

**Autistic Adults: Our Diverse Gender Identities**

**June 21, 2021**

**Program Script includes my opening announcements, introduction, some ads, future shows, and the Autistic Community Bulletin Board.**

Welcome everyone to Today’s Autistic Moment: A Podcast for Autistic Adults by An Autistic Adult. My name is Philip King-Lowe, the owner, producer, and host; and I am an Autistic Adult. Thank you so very much for listening.

This first segment of Today’s Autistic Moment is sponsored by The Autism Society of Minnesota: Minnesota’s First Autism Resource. The Autism Society of Minnesota has been serving Minnesota’s Autism Community for the past 50 Years. Visit them online at ausm.org.

I want to share with my listeners something that I recently wrote.

My identity is that I am Autistic. Autism is my wiring in good working order. Being Autistic is not a burden for me. Autism is my gift. Being Autistic is my life. I don’t need my Autism to be “fixed” or “cured.” What people view as “normal” is what needs to be cured**.**

I own, produce, and host Today’s Autistic Moment, because I support all Autistic Adults to discover what amazing people we really are. I want us to be informed about the many issues we deal with, discover our barriers, and recognize our tools and strengths to advocate for ourselves. I believe the dignity of being Autistic, is worth perceiving and celebrating. That is why Today’s Autistic Moment is so important to me. My website and the various opportunities are there to help sustain the work and dialogue Today’s Autistic Moment is creating. That is why Today’s Autistic Moment is and always will be completely free for everyone who wants to listen. At no point will a subscription be required for anyone to listen to this podcast. I am going to begin offering subscriptions to listeners who want to build a community to support and sustain the crucial work of Today’s Autistic Moment. Beginning on June 25th, look for the new Subscriptions & Bonuses page on todaysautisticmoment.com to find the following offers.

* **Regular Monthly Support Subscriptions for $1.00 a month.** Monthly supporters can choose to have their names published on our General Supporters Patron page.
* **Contributor Subscriptions for $5.00 a Month.** Contributors can choose to have their names published on our General Supporter Patrons page and receive newly published episodes and the new *Monthly Moments Newsletter* by email. *Monthly Moments Newsletter* will have news from me about the progress of Today’s Autistic Moment including the ways in which the podcast is helping Autistic Adults based on some email responses I am getting, news about upcoming shows, guest bios, exiting items in the store, and my personal newsletter blog.
* **Podcast Planning Partner Subscription is $15.00 a month.**  Podcast Planning Partners will receive everything from the previous subscriptions PLUS a free high quality ballpoint pen and stylus sent directly to you. You will also get a VIP invitation to attend the new monthly live virtual meetings with me starting in July to talk about how you are enjoying the show, give some feedback as to how to make it better, suggest topics, future guests, and questions you think I should ask future guests on the show. In short, you become part of the decision making for Today’s Autistic Moment at no additional cost. There is one additional bonus for this level of subscription that will be mentioned in the next and last subscription offer.
* The Podcast Planner Plus Free Pass Subscription is $25.00 a month. This subscription will get you everything from the previous offers, plus one really exciting bonus.
* I am going to begin planning special live virtual events with some of my featured guests from previous and future podcast shows. One example would be a live meeting with Samuel J. Levine, a Law Professor at Touro College in New York. Samuel was the guest on *Autistic Adults and Justice in Employment*. Those who attend events such as these will be able to talk and ask questions directly to the guests. You will get to meet some of these amazing people and receive the best advice you can get. There will be a general cost of $10.00 to attend each of these events that are planned. If you subscribe as a Podcast Planning Partner, you will get to attend special planned events for only $5.00 each. If you subscribe as a Podcast Planner Plus Free Pass, you will be able to attend any special events planned at no additional charge.

Once again, these subscription offers will be available on the new Subscriptions & Bonuses page starting Friday, June 25th.

Be sure to visit todaysautisticmoment.com to view the new and upcoming episodes are on the New Podcast Episodes Page. All published episodes are available to download and listen to on the Episode Index page. Program Scripts and Interview Transcripts are available. Interview Transcripts are sponsored by GT Independence.

Today’s Autistic Moment continues our celebration of Pride month 2021 with this episode *Autistic Adults: Our Diverse Gender Identities*. Gender is a topic that has captivated human beings throughout history. Gender is fundamental to who we are, what is expected of us, and unfortunately what rights and privileges we do or do not get and whether or not those rights are protected. In addition to the issue of gender there is race, sexual orientation, gender identity/expression, religion, language, and disability. These are not the only parts of our human existence about which our human rights are socially and politically vulnerable. Sadly, human history is full of examples of what happens when what makes one group of people different from an alternative group of people, becomes the industrial and political capital for one majority to stigmatize and marginalize any minority. Autistic transgender and non-binary individuals are part of our celebration of LGBTQIA+ Pride month. There is a great ocean, if you will, of wonders to be discovered in the neurodiversity of people who are not of the gender they were assigned at birth. The only way we can better come upon those wonders is to listen to the stories of Autistic transgender or non-binary individuals without any value judgements on our part.

Enzi Tanner is a recently diagnosed Autistic Adult. Enzi is transgender, black, queer, and Jewish. Enzi is a licensed social worker and community organizer. Enzi has been a strong advocate for the human rights for people of color, LGBTQ+ individuals and other minority groups. I am so excited to have Enzi Tanner as my guest today.

After this first commercial break, I will begin my interview with Enzi Tanner. Stay tuned.

**Public Service Announcement**

The 4th of July is coming up in a few weeks. July 4th isn’t the best day for many Autistics and other neurodivergent people, and individuals with PTSD because of the fireworks. The sound of fireworks can be a terrible trigger for the auditory sensory processing needs of many Autistics. If you are affected by the sound of fireworks, wear your noise cancelling headphones to decrease the volume of fireworks noise, and/or find a safe space where you can fidget or do something to distract you. If you are a caregiver of an Autistic person of any age who is affected by such sounds, please do not make them attend the fireworks as the brightness of the lights and the loud noise from them can have serious repercussions. Let them wear noise cancelling headphones without saying negative things to your Autistic individuals who react to these sounds. They are not pretending, nor do they need to be made to feel they are doing something wrong.

**Future Shows**

Today’s Autistic Moment continues our first summer season with some exciting episodes coming up.

On July 5th, *Autistic Adults and Financial Planning* with my guest Andrew Komarow, the founder and owner of Planning Across the Spectrum financial planning services. Andrew is an Autistic diagnosed in his adult years. Andrew will talk about what financial planning is and give some expert advice for Autistics who find financial planning so confusing.

On July 19th, *Autistic Adults: Media Portrayal or Betrayal?* Nicola Whiting is my guest to talk about the mixed reactions Autistic Adults have when responding to how we are portrayed in the media. Many Autistics feel that the media allows neurotypicals to further stereotype and marginalize Autistics. Nicola and I will discuss these and other issues for Autistics and the media.

On August 9th Lyric Holmans will be my guest on the episode *Autistic Adults and Gaslighting.* Lyric is an Autistic Adult known as the NeuroDivergent Rebel. According to Jeanette Perkis in her book *Autism Books & Other Things*, “Gaslighting is when someone tries to make you question your beliefs and reality and essentially question your sanity. It is a nasty form of aggression and a common weapon of abusers and narcissists.” Lyric and I will talk more about what gaslighting is, how Autistics can recognize it, and self-advocate to help stop it.

Unfortunately, Dr. Theresa Regan is not able to join me for the show previously planned for August 23rd. Dr. Regan will be my guest in a future show about *Autistic Adults and Communicating with Medical Professionals.*

However, you will not want to miss the show on August 23rd, because Zephyr James from The Autism Society of Minnesota will join me to talk about *Autistic Adults and Interdependence*. Interdependence in its simplest definition is “the fact of depending on each other.” Zephyr is AuSM’s Community Engagement Manager who is undertaking this new project.

**Today’s Autistic Community Bulletin Board**

On July 15th from 3pm to 7pm The Multicultural Autism Network (MAAN) and The Autism Society of Minnesota are partnering with Hennepin Healthcare to offer a FREE Sensory-friendly COVID-19 vaccine clinic for ages 12 and up at the Autism Society of Minnesota’s office, located at 2380 Wycliff St. Suite 201 in St. Paul, MN 55114. The Pfizer 2 dose vaccine for ages 12 and up and the single dose Johnson & Johnson vaccine will be available. Oromo, Somali, and Spanish interpreters will be available at the clinic. Go to ausm.org to make an appointment.

Join The Autism Society of Minnesota for an Online Weekend Challenge July 17-18, 2021. You are invited to participate in this second annual Community Unity Challenge. Connect with friends and family. Get creative. Share kindness. All while having some quirky, scavenger-hunt-type of fun.

The Autism Society of Minnesota is seeking speakers for the 4th Annual Autistic Community Summit, an event by Autistics for Autistics. Share your expertise on Autistic identity, community and supports in a one-hour breakout session. See the full application form at ausm.org.

If you have any questions for me, please send an email to PKLowe@todaysautisticmoent.com Please follow Today’s Autistic Moment on Facebook, Twitter, Instagram and LinkedIN.

Thank you for listening to Today’s Autistic Moment: A Podcast for Autistic Adults by An Autistic Adult.