that and think about that and think, am I doing that? And I had to think, yeah, I think I am. I think I am so used to trying to make people who seem important, comfortable that I've sort of adjusted the ways that I sort of behave and communicate to say, oh, well, you're having a hard time. Let me help you with that. Instead of saying why you're having a hard time, this is, come on. I think it's just an ongoing process for a lot of people.

Sophie CK ([26:22](#)):

Okay. I want to bring in fatness again and talk about just like what we touched on before. I want to know about like, in this moment, what, what or how you think fatness and your stuff relate, and how you to include fatness in it.

Sophie Williams ([26:44](#)):

Probably the main way that I'm thinking about fatness and Blackness at the moment is in response to sort of what we're seeing with COVID and the way that that reflects what we see from the way that groups are treated in sort of medical institutions as a whole. And that I think the crossover that is just without a lot of respect. So not only are Black people more likely to be fat people, we know that those things are both not listened to as easily by medical professionals. We know that they're not treated as effectively. We know that, you know, we can go to doctors and be told that the problem is our fatness, the problem, isn't the things that are actually affecting us. The problem isn't the things that we are complaining about or reporting, as soon as we lose weight, things will better. And I think that that really connects both groups in our experiences.

Sophie CK ([27:44](#)):

I was thinking about this yesterday because I, so I, like I said, when we were first chatting, I have a bunch of chronic illnesses and they, a bunch of them have been worse recently. And I've been trying to get into doctors to see people, to figure out what's going on with me. Um, and I have, that's always a complicated thing for any, any fat person, because we're all used to having been dismissed or told that w- we just need to lose weight or whatever. Right. But I was thinking about, okay, so I have to like content warning. I'm going to talk about a specific medical procedure, but, uh, I have to go in and get a cystoscopy, which is where they like, look up your urethra, like with a scope, because something might be wrong with my bladder. And I am very, I'm like nervous about it because of how many times I've gone in for a procedure and been told it won't hurt. And then it's like really hurt. And I was thinking about that. And then I was reading about the stats about doctors in the US have been shown to perceive Black people as sensing less pain. And I was like, that's, it's so wild that like, even, I mean, first of all, I am a woman and I'm fat. Those are like my, my two biggest axes of oppression. Right. But I'm also white. I'm cis, I present as straight cause I have a male partner, although I'm not straight. And I have, and I'm rich. So I can go to different doctors if I need to. And I still, I still struggle, struggle to get good medical care.

Sophie Williams ([29:25](#)):

I take my white partner to the doctor with me when I go, cause I have endometriosis and I had 15, 20, I don't know, I'm 32 now. So whatever that math works out at, uh, years of people telling me to take a paracetamol, just to like absolutely just like, as we were saying before, the more intersections of disadvantage that you have, the less you are listened to, the less you are paid, the less you are respected, the less far your voice can travel. The less good medical care, a really basic right.

Sophie CK ([30:01](#)):

I want to share again, in the show notes that, um, one of your posts that you sent over to us about how Black people in the UK are disproportionately being affected by COVID, which is also true here. Um, but just that chart you sent over was very like very visually effective.

Sophie Williams ([30:21](#)):

Yeah. It's insane. And so just to sort of recap on what that says, it's just, and again, it's using BAME because that is the sort of data that's available to us. 14% of the UK population are BAME. So one, 4% of the UK population, but 44, 44% of NHS medical staff are BAME and 70% of NHS frontline workers who have died of COVID are BAME. Wow. It's huge 14% of population, but 70% of NHS deaths that is that's unreconcilable.

Sophie CK ([30:56](#)):

What else does that say to you? Like, is there, do you have more reasons for that besides just like racism and health care?

Sophie Williams ([31:04](#)):

I think a couple of days ago, my answer would have been different. I'd have said, yes, it's about sort of occupational segregation. It's about the pay gap. It's about the ways that people are able to take care of themselves. But just earlier this month, because this gap is so pronounced, the government had to put out a report about it and they put out a report that said that BAME Britains, which is a term I've never heard before, which is not like African Americans. We don't, we don't use that term. Um, we're twice as likely to die from COVID if they caught it than white people. But when it came out, there was like a chunk missing. And it's since to be reported that that was actually censored to remove information about the impact of structural medical racism. And so before I might have said, no, I'm sure there's loads of reasons, but now knowing that that was deliberately censored before it reached sort of public release, I think it's, um, I think it's safe to say that medical racism plays a big part.

Sophie CK ([32:05](#)):

Wow. Can you send that to us? We'll put it in the show notes, but I wonder if there's anything else I can do to be protecting besides like working on structural racism stuff. I wonder what else I can be doing to be protecting my Black friends and fat, Black fat friends. When they have to go to the doctor.

Sophie Williams ([32:22](#)):

To me, something that's really important is about asking people how they want to be helped and helping them in that way. Because I think that is such a natural urge to be like, I can help. And I've got all of these ideas, but I think these people have been living these identities their whole lives and they know, maybe they don't, but we need to give them a chance to say, actually, this is what I really want. I really

wish someone would do this. I really need this from someone and not to say, Oh yeah, but that's easy. Or that's nothing. We can do something else, but to say, okay, great. I'll do that for you tomorrow. I'll do that for you in half an hour, you know, whatever,

Sophie CK ([33:02](#)):

what has been helpful for you? Like what have your friends done that has been helpful for you?

Sophie Williams ([33:06](#)):

Um, so they've stepped in to do like physical, like talent tasks. So like people have helped me design things when I need to, to do that super quick print deadline. Um, my partner QC's all of my posts before they go out. And there, they still have typos in them, so not, not acceptable work. Um, but like they just message me and they say like, have you brushed your teeth yet? Or they say like, you know, it's just how much water have you drank? Just reminding me that I am still a person. And I still have to do person stuff. That's been sort of the most helpful stuff at the moment.

Sophie CK ([33:48](#)):

That's nice. And yeah, I mean, we should be doing that too. Everyone should be doing that to your friends. What are your top three posts that you want our audience, our family to look at on your page? Or just top one, whatever you want to share.

Sophie Williams ([34:14](#)):

I think the first post that I made that sort of was about this topic is sort of a really good introduction to it, which is about just being an anti-racist ally and explaining the difference between being not racist and being anti-racist. I guess the next one would be about keeping up the momentum because I feel like it's really easy to do it when there's a bubble around it, but when it becomes hard, long work it's less easy. And then I think the last one would be, um, for Black women who are exhausted. Um, and that is something that just speaks directly to Black women about the sort of deep body emotional tiredness that we're experiencing. I think, again, not to make us a monolith, but I think, I think it is somewhat a shared experience at this point. Um, I think it's useful for other people to understand that and as, and to understand what it's like to not be new to this fight.

Sophie CK ([35:18](#)):

Okay. We're going to share those this week and then also in the show notes, and then the week this comes out, we'll reach out to you for a couple more posts cause you'll have written more by then. Cause it's going to be, because time marches on.

Sophie Williams ([35:31](#)):

time stops for no woman,

Sophie CK ([35:33](#)):

it continues. It has. I have, I do have to say that time the last several months has felt fake as shit. Does not- right?

Sophie Williams ([35:42](#)):

Absolutely.

Sophie CK ([35:42](#)):

Like things have not felt normal in terms of time.

Sophie Williams ([35:46](#)):

I've got a friend who insists and has insisted for years and she's not wrong, that time is a scam and a construct.

Sophie CK ([35:54](#)):

It's a scam. Okay. I want to finish up by talking about your piece that I really liked, How to Cope If You're a Black Woman and Feeling Exhausted, I want to go through a couple of those tips. I really liked this piece that you wrote. And I was wondering if we could go through a couple of them. Um, okay. So this piece we're linking to it in the show notes, it's a lovely piece on Cosmo. And I also noticed that you had the fee for it donated to the Trevor project, which I loved that you did. I mean, I found this piece like lovely and soothing and I'm not, it, it's not for me, but I just thought it was like a really nice piece. So can you talk about some of these things that you think that it's important for like Black women with an X and Black women plus and Black people to be doing right now?

Sophie Williams ([36:48](#)):

Yes. So I realized that we were spending a lot of time looking at Black pain, and I was spending a lot of time because that's sort of the way that my Instagram had developed talking to white people about things that they could do. And I really wanted to make sure that I was talking to Black women because all of the interactions I was having with people with them saying how, with us saying, how tired and overwhelmed we were and people, you know, people would, will come to me still. And they will say, what does allyship mean? Whereas it's so much quicker to type that exact thing into Google and read the first thing. So I really wanted to say like, it's okay to set boundaries. It's okay to say, I am actually not your emotional support friend. I'm not here to make you feel better. And then to take some time for yourself to just do things that make you feel human. So that's like looking at beautiful things. There's like, was it hashtag Black joy, hashtag carefree Black girls? Like all of these things are really great rich seams of people just being happy. And that is something that I think has been missing from this conversation because it's really hard. And it's really unpleasant to be sort of constantly bombarded with images of bodies that look like you, or look like people that you love dying. And I understand that other people love people who are Black as well. Like the day after George Floyd's death was reported. I just spent the day with a big chunk of the day hugging a cushion in the toilet, just crying. And because I was just seeing it so much and it was so hard. And so yeah, the focus of this piece is this work is real. And if people who are saying they want to be allies are stepping up now, take a moment to relax, take a moment to do something else. Like I, when the pieces came out, was sleeping for genuinely like three or four hours a night, I was trying to respond to every single thing, I was trying to do. Like if I can do one thing that keeps one person engaged, then that's worth it. And I was just so tired. So it's just about saying to people, to Black women in particular, I know you're tired. Resting is fine. There will be another fight tomorrow and you have to take care of yourself. If you can be there for that.

Sophie CK ([39:22](#)):

I love that. Okay. Let's talk about how we can have the fatmily support you. And then we're going to go and record our Patreon sleepover questions. So I hope people are listening to the Patreon so that they can hear that, but let us know, tell people how to follow you. They just follow you. Well, it's linked to

everywhere all over this episode, but they'll follow you on Instagram and how we can preorder your book if we don't live in the UK.

Sophie Williams ([39:48](#)):

So you can follow me on My Instagram. I don't have Twitter. I should have got it, but it didn't. So that's where we are. And that is on @officialmillennialblack, um, which is the name of my book, which is coming out in April of next year. As I was saying before, because the book is so far out in advance I haven't currently sort of signed with a U S publisher, that is in the works. So as soon as I have an update on who we decide to go with, um, I wish I had a preorder link there, and, um, anyone who's not in America or Canada, there is a link to preorder in my link tree on my Instagram.

Sophie CK ([40:30](#)):

Great. And we'll put that in the show notes as well, for sure. Okay. Other Sophie, thank you so much for coming on the show and talking to me and talking to our audience and being such a lovely presence.

Sophie Williams ([40:46](#)):

For having me, like I said, when you reached out, I was over the moon, so yeah, it's been great. Thank you so much.

Sophie CK ([40:52](#)):

Yay. Okay. Let's go on over to Patreon. Bye.

Sophie Williams ([40:59](#)):

Bye!

Sophie CK ([40:59](#)):

And that's our show! This week your call to action is a short reading from Wear Your Voice Magazine. It's titled What to Black Lives is the 4th of July. And it was written Antwan Herron in 2016. It starts with a quote from Frederick Douglass who originally asked a version of this question. Douglass said, "this 4th of July is yours. Not mine. You may rejoice. I must warn to drag a man in fetters into the grand illuminated temple of Liberty and call upon him to join you in joyous anthems is inhuman mockery and sacrilegious irony." Read, reflect, and share this piece over the weekend, the fourth. Remember that when we call July 4th Independence Day, who that independence included.

Sophie CK ([42:05](#)):

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Our thin cronie forever is Maria Wurttele. I am our host and co-producer our Facebook, Instagram and Twitter handles are @shesallfatpod. You can find the show on Apple podcast, Spotify, Stitcher, Google play, and wherever else you get your podcasts. Stay safe out there.