



Manager

1  
00:00:00,500 --> 00:00:26,120  
[ Music ]

2  
00:00:26,120 --> 00:00:28,510  
>> Sometimes I think  
it's harder if you think

3  
00:00:28,510 --> 00:00:30,570  
about how you're  
different, and you can think

4  
00:00:30,570 --> 00:00:33,410  
that maybe being  
different is bad.

5  
00:00:33,410 --> 00:00:34,930  
Being different is great.

6  
00:00:34,930 --> 00:00:37,350  
And you should really  
rejoice in those differences.

7  
00:00:37,350 --> 00:00:40,650  
And you should realize  
that whoever you are,

8  
00:00:40,650 --> 00:00:44,470  
whatever you bring,  
it's important

9  
00:00:44,470 --> 00:00:46,570  
and that you are necessary.

10  
00:00:46,570 --> 00:00:50,970  
>> At first I didn't  
really have a name for it.

11  
00:00:50,970 --> 00:00:53,330  
I didn't know why and

what was going on.

12

00:00:53,330 --> 00:00:57,630

>> I was, I think, like  
many of us, very confused

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00:00:57,630 --> 00:01:02,450

because the messages that we  
get from around us are that,

14

00:01:02,450 --> 00:01:04,530

you know, we're supposed  
to be heterosexual.

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00:01:04,530 --> 00:01:09,310

>> My friends began to go  
through their experiences

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00:01:09,310 --> 00:01:13,220

and mostly be attracted  
to girls and I was not.

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00:01:13,220 --> 00:01:18,500

>> I couldn't really define  
myself as LGBT, T in particular,

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00:01:18,500 --> 00:01:21,080

until I was in my twenties.

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00:01:21,080 --> 00:01:23,150

>> It wasn't like  
I think I'm gay.

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00:01:23,150 --> 00:01:25,320

It's no. I know it.

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00:01:25,320 --> 00:01:28,640

>> But I just knew that,  
that was probably different

22

00:01:28,640 --> 00:01:31,050

and something I'd  
better keep to myself.

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00:01:31,050 --> 00:01:33,100

>> I didn't know what  
the reactions would be.

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00:01:33,100 --> 00:01:36,550

I didn't want anybody  
to not like me.

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00:01:36,550 --> 00:01:39,960

So I just kept silent  
about my inner feelings

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00:01:39,960 --> 00:01:42,420

and just kept the door shut.

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00:01:42,420 --> 00:01:44,560

>> I didn't know anybody  
else in my position

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00:01:44,560 --> 00:01:46,090

and I didn't know  
who to talk to.

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00:01:46,090 --> 00:01:49,720

>> And I even heard rumors  
about other kids in high school,

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00:01:49,720 --> 00:01:54,040

and I was terrified to even  
mention anything to them

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00:01:54,040 --> 00:01:57,060

for fear that maybe those  
rumors were not true

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00:01:57,060 --> 00:01:59,600

and that they would start  
to spread things about me.

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00:01:59,600 --> 00:02:02,780

>> A classmate of mine, when I  
was a freshman in high school,

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00:02:02,780 --> 00:02:06,600

was rumored to be  
dating a senior girl

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00:02:06,600 --> 00:02:11,060

and that her car was vandalized.

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00:02:11,060 --> 00:02:15,640

And I found it was  
intensely upsetting.

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00:02:15,640 --> 00:02:22,050

And I remember going to talk to  
the counselor about my feelings,

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00:02:22,050 --> 00:02:25,690

being very upset about that,  
and she looked me in the eye

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00:02:25,690 --> 00:02:30,970

and told me that, that was what  
she got for being different,

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00:02:30,970 --> 00:02:34,280

which helped me to  
understand that my questions--

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00:02:34,280 --> 00:02:38,360

that feelings needed to  
stay very deep inside of me.

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00:02:38,360 --> 00:02:42,990

>> I recall actually a particular group of kids

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00:02:42,990 --> 00:02:45,720  
in seventh grade who took it upon themselves

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00:02:45,720 --> 00:02:47,410  
to just torment me on the bus.

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00:02:47,410 --> 00:02:50,210  
It got bad enough that I started lying to my parents saying

46

00:02:50,210 --> 00:02:53,760  
that I'd missed the bus and I would just watch it drive away

47

00:02:53,760 --> 00:02:55,830  
and then get a ride home.

48

00:02:57,390 --> 00:02:59,110  
>> He got bullied.

49

00:03:01,510 --> 00:03:04,270  
He didn't fit in.

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00:03:04,270 --> 00:03:09,550  
Eventually he dropped out of high school and left home.

51

00:03:09,550 --> 00:03:13,620  
>> It was really hard to feel that I was the only person

52

00:03:13,620 --> 00:03:18,490  
in the world that didn't make sense.

53

00:03:18,490 --> 00:03:21,120

>> All of my relationships  
at that time

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00:03:21,120 --> 00:03:26,400

in my life were all based on  
as lies that I wasn't gay.

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00:03:26,400 --> 00:03:29,250

>> You start to become  
-- well, I did --

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00:03:29,250 --> 00:03:34,070

kind of became two people,  
an external Susan who tried

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00:03:34,070 --> 00:03:36,070

to be what everybody  
wanted her to be

58

00:03:36,070 --> 00:03:39,930

and then a very internal  
Susan who was very private

59

00:03:39,930 --> 00:03:43,450

and kept a lot of emotions  
and feelings to myself.

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00:03:43,450 --> 00:03:46,780

>> I finally said I  
can't do this anymore.

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00:03:46,780 --> 00:03:50,170

Let me just go to a  
meeting, see what it's like.

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00:03:50,170 --> 00:03:52,100

>> I made a decision that  
I wasn't going to hide

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00:03:52,100 --> 00:03:54,240  
who I was because, you know,

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00:03:54,240 --> 00:03:56,710  
college was already a more  
progressive place to be,

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00:03:56,710 --> 00:04:00,480  
and it was important to me that  
I actually lived for the rest

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00:04:00,480 --> 00:04:02,870  
of my life like I should.

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00:04:02,870 --> 00:04:08,650  
I started coming out to friends  
in the local area basically just

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00:04:08,650 --> 00:04:14,330  
by showing up as my new  
self in girls clothes

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00:04:14,330 --> 00:04:19,430  
and everyone was very accepting  
and a little bit confused,

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00:04:19,430 --> 00:04:23,760  
and that got me the  
courage to tell my parents.

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00:04:23,760 --> 00:04:28,020  
>> And in that moment  
though I also realized

72

00:04:28,020 --> 00:04:34,170  
that if she was going to have  
the courage to be who she was

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00:04:34,170 --> 00:04:38,320  
and to be out, that if I

was going to be the kind

74

00:04:38,320 --> 00:04:42,850  
of mom she deserved, I  
had to have courage too.

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00:04:42,850 --> 00:04:46,600  
>> I just started  
crying and told my dad.

76

00:04:46,600 --> 00:04:48,700  
And he said oh, of  
course, we love you.

77

00:04:48,700 --> 00:04:51,380  
You know, we were just  
-- we didn't know.

78

00:04:51,380 --> 00:04:53,820  
We just said that  
kind of thing just

79

00:04:53,820 --> 00:04:54,950  
because that's how  
we were raised.

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00:04:54,950 --> 00:04:57,500  
We don't actually  
think it's awful.

81

00:04:57,500 --> 00:05:00,620  
>> Before my dad passed  
we got to a good place.

82

00:05:00,620 --> 00:05:05,180  
And my mom is still alive  
and she and I are very close.

83

00:05:05,180 --> 00:05:08,350  
And she's very accepting

of who I am

84

00:05:08,350 --> 00:05:12,510

and I would say very  
proud of who I am.

85

00:05:12,510 --> 00:05:14,190

>> And it was liberating.

86

00:05:14,190 --> 00:05:17,810

It was they've known all this  
time that they still liked me.

87

00:05:17,810 --> 00:05:21,240

I guess they were waiting  
for me to tell them.

88

00:05:21,240 --> 00:05:25,110

>> And it was like a weight had  
been lifted off my shoulders.

89

00:05:25,110 --> 00:05:28,080

>> And I soon, you know, circled  
myself around eleven people

90

00:05:28,080 --> 00:05:31,030

that just accepted  
me for who I was.

91

00:05:31,030 --> 00:05:33,350

>> If you find someone that  
you're very comfortable with,

92

00:05:33,350 --> 00:05:37,040

you're friends with, sometimes  
you just have to take that leap

93

00:05:37,040 --> 00:05:40,870

of faith and you've got to talk  
to them and be real with them.

94

00:05:40,870 --> 00:05:44,320

>> Just take a deep  
breath and just --

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00:05:44,320 --> 00:05:49,290

it's very simple  
to say I am gay.

96

00:05:49,290 --> 00:05:50,460

All you have to say.

97

00:05:50,460 --> 00:05:54,210

>> Every day from that point  
forward of making the decision

98

00:05:54,210 --> 00:05:57,130

to step out into the  
unknown and come out

99

00:05:57,130 --> 00:06:02,030

and share what my world  
is and my truth is

100

00:06:02,030 --> 00:06:03,970

where things started  
to get better.

101

00:06:03,970 --> 00:06:09,660

And after that every day going  
forward has been better still.

102

00:06:09,660 --> 00:06:13,700

>> Once I found the LGBT  
community at my campus

103

00:06:13,700 --> 00:06:15,770

and started going  
to their events

104

00:06:15,770 --> 00:06:18,050

and seeing what an awesome  
group of people they were

105

00:06:18,050 --> 00:06:20,280

and how accepting  
everyone is that's

106

00:06:20,280 --> 00:06:22,720

when it started really  
getting better.

107

00:06:22,720 --> 00:06:24,070

>> Not everybody is there yet.

108

00:06:24,070 --> 00:06:24,620

That's okay.

109

00:06:24,620 --> 00:06:28,390

People should be, you know, as  
public as they'd like to be,

110

00:06:28,390 --> 00:06:30,010

as public as they  
feel comfortable.

111

00:06:30,010 --> 00:06:32,400

>> I think you have  
to love yourself,

112

00:06:32,400 --> 00:06:35,480

realize that you're good person  
and realize what you have

113

00:06:35,480 --> 00:06:37,020

to offer to the world.

114

00:06:37,020 --> 00:06:39,310

>> There are people who

want to be there for you

115

00:06:39,310 --> 00:06:41,840

and who want you to be yourself.

116

00:06:41,840 --> 00:06:43,180

>> You just have to reach out to them.

117

00:06:43,180 --> 00:06:47,240

Find a counselor or a neighbor, someone who you trust.

118

00:06:47,240 --> 00:06:49,110

>> You need to surround yourself with a lot

119

00:06:49,110 --> 00:06:52,180

of supportive friends and family.

120

00:06:52,180 --> 00:06:55,500

>> I've seen people becoming more and more open-minded,

121

00:06:55,500 --> 00:06:59,820

a big difference, you know, to embrace people

122

00:06:59,820 --> 00:07:03,420

that they don't look or behave exactly like them.

123

00:07:03,420 --> 00:07:04,790

>> Well, I think things are getting better

124

00:07:04,790 --> 00:07:06,600

because more people are realizing

125

00:07:06,600 --> 00:07:08,210  
that it's not a big deal at all.

126

00:07:08,210 --> 00:07:08,670  
It's fine.

127

00:07:08,670 --> 00:07:10,440  
It's the way people are.

128

00:07:10,440 --> 00:07:12,380  
>> It almost doesn't  
matter anymore.

129

00:07:12,380 --> 00:07:14,190  
It's just who I am.

130

00:07:14,190 --> 00:07:17,300  
It's one part of who I am,  
not everything about who I am.

131

00:07:17,300 --> 00:07:22,930  
And so I get to live  
comfortably at work, at home,

132

00:07:22,930 --> 00:07:27,770  
with my family, even in  
church being who I am

133

00:07:27,770 --> 00:07:30,030  
and that's everything.

134

00:07:30,030 --> 00:07:35,080  
>> It's just becoming the new  
normal where you're just defined

135

00:07:35,080 --> 00:07:38,210  
by your character and  
not by who you love.

136

00:07:38,210 --> 00:07:40,330

>> Being gay doesn't necessarily define you.

137

00:07:40,330 --> 00:07:43,970

It's just one factor of who you are.

138

00:07:43,970 --> 00:07:46,680

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

139

00:07:46,680 --> 00:07:48,080

I'm able to be gay.

140

00:07:48,080 --> 00:07:50,850

I'm accepted, even loved.

141

00:07:50,850 --> 00:07:53,440

>> These men and women come from all walks of life,

142

00:07:53,440 --> 00:07:56,130

different ethnicities and different orientations.

143

00:07:56,130 --> 00:07:58,000

>> Embrace yourself for who you are.

144

00:07:58,000 --> 00:07:59,750

Be proud of who you are.

145

00:07:59,750 --> 00:08:01,240

Accept yourself.

146

00:08:01,240 --> 00:08:04,820

>> Because there is a place

for you in this world.

147

00:08:04,820 --> 00:08:06,020

>> Just hang in there.

148

00:08:06,020 --> 00:08:06,780

It does get better.

149

00:08:06,780 --> 00:08:08,500

It gets great even.

150

00:08:12,420 --> 00:08:09,430

>> It gets better.

151

00:08:12,420 --> 00:08:13,690

>> It does get better.

152

00:08:13,690 --> 00:08:14,960

>> It gets better.

153

00:08:14,960 --> 00:08:16,270

>> It does get better.

154

00:08:16,270 --> 00:08:17,770

It really does.

155

00:08:17,770 --> 00:08:19,830

>> It really does get better.

156

00:08:19,830 --> 00:08:22,600

>> It gets a whole lot better.

157

00:08:22,600 --> 00:08:24,850

>> It absolutely gets better.

158

00:08:24,850 --> 00:08:26,250

>> And it gets so much better.

159

00:08:26,250 --> 00:08:28,780

And you can't even realize  
how much better it gets

160

00:08:28,780 --> 00:08:32,620

until you've seen it,  
until you've done it.

161

00:08:32,620 --> 00:08:35,180

>> It will get better.

162

00:08:35,180 --> 00:08:40,960

>> I'm Ellen Ochoa, Director of  
the NASA Johnson Space Center.

163

00:08:40,960 --> 00:08:42,720

I want you to know that here

164

00:08:42,720 --> 00:08:46,130

at Johnson Space Center teamwork  
is one of our greatest assets,

165

00:08:46,130 --> 00:08:49,530

and that means we value  
the skills and talents

166

00:08:49,530 --> 00:08:51,670

of every individual regardless

167

00:08:51,670 --> 00:08:56,510

of differences including sexual  
orientation or gender identity.

168

00:08:56,510 --> 00:08:59,260

If you're going through  
difficult times right now,

169

00:08:59,260 --> 00:09:03,010

be patient and give yourself

time to overcome the hardships

170

00:09:03,010 --> 00:09:06,130

and I promise that  
life will get better.

171

00:09:06,130 --> 00:09:07,510

>> [multiple voices]  
It gets better.

172

00:09:07,510 --> 00:09:18,280

[ Music ]

173

00:09:18,280 --> 00:09:22,670

>> I'm George Takei.

174

00:09:22,670 --> 00:09:24,920

It gets better...