sometimes I think it's harder if
you think about how you're different
and you can think that maybe being
different is bad being different is
great and you should really rejoice in
those differences and you should realize
that whoever you are whatever you bring
it's important and that you are
necessary at first I didn't really have
a name for it I didn't know why and what
was going on I was I think like like
many of us very confused because the the
messages that we get from around us are
that you know we're supposed to be
heterosexual my friends began to go through their experiences and mostly be attracted to girls and I was not I couldn't really define myself as LGBT in particular until I was in my 20s it wasn't Myka I think I'm gay it's no I know it but I just knew that that was probably different than something I better keep to myself I didn't know what the reactions will be I didn't want anybody to not like me so I just kept silent about my inner feelings and just kept the door shut I didn't know anybody else in my position and I didn't know
who to talk to and I even heard rumors about other kids in high school and I was terrified to even mention anything to them for fear that maybe those rumors were not true and that they would start to spread things about me a classmate of mine when I was freshman in high school it was rumoured to be dating a senior girl and that her car was vandalized and I found that it was intensely upsetting and I remember going to talk to a counselor about my feelings being very upset about that and she looked me in the eye and told me that that was what
she got for being different which helped

00:02:32,479 --> 00:02:36,649
me to understand that my question isn't

00:02:35,120 --> 00:02:40,280
my feelings needed to stay very very

00:02:36,650 --> 00:02:44,360
deep inside of me I recall actually a

00:02:40,280 --> 00:02:46,580
particular group of kids in seventh

00:02:44,360 --> 00:02:48,890
grade who took it upon themselves to

00:02:46,580 --> 00:02:50,239
just torment me on the bus it got bad

00:02:48,889 --> 00:02:51,859
enough that I started lying to my

00:02:50,239 --> 00:02:54,620
parents saying that I’d missed the bus

00:02:51,860 --> 00:03:02,780
and I would just watch it drive away and

00:02:54,620 --> 00:03:04,430
then get a ride home he got bullied he

00:03:02,780 --> 00:03:06,919
didn't fit in

00:03:04,430 --> 00:03:12,469
eventually he dropped out of high school

00:03:06,919 --> 00:03:14,599
and left home it was really hard to feel

00:03:12,469 --> 00:03:19,580
that I was the only person in the world
that didn't make sense all my relationships at that time in my life were all based on his lie that that that I wasn't gay you start to become well I did kind of became to people and an external susan who tried to be what everybody wanted her to be and then a very internal susan who was very private and and kept a lot of emotions and feelings to myself I finally said I can't do this anymore let me just go to a meeting see what it's like I made a decision that I wasn't gonna hide who I was because you
It Gets Better

NASA - It Gets Better_4AdaREcAJxc - transcript (automated).txt

00:03:54,860 --> 00:03:59,030
know College was already a more
progressive place to be and it was
important to me that I actually lived
for the rest of my life like I should I
started coming out to friends in the
local area basically just by showing up
as my new self
in girls clothes and everyone was very
accepting if a little bit confused and
that got me the courage to tell my
parents and in that moment though it I
also realized that if she was going to
have the courage to be who she was and
and to be out that if I was gonna be the
kind of mom and she deserved I had that
courage to I just started crying and
told my dad and and he said oh of course
we love you you know we were just we
didn't know we just said that kind of
thing just because that's how we were
raised we don't actually think it's
awful before my dad passed we got to a
good place and my mom is still alive and
she and I are very close and she's very
accepting of Who I am and I would say
very proud of him and it was it was
liberating it was they've known all this
time but they still liked me I got I
guess they were waiting for me to tell

them and it was like a weight had been

lifted off of my shoulders and soon I

you know circled myself around loving

people that just accept me for who I was

if you find someone that you're very

comfortable with you're friends with

sometimes you just have to take that

leap of faith and you've got to talk to

them and be real with them just take a

deep breath and just it's just very

simple to say I am gay all you have to

say every day from that point forward of

making the decision to step out into the

unknown and come out and share what my
world is of my truth is where things started to get better and after that every day going forward has been better still once I found the LGBT community at my campus and started going to their events and seeing what an awesome group of people they were and how accepting everyone is that's when it started really getting better not everybody's there yet and that's okay people should be you know as public as they'd like to be as public as they feel comfortable I think you have to love yourself realize
that you're a good person you realize

what you have to offer to the world

there are people who want to be there

for you and who want you to be yourself

you just have to reach out to them find

a counselor or neighbor someone who you

trust you need to surround yourself with

a lot of supportive friends and family

I've seen people becoming more and more

open minded it was a bit different so

but you know to embrace people that they

don't look or behave exactly like them

well I think things are getting better

because more people are realizing that's
not a big deal at all it's fine the way

people are it almost doesn't matter

anymore it's just who I am it's one part

of who I am not everything about Who I

am and so I get to live comfortably at

work at home and with my family

even in church being Who I am and that's

that's everything it's just becoming the

new normal where you're just defined by

your character and not by who you love

being gay doesn't necessarily define you

it's just one factor of who you are here

at NASA I'm able to be an engineer I'm

able to be gay I'm accepted even plug
these men and women come from all walks

do life different ethnicities and

different orientations embrace yourself

for who you are be proud of who you are

accept yourself because there is a place

for you in this world

just hang in there it does get better it

gets great even it gets better it gets

better it gets better it gets

better it absolutely gets better and

it gets so much better

you can't even realize how much better
it gets until you've seen it
until you've done it it will get better

i'm ellen ochoa
director of the NASA Johnson Space Center I want you to know that here at
Johnson Space Center teamwork is one of our greatest assets and that means we value the skills and talents of every individual regardless of differences including sexual orientation or gender
identity if you're going through difficult times right now be patient and
give yourself time to overcome the hardships and I promise that life will
get better

I'm George Takei it gets better better

than George Takei