



1
00:00:30,710 --> 00:00:28,790
sometimes i think it's it's harder if

2
00:00:32,229 --> 00:00:30,720
you think about how you're different and

3
00:00:33,990 --> 00:00:32,239
you can think that maybe being different

4
00:00:36,229 --> 00:00:34,000
is bad

5
00:00:38,229 --> 00:00:36,239
being different is great and you should

6
00:00:41,270 --> 00:00:38,239
really rejoice in those differences and

7
00:00:43,510 --> 00:00:41,280
you should realize that whoever you are

8
00:00:45,110 --> 00:00:43,520
whatever you bring

9
00:00:49,670 --> 00:00:45,120
it's important

10
00:00:53,270 --> 00:00:51,430
at first i didn't really have a name for

11
00:00:55,990 --> 00:00:53,280
it i didn't know why and what was going

12
00:00:58,630 --> 00:00:56,000
on i was i think like

13
00:01:00,869 --> 00:00:58,640

like many of us very confused because

14

00:01:03,189 --> 00:01:00,879

the the messages that

15

00:01:05,270 --> 00:01:03,199

we get from around us are that you know

16

00:01:06,630 --> 00:01:05,280

we're supposed to be heterosexual

17

00:01:08,310 --> 00:01:06,640

my friends

18

00:01:10,550 --> 00:01:08,320

began to

19

00:01:13,910 --> 00:01:10,560

go through their experiences and mostly

20

00:01:17,429 --> 00:01:13,920

be attracted to girls and i was not i

21

00:01:19,670 --> 00:01:17,439

couldn't really define myself as lgbt

22

00:01:23,109 --> 00:01:19,680

tea in particular

23

00:01:26,870 --> 00:01:23,119

until i was in my 20s it wasn't like a i

24

00:01:28,469 --> 00:01:26,880

think i'm gay it's no i know it but i

25

00:01:30,390 --> 00:01:28,479

just knew that that was probably

26

00:01:31,830 --> 00:01:30,400

different than something i better keep

27

00:01:33,670 --> 00:01:31,840

to myself

28

00:01:37,109 --> 00:01:33,680

i didn't know what the reactions will be

29

00:01:39,990 --> 00:01:37,119

i didn't want anybody to not like me

30

00:01:41,510 --> 00:01:40,000

so i just kept silent about my inner

31

00:01:43,830 --> 00:01:41,520

feelings and

32

00:01:45,429 --> 00:01:43,840

just kept the door shut i didn't know

33

00:01:47,350 --> 00:01:45,439

anybody else in my position and i didn't

34

00:01:50,230 --> 00:01:47,360

know who to talk to and i even heard

35

00:01:51,990 --> 00:01:50,240

rumors about other kids in high school

36

00:01:54,230 --> 00:01:52,000

and i was

37

00:01:56,310 --> 00:01:54,240

terrified to even mention anything to

38

00:01:57,590 --> 00:01:56,320

them for fear that maybe those rumors

39

00:01:58,950 --> 00:01:57,600

were not true

40

00:02:01,510 --> 00:01:58,960

and that they would start to spread

41

00:02:04,550 --> 00:02:01,520

things about me a classmate of mine when

42

00:02:07,190 --> 00:02:04,560

i was freshman in high school

43

00:02:09,029 --> 00:02:07,200

was rumored to be dating a senior girl

44

00:02:09,910 --> 00:02:09,039

and

45

00:02:13,030 --> 00:02:09,920

that

46

00:02:18,710 --> 00:02:13,040

her car was vandalized and i found it it

47

00:02:22,150 --> 00:02:20,070

and i remember

48

00:02:23,110 --> 00:02:22,160

going to talk to a counselor about my

49

00:02:25,350 --> 00:02:23,120

feelings

50

00:02:26,790 --> 00:02:25,360

being very upset about that and

51
00:02:28,390 --> 00:02:26,800
she looked me in the eye and told me

52
00:02:31,509 --> 00:02:28,400
that

53
00:02:33,830 --> 00:02:31,519
different

54
00:02:35,670 --> 00:02:33,840
which helped me to understand

55
00:02:36,949 --> 00:02:35,680
that my questions and my feelings needed

56
00:02:38,869 --> 00:02:36,959
to stay very

57
00:02:41,430 --> 00:02:38,879
very deep inside of me

58
00:02:43,509 --> 00:02:41,440
i recall actually a particular group of

59
00:02:45,830 --> 00:02:43,519
kids

60
00:02:48,229 --> 00:02:45,840
in seventh grade who who took it upon

61
00:02:49,830 --> 00:02:48,239
themselves to just torment me on the bus

62
00:02:51,509 --> 00:02:49,840
it got bad enough that i started lying

63
00:02:52,710 --> 00:02:51,519

to my parents saying that i'd missed the

64

00:02:54,390 --> 00:02:52,720

bus and

65

00:02:57,910 --> 00:02:54,400

i would just watch it drive away and

66

00:02:57,920 --> 00:03:02,470

he got bullied

67

00:03:08,070 --> 00:03:04,869

he didn't fit in

68

00:03:10,149 --> 00:03:08,080

eventually he dropped out of high school

69

00:03:11,430 --> 00:03:10,159

and left home

70

00:03:13,589 --> 00:03:11,440

it was

71

00:03:16,229 --> 00:03:13,599

really hard to feel that i was the only

72

00:03:19,030 --> 00:03:16,239

person in the world that didn't make

73

00:03:21,110 --> 00:03:19,040

sense

74

00:03:22,710 --> 00:03:21,120

all my relationships

75

00:03:24,550 --> 00:03:22,720

at that time in my life were all based

76

00:03:25,589 --> 00:03:24,560

on this lie that

77

00:03:30,149 --> 00:03:25,599

that

78

00:03:33,030 --> 00:03:30,159

you start to become well i did

79

00:03:35,509 --> 00:03:33,040

kind of became two people an external

80

00:03:37,589 --> 00:03:35,519

susan who tried to be what everybody

81

00:03:39,190 --> 00:03:37,599

wanted her to be and then a very

82

00:03:41,670 --> 00:03:39,200

internal susan

83

00:03:43,589 --> 00:03:41,680

who was very private and and kept a lot

84

00:03:45,110 --> 00:03:43,599

of emotions and feelings

85

00:03:47,430 --> 00:03:45,120

to myself

86

00:03:50,070 --> 00:03:47,440

i finally said i can't do this anymore

87

00:03:51,830 --> 00:03:50,080

let me just go to a meeting see what

88

00:03:53,990 --> 00:03:51,840

it's like i made a decision that i

89

00:03:55,670 --> 00:03:54,000

wasn't going to hide who i was

90

00:03:58,630 --> 00:03:55,680

because you know college was already a

91

00:04:00,309 --> 00:03:58,640

more progressive place to be and

92

00:04:02,229 --> 00:04:00,319

it was important to me that i actually

93

00:04:04,710 --> 00:04:02,239

lived the rest of my life

94

00:04:06,869 --> 00:04:04,720

like i should i started coming out to

95

00:04:09,509 --> 00:04:06,879

friends

96

00:04:10,869 --> 00:04:09,519

in the local area basically just by

97

00:04:12,869 --> 00:04:10,879

showing up

98

00:04:15,110 --> 00:04:12,879

as my new self

99

00:04:16,710 --> 00:04:15,120

in girls clothes

100

00:04:18,629 --> 00:04:16,720

and

101
00:04:20,710 --> 00:04:18,639
everyone was very accepting a little bit

102
00:04:23,430 --> 00:04:20,720
confused

103
00:04:26,550 --> 00:04:23,440
and that got me the courage to tell my

104
00:04:28,790 --> 00:04:26,560
parents and in that moment though

105
00:04:31,510 --> 00:04:28,800
i also realized

106
00:04:33,430 --> 00:04:31,520
that if she was going to have

107
00:04:37,030 --> 00:04:33,440
the courage

108
00:04:38,950 --> 00:04:37,040
to be who she was and and to be out

109
00:04:41,270 --> 00:04:38,960
that if i was going to be the kind of

110
00:04:43,430 --> 00:04:41,280
mom that she deserved

111
00:04:45,749 --> 00:04:43,440
i had that courage too

112
00:04:47,189 --> 00:04:45,759
i just started crying and

113
00:04:49,350 --> 00:04:47,199

told my dad

114

00:04:51,909 --> 00:04:49,360

and he said oh of course we love you you

115

00:04:54,390 --> 00:04:51,919

know we just we didn't know

116

00:04:55,590 --> 00:04:54,400

we just said that kind of thing just

117

00:04:57,990 --> 00:04:55,600

because that's how we were raised we

118

00:04:59,990 --> 00:04:58,000

don't actually think it's awful

119

00:05:02,950 --> 00:05:00,000

before my dad passed

120

00:05:04,950 --> 00:05:02,960

we got to a good place

121

00:05:06,469 --> 00:05:04,960

and my mom is still alive and she and i

122

00:05:08,390 --> 00:05:06,479

are very close and

123

00:05:11,270 --> 00:05:08,400

she's very accepting of

124

00:05:12,950 --> 00:05:11,280

who i am um and i would say very proud

125

00:05:15,830 --> 00:05:12,960

of who i am

126

00:05:17,510 --> 00:05:15,840

and it was it was liberating it was

127

00:05:19,670 --> 00:05:17,520

they've known all this time but they

128

00:05:21,830 --> 00:05:19,680

still liked me i i guess they were

129

00:05:23,990 --> 00:05:21,840

waiting for me to tell them

130

00:05:25,670 --> 00:05:24,000

and it was like a weight had been lifted

131

00:05:27,670 --> 00:05:25,680

off my shoulders

132

00:05:29,909 --> 00:05:27,680

and soon i you know circled myself

133

00:05:31,590 --> 00:05:29,919

around loving people that just accept me

134

00:05:33,189 --> 00:05:31,600

for who i was

135

00:05:35,909 --> 00:05:33,199

if you find someone that you're very

136

00:05:37,350 --> 00:05:35,919

comfortable with you're friends with

137

00:05:39,110 --> 00:05:37,360

sometimes you just have to take that

138

00:05:41,430 --> 00:05:39,120

leap of faith and you've got to talk to

139

00:05:44,150 --> 00:05:41,440

them and be real with them

140

00:05:47,830 --> 00:05:44,160

just take a deep breath and

141

00:05:49,830 --> 00:05:47,840

just it's just very simple to say i

142

00:05:52,150 --> 00:05:49,840

am gay

143

00:05:54,070 --> 00:05:52,160

all you have to say every day from that

144

00:05:55,909 --> 00:05:54,080

point forward of making

145

00:05:59,430 --> 00:05:55,919

the decision to step out into the

146

00:06:02,390 --> 00:05:59,440

unknown and come out and share what my

147

00:06:04,629 --> 00:06:02,400

world is and my truth

148

00:06:05,430 --> 00:06:04,639

is where things started to get better

149

00:06:07,189 --> 00:06:05,440

and

150

00:06:09,110 --> 00:06:07,199

after that

151
00:06:10,309 --> 00:06:09,120
every day going forward has been better

152
00:06:13,350 --> 00:06:10,319
still

153
00:06:16,309 --> 00:06:13,360
once i found the lgbt community at my

154
00:06:17,909 --> 00:06:16,319
campus and started going to their events

155
00:06:19,430 --> 00:06:17,919
and seeing what an awesome group of

156
00:06:22,070 --> 00:06:19,440
people they were and how accepting

157
00:06:23,909 --> 00:06:22,080
everyone is that's when it started

158
00:06:25,670 --> 00:06:23,919
really getting better not everybody's

159
00:06:27,430 --> 00:06:25,680
there yet and that's okay people should

160
00:06:30,710 --> 00:06:27,440
be

161
00:06:32,950 --> 00:06:30,720
as public as they feel comfortable i

162
00:06:35,029 --> 00:06:32,960
think you have to love yourself

163
00:06:36,790 --> 00:06:35,039

realize that you're a good person

164

00:06:39,110 --> 00:06:36,800

realize what you have to offer to the

165

00:06:41,189 --> 00:06:39,120

world there are people who want to be

166

00:06:42,390 --> 00:06:41,199

there for you and who want you to be

167

00:06:44,390 --> 00:06:42,400

yourself

168

00:06:47,270 --> 00:06:44,400

you just have to reach out to them find

169

00:06:49,110 --> 00:06:47,280

a counselor a neighbor someone who you

170

00:06:53,029 --> 00:06:49,120

trust you need to surround yourself with

171

00:06:55,270 --> 00:06:53,039

a lot of supportive friends and family

172

00:06:57,670 --> 00:06:55,280

i've seen people becoming more and more

173

00:07:00,070 --> 00:06:57,680

open-minded and bit different so you

174

00:07:02,390 --> 00:07:00,080

know to embrace

175

00:07:03,909 --> 00:07:02,400

people that they don't look or behave

176

00:07:05,430 --> 00:07:03,919

exactly like them

177

00:07:07,510 --> 00:07:05,440

well i think things are getting better

178

00:07:09,670 --> 00:07:07,520

because more people are realizing it's

179

00:07:11,029 --> 00:07:09,680

not a big deal at all it's fine it's the

180

00:07:13,270 --> 00:07:11,039

way people are

181

00:07:14,070 --> 00:07:13,280

it almost doesn't matter anymore it's

182

00:07:16,710 --> 00:07:14,080

just

183

00:07:19,029 --> 00:07:16,720

who i am it's one part of who i am not

184

00:07:21,350 --> 00:07:19,039

everything about who i am and so

185

00:07:23,510 --> 00:07:21,360

i get to live comfortably

186

00:07:25,350 --> 00:07:23,520

at work at home

187

00:07:27,270 --> 00:07:25,360

and with my family

188

00:07:29,589 --> 00:07:27,280

even in church

189

00:07:30,550 --> 00:07:29,599

being who i am and that's that's

190

00:07:33,270 --> 00:07:30,560

everything

191

00:07:34,150 --> 00:07:33,280

it's just becoming the new normal

192

00:07:35,110 --> 00:07:34,160

where

193

00:07:37,350 --> 00:07:35,120

you're just

194

00:07:38,710 --> 00:07:37,360

defined by your character and not by who

195

00:07:40,950 --> 00:07:38,720

you love

196

00:07:44,469 --> 00:07:40,960

being gay doesn't necessarily define you

197

00:07:47,189 --> 00:07:44,479

it's just one factor of who you are

198

00:07:50,070 --> 00:07:47,199

here at nasa i'm able to be an engineer

199

00:07:52,550 --> 00:07:50,080

i'm able to be gay i'm accepted

200

00:07:53,990 --> 00:07:52,560

even love these men and women come from

201
00:07:55,510 --> 00:07:54,000
all walks of life

202
00:07:56,710 --> 00:07:55,520
different ethnicities and different

203
00:07:58,790 --> 00:07:56,720
orientations

204
00:08:01,830 --> 00:07:58,800
embrace yourself for who you are be

205
00:08:03,830 --> 00:08:01,840
proud of who you are accept yourself

206
00:08:05,350 --> 00:08:03,840
because there is a place for you in this

207
00:08:07,510 --> 00:08:05,360
world

208
00:08:10,390 --> 00:08:07,520
just hang in there it does get better it

209
00:08:13,110 --> 00:08:10,400
gets great even it gets better it gets

210
00:08:15,830 --> 00:08:13,120
better it gets better it gets better it

211
00:08:18,230 --> 00:08:15,840
does get better it gets better it does

212
00:08:20,390 --> 00:08:18,240
get better it really does

213
00:08:21,589 --> 00:08:20,400

it really does get better

214

00:08:23,189 --> 00:08:21,599

it gets

215

00:08:25,909 --> 00:08:23,199

a whole lot better

216

00:08:28,070 --> 00:08:25,919

it absolutely gets better and it gets so

217

00:08:30,629 --> 00:08:28,080

much better and you can't even realize

218

00:08:32,070 --> 00:08:30,639

how much better it gets until you

219

00:08:33,190 --> 00:08:32,080

until you've seen it until you've done

220

00:08:38,149 --> 00:08:33,200

it

221

00:08:41,990 --> 00:08:40,230

i'm ellen ochoa director of the nasa

222

00:08:43,909 --> 00:08:42,000

johnson space center

223

00:08:45,910 --> 00:08:43,919

i want you to know that here at johnson

224

00:08:48,710 --> 00:08:45,920

space center teamwork is one of our

225

00:08:50,630 --> 00:08:48,720

greatest assets and that means we value

226

00:08:53,110 --> 00:08:50,640

the skills and talents of every

227

00:08:55,670 --> 00:08:53,120

individual regardless of differences

228

00:08:57,030 --> 00:08:55,680

including sexual orientation or gender

229

00:08:58,790 --> 00:08:57,040

identity

230

00:08:59,829 --> 00:08:58,800

if you're going through difficult times

231

00:09:01,829 --> 00:08:59,839

right now

232

00:09:04,389 --> 00:09:01,839

be patient and give yourself time to

233

00:09:07,110 --> 00:09:04,399

overcome the hardships and i promise

234

00:09:21,590 --> 00:09:07,120

that life will get

235

00:09:25,509 --> 00:09:23,269

i'm george takei