

## TW for Season 2 Ep 1 - Neurodiversity:

**Racism**

**LGBT+ phobia**

**Misogyny**

**Transphobia**

**Non-binary erasure**

**The U.S. Capitol Coup**

**U.S. border concentration camps**

Karel Green 0:00

Welcome to the POCSquared hosted by Sehher, Pruthvi and Karel. In today's episode, we discuss the intersection of being neurodivergent and BAME in academia, please be aware the following topics are discussed: Racism, LGBT+ phobia, misogyny, transphobia, non-binary erasure, and the coup in the United States and the United States border concentration camps. A transcript and show notes for this and all episodes can be found on our website [www.poc2.co.uk](http://www.poc2.co.uk). That's [www.poc2.co.uk](http://www.poc2.co.uk). We're also on Twitter and Instagram, @POCSquared. That's POC then the word squared, no spaces. You can also contact us via email [contact@pocsquared.co.uk](mailto:contact@pocsquared.co.uk). That's contact that POC, then the number two .co.UK. And finally we'd like to thank the Royal Astronomical Society for their funding, as it was through this, that we've been able to create the second season of the podcast, as well as do all of the other outreach activities that we are doing at POCSquared and keep them all free. With all this said, please enjoy the episode.

Karel Green 1:33

We've had some technical issues, you will never hear them. But just know that we've had technical issues. So we're all upset. But we are doing season two episode one of the podcast.

Pruthvi Mehta 1:46

Yeah.

Karel Green 1:46

And if you hear this, if you hear this, that has happened, because like I said in the intro that I have recorded prior to this episode, we are funded by the Royal Astronomical Society.

Pruthvi Mehta 2:00

Yeah!

Sehher Tariq 2:00

Woo

Karel Green 2:00

Because we got the money, we managed to actually get funding, we have like real cash money. And we've been able to do this podcast. And we've done a lot of things with it. The first one you might hear is the fact that the audio quality should be better. And that's because we use the money first to buy microphones and an actual recording platform. Before we were using literal laptop microphones, and Skype of all things just hoping that Skype didn't just crap out on us halfway between a recording, or just corrupt the recording. And if you've ever recorded on Skype, you will know that it just records and then you have the hope that it appears in the chat afterwards. So we're always just holding our breath and hoping that it made it. And somehow it always did. So there we go shout out to Skype. They held us down in our very meager beginnings, we also upgraded the website, a lot of that you won't see there was a lot of like back end stuff that we finally got access to like our new email [contact@pocsquared.co.uk](mailto:contact@pocsquared.co.uk), we've upgraded from Gmail to a actual POCSquared domain. So that was really nice and makes us feel official. But also, there has been a lot of updates to the website, so you can go on it. Now you can see all the new stuff, we changed the theme because we've got access to better WordPress themes. And it looks really nice. And one of the one of the biggest changes that I really liked about the website, Pruthvi actually did, and it's to do with our media page, Pruthvi's put a lot of work into that as well. So please check that out.

Pruthvi Mehta 3:42

The stuff that's been updated has been... a lot of the media page stuff has been reorganized and categorized. So you have sections on the media page where you have like, obviously the articles and the books and video and auditory stuff. But now that's all categorized by according to if you're looking for specifically academia related stuff regarding regarding POC, or if you're a student or if you need like mental health resources, that stuff's there. I've also added the page where you can have a look at a lot of nice things because a lot of the site doesn't, it's kind of traumatic to read and that a lot of it involves injustice, injustices done to people of color in academia and in the world in general. So the self care page is just sort of a nice thing to read to like sort of calm yourself I guess after going through the hell which is the rest of the media page. But yeah, I thought was just a nice resource to put on there. Just self care. And yeah, nice... Nice examples of people of color in media. Some of them will be quoting the sort of media recommendations we have at the end of our podcast episodes, because we have that section. But yeah, check it out. We're going to make it nice and big and thick. And it's going to be a new addition to the website.

Karel Green 5:19

And media page, I'd really recommend going on it. It's underneath resources on the homepage, menu on our website. And it's just got loads of good stuff. We started this podcast and then the global pandemic happened. And now we're starting season two, and there's been a coup in the United States because they hate democracy, and just want their fascist, literal nightmare president to keep making concentration camps, I guess. But...

Sehher Tariq 5:52

I don't know what you're on about the USA is the pinnacle of democracy according to them.

Karel Green 5:57

Of course, of course, it's antifa, who you should worry about. They are not allowed to stay around.

Pruthvi Mehta 6:05

Like, it's hilarious not a single antifa member was in that in that crowd... Like, why would they be? Antifa literally means anti fascist? I can't I don't understand like

Karel Green 6:16

No sweetie, be quiet what no.

Sehher Tariq 6:19

Didn't you know dumb anti fascism is fascism.

Pruthvi Mehta 6:24

Damn.

Karel Green 6:24

Oh my God.

Sehher Tariq 6:25

Mind blown. Mind blown.

Karel Green 6:29

Wow, I can't believe that they are going to have to stop killing children on the borders. And speaking of nightmares, we're going to start off season two with a mental health episode. Because the absolute state of this pandemic and the world in general has just thrown that to the forefront. And just the idea of like mental health, neuro divergence, or neurodiversity even and the way affects people of color, in general and in academia, specifically, it's just never talked about, and can be a big part of people's lives. So we've got a whole episode on it.

Pruthvi Mehta 7:04

So yeah, I think, like one like the overarching theme, with regards to this episode is mental health. And I think a lot of us, in communities of color don't really discuss the impact mental health has in general, and how important it is, and how important it is to be open about it to get the help that you need. And like, there's a lot of stigma about this stuff in our communities. I'm like speaking like personally, here, I have like relatives in the family who do have mental health issues. And especially, you know, especially at the beginning, there are times when a lot of it was attributed to like,

personal failings, or sometimes even religious stuff, as well. And that it was something that could be cured by sleeping more praying more, or, you know, just forgetting about it and focusing on your work or whatever. And like, that's obviously we know, that's not how that any of that works. Yeah.

Sehher Tariq 8:16

They, they kind of say that, a lot of it's to do with like you're misbehaving a lot of the time as well. So like, you know, if you're, if you're quite loud, if you're, you know, like, you know, sometimes there's certain, like, you know, when you feel really overwhelmed, a lot of times, you'll kind of have like, a bit of a moment where you just need to kind of shout and stuff like that. I can't remember what the name is. Yeah, a lot of the times that people will just think, oh, that's just, they're just being really disruptive. They're being they're misbehaving and stuff like that. It's not seen as something that they can't really help.

Karel Green 8:59

Yeah.

Sehher Tariq 9:00

But this is just, it's something that just comes naturally to them. It's, it's not like, they feel overwhelmed. That's how they that's how they cope it's not...

Karel Green 9:09

So I think that really brings up like one of the key things is that how, so in general, sort of like neurodiversity or mental health issues is just not that we've got a load of studies here and there will be in the show notes, but it's just not diagnosed either in I would say, I would actually say like, white women and all people of color. Like, just in general, the, the number one way to like to get these things diagnosed is usually for most people they get, they just find out through school, that they act different than people in their class. And then their teachers would be like, Oh, this person might have ADHD or might be dyslexic or something like that. And then like an actual you know trained professional will just diagnose them and that's it. But there's studies have shown that like people don't give the same sort of like, I forgotten what the saying is, but they don't like think that there's like an alternative reason as much for like white women or people of color. So we just don't get diagnosed. And if people in the family just don't tend not to know about it, and then you just get told to, like, keep working harder, until you are okay. I can't remember if I've mentioned this on the podcast, but I have dyslexia. I found this out when I got into university of all things. I was like 20 in University, and it was through sheer luck, because we were assigned like lecturers as like a forgotten what it was it was like a postgrad tutor kind of thing but I was an undergrad so I don't know what the word for that was. I forgot where it was. And the this lecturer was the only he was nice and cared because I, there was no way in hell that I was just going to go and see this random new person. I just started uni. And he sent me an email. And I was just like, thank God, thank God, this happened, because he was just like, how you doing in uni? And I was just like,

yeah, it seems fine. But I literally, I have like a problem where I can't remember lectures. And it was really strange, because I'd come out of like a goddamn two hour lecture, right? And somebody who was like, in a different lecture was like, sick and had made it or were just like, our friends outside would be like Karel, what did we do today? And I could not for the life of me tell you, I would it would be five minutes after the lecture is done like less than that. And I would come out and I was just like, I literally can't remember any of that. And I'd sit down and look at my notes. And then it'll come back to me and stuff like that. But it was just really strange. And I was just like, yeah, I'm having these random, massive memory losses. And he was just like, that sounds like dyslexia. So I went to the university's disability and dyslexia service and got diagnosed, after all of that, and they were just like, yeah, you have really bad memory. And your writing is bad. And I was just like, yeah, my winds always been bad. My parents used to get angry at me about it. And then I also remember them saying and yeah, another telltale is having really bad handwriting. And that was like a rage because I thought my handwriting was fine. So I'm bitter about that. Apparently, according to a health care professional, I have really bad handwriting. Do with that what you will. Here's the tea here is the hot tea. I have an older sister. And she went to uni before me, but she did a she did pocket arts degree. And then she came back to university and did a Masters in something else, right. And the thing is, like she went, because it runs in the family, after like googling it and stuff. She went and got tested, as well. And she literally has dyspraxia and she is... my sister is five years older than me, right? She went her entire school life, university life, stuff like that she's got like, something with dyspraxia is that you you don't do well with like shapes and folding. And I would just make fun of her because I'm the worst because she couldn't fold a towel properly. Like, we'd fold towels up to dry. And she just never she was never able to do it. And my mom would just get annoyed because it wasn't nice. I was just like, this is a mess bye. And yeah, there's like whole ass problems in our family My dad is doing... He's training to become a London like taxi cab driver. And the training for that is literally memorize every road in London.

Sehher Tariq 13:36

Yeah.

Karel Green 13:36

That's it. You know London black cabs. It's like a well known thing. And you get into those things. And they and you say I need to go to this road and the person in the car needs to be able to get there, right? So he will sit, we have an office in our house, right? And he will sit in there and memorize roads. And I literally was just like, Dad, it runs in the family, you need to like get a dyslexia test, because sitting down and just memorizing stuff is definitely going to be affected by it.

Pruthvi Mehta 14:04

Yeah.

Karel Green 14:05

And he got it. He got a test done. And he was actually diagnosed with dyslexia. And he would tell us, he would tell me and my sister when we were young, like how he found it really hard to read in school, and he'd suffered a lot of racism in school. And he was always at the bottom of the class. And the teacher just did not care because why would they no blacks, no blacks allowed. So well, my literal dad in his 50s got diagnosed with dyslexia. And so it really like hits your entire family. Like it can affect you for your entire life. And it really goes to show how like BAME people are just like ignored by these white centric mental health systems. And it's awful. And that's my entire life story for anybody listening.

Pruthvi Mehta 14:51

That must be really hard and stuff and I'm just thinking about how like how much harder it must have been for like your like literal dad who do went through an education system because he was in this country... You know, growing up, right, he was we went to school here.

Karel Green 15:03

My both of my parents were born here. Yeah. So yeah.

Pruthvi Mehta 15:06

It's like, on top of that he also just had dyslexia in school and the prob... you know, and if, if kids today are just barely getting diagnosed with, you know, anything in school, right, because it took you until university to get diagnosed. It's like this, like, you know, this is such an, it's like, it sounds weird. It's like, such a new thing to talk to, like, POC communities about right? Um, yeah, cause, you know, like, like, you know, families sort of play a role in in this way. So, you know, like, your dad must have gone through school, and, you know, just been like, okay, you know, whatever, I guess I wasn't good at this, right? And then just carried on, right. And then just didn't realize it was a thing that could affect him. Or there were like, oh, like, there are treatment options available. We have, like, an actual condition. And it's just like, you know, if I don't have it, and my children will have it, and I sort of mentality something, but you know, I think just like, runs through a lot of families, I guess, because it's sort of like, you can, you're not like, you know, it's like every like, especially like immigrant parents, right, for example, will come through, will go through stuff, right? Parent or children of immigrants, right, who came on country during bad, you know, racism periods, they will go through things and then just sort of have like, trauma from that, or they'll have problems stemming off that, or, you know, some sort of mental health episodes related to what they went through. They don't really know or understand what's happening, or how to get help until it's like, passed, right? And then, if their children show, like, have issues, they are just sort of like, well, I got through life, whatever I did without anything. Why should you know this is just newfangled stuff that my children don't need, you know, this isn't something that affects us, right? It's just a matter of like, just ignoring it and carrying on and it's just, you know, that's not the way to

approach it, but it's also not their fault for feeling it should be approached this way. That make sense?

Karel Green 17:15

Yeah, no, I agree. It's like not to victim blame, right. But like, I feel like there's there's problems on both sides of it. Yeah, exactly. Again, there needs to be more ways for people to get diagnosed because outside of literal schools, right. Like my I got, I set up the session to get my dad diagnosed, because I was I went to my sister, and I was just like, who gave you the dyslexia test? Because guess what, mine was no longer working because the government, the Tory government has cut so many services that the people who did mine have now been shut down. So I was just like to my sister, I was like, quick, who did yours before she gets shut down? And

Pruthvi Mehta 18:00

God.

Karel Green 18:01

We found it my dad, but like outside of literal schools, I have no clue how to get diagnosed for dyslexia, right. And, yeah, like my parents got, like, I don't know, they're fine with it. Cuz it's obviously my dad literally has dyslexia and my sister's dyspraxic. And, but they didn't know about it. And his and on the other side, whilst it's, you know, you don't if you don't know, you don't know, it is unfair to just like, be like, well, I'll just keep going. Just continue, like, you know, it's, you can ask for help. It's not the end of the world to ask for help and think, well, according to whatever, you know, normalized standards, there are tm, my child does not reach them. There might be some kind of like, actual issue here. And not that they're not just, quote unquote, trying hard enough. Yeah. And like, I've talked about my experience with dyslexia enough, but I, I think, in general, dyslexia tends to be more like socially acceptable one, I certainly got a lot of help to the point that I feel fine in like academic settings, because I have, like, I got extra time in exam, I have like speech to text, software, all that kind of stuff. That really helps. But I think it goes even further down the bad lane. If you have like, sort of like, I don't know, not personality disorders, but like neurodivergencies that can affect your personality like asperges or ADHD and stuff like that, where you get into like, the special interest territory. I think that there's a lot more stigma around that, but I just want to talk about how Yeah, like how with regards to these neurodivergent sees like autism, Asperger's, ADHD, et cetera, et cetera. And I suppose you know, dyslexia can be and dyspraxia can be in there as well if you have like, really severe ones I know there's people who literally just cannot write. That's just the thing. Some humans will just never learn how to write because their brains just like, we're not wired to do this goodbye. And that's fine. And I think there's how, if you have any of those things, the vast majority of people diagnosed are white men. And if you're not any, if you're not a white man, you can choke. Like, that's just how it works. This is not it. This is not it. And it's like, you can choke from both ends, because your family's just like stop acting weird. And that's really disgusting thing to say. And then like schools and universities, just like why

aren't you doing you know, why can't you sit perfectly still for two hours? You are a bad person.

Pruthvi Mehta 20:40

Yeah.

Karel Green 20:40

And that's also something bad?

Pruthvi Mehta 20:41

Yeah.

Sehher Tariq 20:42

Okay, so this is a point that I wanted to bring up that teachers should have, like more of an awareness of when somebody might have dyslexia, for example, like, a lot of the times, people will be put into lower sets, when, you know, for like English or something when they they have difficulty with their spelling, or they have difficulty with sentence structures and stuff like that. And they think of this because they're just not good at English. But actually, it's something to do with, you know, they have dyslexia. And a lot of times people in school will get diagnosed with dyslexia, if their English teacher is, you know, they're seeing something, and they actually care. But if you don't have a teacher that cares, then they'll just be like, okay, you're not good at this, we'll put you in a lower set. But they have, like, the ability in every other subjects, but it's just they're having difficulty in English. So yeah, that's something that needs to be, you know, kind of brought up. And then also there isn't, it isn't just dyslexia. There's also other types of difficulties, such as dyscalculia, where somebody has difficulties with numbers. But people think, oh, that person just can't do maths. I think that, like dyscalculia is a very rare thing for you to hear that somebody's been diagnosed with, I think, mainly because you have like, spelling and you have, you know, like sentence structures and stuff like that. And you can clearly see there's an issue there. And, like, oh, you're an adult, and you can't spell is that kind of is something there is that is that, you know, if you've got dyslexia what, what's going on here? But when it comes to dyscalculia, a lot of times they just kind of people will think, oh, you can't do maths, or you must have been, like, pretty stupid at school or something. But no, you be might have an issue there like the why is the automatic answer, like, oh, you're stupid, or you can't do this. You can't do that. You know that?

Karel Green 22:49

Yeah.

Pruthvi Mehta 22:49

I think I think a lot of it like does stem from the fact that like, there's like inherent like supremacy people hold for for league mathematical and STEM subjects, right? So if if you if someone's bad English, or if someone's bad at the arts, like they're not artists who are gifted if they're not good maths, or numeracy, it's just like, you're dumb.

Right. And I feel like that's been applied to like, yeah, I think I think genuinely think that has been applied to like dyscalculia, because you know, that we have so many dyslexic students in, in school, right? But we had like, no dis, nobody with dyscalculia no one was diagnosed with dyscalculia. Like, we can't help the thinking, how many of them had this condition, who were just put in like a bottom set for maths and completely ignored? Like, I hate thinking about like ugh. Yeah, it's just...

Karel Green 23:40

Yeah, like, like, I completely agree with everything, because, um, something I want to bring up. And so you literally reminded me of this. So like, I know, teachers are under a lot of like stress, especially now with the pandemic. And even before like they some teachers are busy raising kids that people aren't like looking after properly. And I just see it so much like my sister is a primary school teacher. And just, they do so much right. But you'd think there'd be like some kind of automated systems point now. Because something that came up in my dyslexia test was that you run a bunch of tests, and they run a bunch of tests on you and do a bunch of like, different exercises, right? And you get like a score in each one, you literally get given a graph, I remember my graph looked fine, and it had a massive dip in it. And they were like, yeah, that dip is the one that tells us about your memory, reading and writing. And basically, like my memory is not what it should be for an adult my age, right? And my reading and writing is a lot slower because obviously my memory just I literally don't remember words as fast as I should do. That's just the thing that happens. And that completely mirrored the fact that in school, I went to like a really rough school and it was a massive school at the time I went it was the biggest secondary school in the country. It's like third biggest now, but it's got 1000s of students, right? I was like the least of their problems within I haven't... In school, but I was in like top set for everything except for English, where I was in a lower set. And that's like a clear, like, indication that there's something wrong. And I just think that maybe in schools, they need to have some kind of like, automatic flag that if any one student is in top set, or in second set, or third set, or whatever, for all of their lessons, but they're in like lower set. If you know, even if somebody is in like their third set for everything, but they're in fourth set for one lesson, there needs to be like an automatic flag for that. And that would help with dyscalculia as well, because you're right, like I've not heard of anyone being diagnosed with it. And it's really upsetting to think because like, I've always liked maths more like because even before I knew I have dyslexia, the point with maths for me was that I'm just like, okay, so no matter what I'm doing, two plus two is always going to equal to four. And if you multiply a, you know, a positive and a negative number, you get a negative number, and so on and so forth. The rules of maths are the same, so I didn't have to learn them, right, I only have to know them once they're in my long term memory, and that's fine. The problem with English for me well me specifically not everybody with dyslexia has the same problems. But I'm just talking about myself, because that's what we do here is that in languages in general, you just have to memorize everything. Because there are no rules. There are some that work in some places, but they don't work all the time. There's always exceptions to the rules, and I just

have not memorized that the same number of words, your average human would. And that's valid. So I think I imagine that people with dyscalculia, are just like force to keep doing it until they memorize, like how stuff works, to get through school. But like, you know, there's a difference between having like slight maths issues and having literal dyscalculia. And people just aren't recognized with that either. And it's really upsetting to think about, because there are lots of people who are like trying their best, and just are not getting the help that they deserve. And yeah, it just goes back to again, how, if you don't have I don't know, social neurodivergencies, I guess. You just get, like really destroyed and how, also, how school is the only place to get these things sorted out. There's no way for you to take initiative, and like get your own help whether a teacher thinks you have it or not, right? It's just like, well, this teacher this literal teacher who's not a who's not a neurodivergence specialist, because bear in mind, these other people who are diagnosing us are trained to do so and are in fact, not teachers. These are two different jobs. And if there's random teacher doesn't think I have it, there's like no way of you learning yourself. Or being like, Well, I think I do so I'm going to ask this person anyway. Like, it's really, really upsetting. And I just wanted to yell about that for a bit.

Pruthvi Mehta 28:12

You know, that's really, really good point. Um, I think something else I wanted to, like bring up is like the fact that Yeah, a lot of a lot of what we see in media with regards to especially neurodivergence, right, like autism, Asperger's and ADHD. Like the only people... I literally think of in my head of TV characters having these conditions are all white male character... It's true...

Karel Green 28:40

Okay, I thought you're gonna say like, a specific example...

Pruthvi Mehta 28:46

I'll bring it up now.

Karel Green 28:48

No! I'm in so much pain.

Pruthvi Mehta 28:56

But yeah, like so let's let's think about who we have in the media who has Asperger's, autism, ADHD. I know that a several show creators for the Big Bang Theory have said that Sheldon has Asperger's. Like Sherlock often thought of as having either aspergers or like high functioning autism. And even like the high ranking like more like influential scientists and stuff who have Asperger's who are known about our white men, right?

Karel Green 29:26

Yeah.

Pruthvi Mehta 29:27

And it's sort of like, yes, you know, generally, you know, all the time autism and stuff is seen as a negative thing, right? But you have this idea of like autistics advance and stuff. And the idea people have Aspergers like have slightly higher abilities in certain areas, or have like a specific, you know, interests they are very tied into as that seems like a positive thing when it's projected upon white men and white male like technic technical interests. Right? Um,

Karel Green 30:01

Yeah.

Pruthvi Mehta 30:01

Because like a lot of these specially like in the, like categorization for, for Asperger's, and autism, it's like your special interest is like a lot of like the old diagnostic criteria or like, oh, it's, you know, numbers related or whatever, or, like, you're seeing patterns and maths and everything like, and like, you know, it's a valid interest and stuff, it's valid thing to have. But the problem is, it's just like, the fact that that's like this, you know, tiny little criteria of what counts are valid interest means that girls that have Asperger's right? Just sort of get diagnosed, like a lot less, because, like, the symptoms are very different between men and women, right? So men just like, don't really, like care or like, aren't visibly that good or social interaction, whereas women have Asperger's aren't really good at it, but they will mimic what other girls do, right. So that's just not it's not picked up on. Also the interests, their you know, they're specific and their intense interest in them, but they're just different from the male interests are generally portrayed as, you know, the normal ADHD ones and normal autistic ones, which are like, you know, obsessive about trains or maths or computers or something, right? Yeah. So if it's just not none of these things, again, the inherent like supremacy of numerical stuff over everything else, means that it's just goes on, you know, on research on thought about. Also a bunch of like, false studies show no, like, there's there's a lot of studies that sort of conclude that testosterone exposure in the womb and, and like Asperger's or autism are linked, right. When, when you look at the details of the studies, like the sample sizes are really low. There's a professor Cambridge, I think he's still a Cambridge called Simon Baron Cohen, who is linked who's related to Sacha Baron Cohen. Um, so not not as cool as his cousin. But like he, he got kind of like, does this sort of research you came up with like this weird systemising versus empathizing tests to like, like, determine

Karel Green 32:15

Test is in quotes, by the way.

Pruthvi Mehta 32:15

Test is in quotes.

Karel Green 32:17

Test is in quotes.

Pruthvi Mehta 32:19

So like test, whatever, you know, someone is more interested in systems i.e. maybe has traits of Asperger's or autism, or, you know, people and he was a this broad statement that women are more interested in people and men are more interested in systems, and therefore women will generally be diagnosed less with these conditions, whereas, you know, evaluating personal biases, or the way you know, boys and girls are raised differently generally society, right, like, it's just bad science guys. I've thought about this for a very long time. You can hear it in my voice.

Karel Green 32:53

Bleeding out of you.

Pruthvi Mehta 32:55

But yeah it's bad and I'm angry.

Karel Green 32:58

Once again, talking about how the social aspects of scientists is never taken into account, even though we all live in a society. So it's just absolute mess. I also wanted to say like, I mean, I'm, we're talking about bad science, so I'm gonna put more bad science in, but I saw a post on Tumblr, but this girl was talking about how she has a Asperger's or ADHD, I can't remember which one, I'm sorry. I know that they are not the same thing. But she was talking about how her special interest when she was young was horses. And it was like, you know, young girls are generally at least in like the Western world, like horses is generally acceptable thing for them to be interested in. Like before My Little Pony got taken over by bronies and made horrible and stuff like that. Right? And she was talking about how looking back it really like, cause it's not like a regular interest and is in fact a special interest. Right? It was really bad to the point that it was like affecting her life. Like she wasn't making friends. She was constantly obsessing about them. It was like the only thing on her mind. She didn't learn like social skills or how to manage it. And just nobody cared because oh it's little girl and she likes horses, and so that's fine. And she was talking and like this was just one girl's like, screaming into the void. Right. But I think it's a really good example of how just again, women and people of color in general so including men, people of color, men of color, wow. Are just, got there in the end, it's late everybody it's late, just are not, you know, just not taken seriously at all. Whereas the you know, any basic white boy is slightly not sociable and there's like 69,000 tests, 420 checks, you know, just to make sure they're 1,000,000,000,000% comfortable all the time. To make sure that they don't have anything, you know, or if they do have anything just to make sure. And, you know, no such care is being put into a majority of the population. And, again, between the fact that none of this happens in the one place where you can get diagnosed, ie like schools, recommending that a child get tested, and then parents of color not knowing anything about these things, or are just being that really, again, through their own personal experiences being like, Oh, my child's not dumb, don't tell me they're dumb. That's something that's really

horrible that people say that a child who has like ADHD or dyscalculia, or Asperger's wherever and their parents are just like, No, I'm not going to get them tested. I don't want them to be stupid like that. I've heard that so many times, and it's horrific. And between those two things, nobody's getting any help. And it's really bad. Really, really bad. Yeah, and again, I just, I'm just gonna keep speaking, the way that it's portrayed in the media, like I'm thinking of like Tony Stark and how he's like, Oh, I am and now as of last night, a, you know, a world class leading brain in was it thermonuclear astrophysics. I remember that in the first Avengers movie, I'm really bitter about it. Because, like, because oh, it's fine. You know, they have no social skills. They're really terrible people who have like, social issues, but because they're smart tm, they could just do what they want and treat people like trash can say whatever they want. But it's you know, and it's made up for the fact that they're smart. The example I'm thinking of in the media, is whilst I am very happy to say that I've never seen a single episode of BBC Sherlock, I do know, for the fact that Sherlock is in fact a, you know, portrayed as a terrible person by you know, Benacroodal Cucumber. But it's okay guys, because he sees the floating words. And he sorts out the issues. I'm just like, no, it's not.

Pruthvi Mehta 37:03

It's not.

Karel Green 37:03

Because then all of these, you know, these boys who are who are not, who are terrible people.

Pruthvi Mehta 37:08

Yeah.

Karel Green 37:09

Because again, having autism does not is not, you know, a free pass to be a bad person. And they'll be my but I know maths. So actually, and it wouldn't be a problem, but they're getting into actual, like, positions of power. And it's, it's making stuff worse for everyone else.

Pruthvi Mehta 37:27

Yeah, exactly. Like, validates, like, they're like, it's a few you know, people with Asperger's may not be as social or care about other people's interests or whatever, right. But it's sort of like they, they had, like, can I just say like, Sherlock's character did not like, I never watched any, like any full episode, but what I know from reading about a lot on Tumblr is that his character never went under any development, right? Like, he was an inempathetic and mean, at the beginning. And he was the same at the end, like, there was no character development. Um, and it's sort of just like, it just lends legitimacy to this, you know, this idea that while you have these, you know, conditions that might hamper what you can do with social interaction, or how much you care about, you know, you know, things which are in your particular

interest, it shouldn't. It shouldn't you know, that you shouldn't be validated in this, you should, like, try get a therapy, if you need it. And you know, think and, you know, try and just be like, Hey, you know, I'm not, let's not idolize these, like mean white men whose characters apparently, they're going to fictional characters that don't actually have these conditions. Because again, they're fictional literal characters, right? Because the writer said they do. Doesn't, you know, these are just traits that they've, they've like, projected onto having these conditions. And so it's really easy for like people to see us like, Oh, is this what Aspergers and, you know, autism is and what being an autistic involves, I guess, you know, that's a good thing. And that's fine. It's fine to be it's fine to be like this. And it's like, you're kind of hurting people with those actual conditions by doing that, as well.

Karel Green 39:08

Yeah.

Pruthvi Mehta 39:08

Like if something if i if i literal Asperger's, and someone was like, Oh my god, you're like, you know, Sheldon, like I'm like, no, I'm, I'm hurt by that statement. Because sometimes the characters are portrayed as weird or robotic or mean, right? And it's like, you shouldn't look up to stuff like this. It's not good. This is not what a good person is like, right?

Karel Green 39:29

Yeah. Yeah, you're right. And on top of that, like just to rub salt in the wound there is like no such representation for people of color with these conditions right? There's no like, I mean, you know, black guy who's also super good at maths, and saves the day and gets the girl anyway, in any kind of TV show like there's... Somehow this terrible trait is still like racist. Like, can you believe it? I mean, like, you know, it's not good. And we don't want these things to be portrayed these ways anyway. But you know, if you are going to do them, you might as well do them for all people and they can't even manage that. So it's somehow racist and classist? Because it depends on like, funding depends on if you have a halfway decent teacher, which directly relates to how big your class is, how much you're getting paid, you know, a private school teacher is going to have a lot more a lot more time. But just I would, I would say that, in general, private school teachers are probably less stressed or dealing with less issues than like public, not public, state schools are and just, and just the sheer amount of luck, that comes into stuff like this. It's not, it's not right. And it does a lot of like, actual damage to a lot of actual people who just go their entire lives, thinking like, well, I wasn't good in school, so I'm never gonna do that again. And then they just don't touch it, but they're still just like, well, I will always be bad at maths. Like, it's a really hard thing for people to deal with. And I don't think it's fair. So that's why I came to say.

Sehher Tariq 41:12

So I was as you was speaking, I was looking up ADHD because I remembered because I think Pruthvi you mentioned that a lot of the symptoms between men and women are different. So I just, I was thinking like, okay, what is the specific difference between ADHD in women and men, because I remember seeing a lot, a lot of stuff online about women who have ADHD, ADHD, saying that they're diagnosed a lot less. So I was like, Okay, so what are the what are the differences in the symptoms, and it's basically saying that there are like three presentations of ADHD. So there's inattentive, hyperactive or impulsive and a combination of the two. And men tend to lean towards the hyperactive and impulsive side. So that's like more fidgety, you feel restless, you talk a lot, you make snap decisions, you're impatient. Whereas the like females tend to go towards the inattentive type. So you find it hard to focus on things, pay attention to detail, stay organized, remember things as well. So that made me think of there was this video that I saw of this girl who had ADHD and she said, watch me try and find my lipstick. So she had like all her makeup out. And she was like, I'm trying to find my lipstick. And she kept she picked up everything one by one. And she was like, that's not it. That's not it. That's not it. That's not it. And she was going through everything. And she went to the lipstick. And she was like, that's not it. And, like, it's just something so little like that way. It's like, you just can't find something you can't like, you're looking at something. It's like, Oh, that's not what I'm looking for. You just keep going through things. And she said that she had to go through it several times until she figured out Oh, that's my lipstick. That's where it is. So it's like, that kind of thing you might look at, you know, as somebody who's not even aware of what ADHD is, and you might think, oh, they're just, you know, like, you know when you just can't spot something that's in front of you, is one of those, those kind of things like, Oh, you are silly, you just couldn't see it was right in front of you. But it's just like that kind of symptom. It's, it's just, it's not related to ADHD in terms of a stereotypical sense. So, like, you always think ADHD there, they just can't focus on on things. But there's this wider. This is like a whole it's like a wider symptoms, there's like a wider range of symptoms that people just aren't aware of. And, like science itself, and medicine itself is only just finding out this kind of stuff. So this, I think it's just like, it just brings me back to like the whole medical episode that we did, and how things are always just based on a white male and their symptoms, and then nothing, nothing else ever comes into it. So in medicine, everything when you're looking into a textbook, it's like everything is on a white male body. And then what about if it's a POC person? What if it's a female? What is it what if it's a woman of color? What are there any differences in in that like how it presents itself in different ethnicities, like is there a wider range of research there? But is it going to be funded? highly doubt it? I don't know if obviously, if this is me just thinking like, is this possible? Maybe there is research saying, okay, there's no differences in different ethnicities and stuff like that. Maybe that's maybe that's not something but in a wider sense, there should be that consideration as well. But we're highly unlikely to see something like that.

Karel Green 45:31

Again, I just a lot of these stuff, studies that the using, like you said, because of the funding and stuff like that, based on like Pruthvi said earlier, these really old papers,

where they make huge sweeping generalizations. And it's just one white guy, again, who's gone to Oxbridge. And then they've never looked at it again, and never change anything again. Because Pruthvi. I don't know if you'll remember this better than I do. I remember you say, like, you read the paper, that is like the generally used or cited a lot in like, ADHD, and diagnoses and stuff like that. And it's just like, women like to be homemakers. And men like to go out and have a career. And if they don't, if they do either of these things, they're fine. Or it was like one that kind of level. And it's just like how, again, because nobody's funding anybody to redo the same thing in quote, marks because while they never did it properly the first time, but if you're not like a white guy in Oxbridge, who asked for free money and just gets it, they're not doing these, like they're not actually checking the validity of these things. And I just yeah, again, Pruthvi you, you said examples of I can't remember what they were. But the absolute state of this paper that they use a lot. It sounded like he was sitting in a room and just making stuff up, or what do you think a man or woman should do?

Pruthvi Mehta 46:56

I was, that's literally that's literally what it's, it sounded, it looked like like, there's been a lot like so like, Simon Baron Cohen wrote a book about it, right? And then, like several, like women who worked in the field of like neuroscience and psychology, came forward with another book, which was basically trashing the studies that he did, right? And I'll like link this new book, in, in the shownotes, and stuff. But basically, they were just like, yeah, the sample size is too small. There's so many biases that crept into it, there's so many, like, you know, like unconscious biases done, you know, they, it's just, it's really, it's really like bad science. And this guy got a whole like, Guardian article. And he got here. Yeah, it was really famous for a while. I think it's when, like, this whole, like, female versus male brains debate started as well.

Pruthvi Mehta 47:57

Yeah.

Pruthvi Mehta 47:58

And there was like, a lot of controversy around that. And yeah, he got his he got a book published, he got several articles and several major, like news publications. And it's just, it was just like a really like, patronizing terrible read like this. It's like quite old Guardian article. Now, I think it's by 2005. But he literally like lists, you know, the reasons for why men or women typically have different interests. And like, like, basically like a sort of gender brain essentially, just like, it's just, it's a really like, terrible read and a really terrible, like, load of, like, science in quotation marks. And it's just, it's just something that we've adopted because it fits so well into what you know, society has done for a very long time. So it's just sort of accepted, right. And it and they sort, like, we like it's sort of, there's a scientific, there's scientific theory and quotation marks, right. And the model, but it's fitting with is, is just the way humans have been, like, trained to behave through like external influences, rather than how they actually are. You know, when you think about the psychological programming

that goes behind, you know, I don't know if you've like, just looked flip through any kids like channels recently. But you know, I remember vividly seeing, like, for a show, like, you know, like Cbeebies or whatever, like, you know, CITV or any of those, like kids channels in this country, the ads and stuff would be so gendered. You'd have like hot wheels and stuff, boys, right? And then you have whatever doll you know, poops and pees itself for girls. And I thought that, you know, in the year of our Lord Cthulhu 2021, this would have changed, but it hasn't. Like the marketing is exactly the same. The ads are like basically the same. Um, it's just it's just so obvious to anyone who's grown up watching anything in this country, you know, in this world.

Karel Green 50:07

And I just wanted to like mention how like, this has literally like no intersections for any kind of like LGBT plus person, especially somebody who does not like adhere to strict cis, male and cis female, like gender stereotypes I like all of these things just like and I will admit like we've just been saying men and women but none of us here LGBT plus that I know of right. And I just Yeah, like a shout out to them. I've been getting extra decimated by this terrible system.

Sehher Tariq 50:44

Yeah.

Karel Green 50:45

Anyone can have it. So it's just what? What are they gonna do? They're gonna go home? Well, you don't like wheels? You don't like Hot Wheels? Oh my god, like...

Pruthvi Mehta 50:54

Yeah...

Karel Green 50:54

But I can't I can't believe I cannot believe this is what we're dealing with in like you said the year of our Lord Cthulhu 2021.

Pruthvi Mehta 51:06

I should say that, you know, when I say men and women I mean, like, assigned male at birth and assigned female at birth, because obviously, you know, I like I don't want to be like, weird, like gender essentialist.

Karel Green 51:16

Yeah, exactly. We should stay like, we have a whole page on our website called our politics, where you can like see an explicit breakdown of what we mean. But of course, we would like to say here that like Trans Lives Matter, of course, and that when I talk about men and women, I talk about all men and all women, so and trans women are women and trans men and men. And of course, non binary people are valid I but I'm also just deeply sorry and deeply distressed with the state of mental health in the UK, at least cuz we haven't even touched on like depression and

mental health during your degree and how just they're just like, work till you die. And that's it. But we we got to fit that into this episode. It's been like an hour I think we should move on to solutions. This is the neuro divergence episode, we'll talk about mental health and how we were just told to work 30 hours a week during the degree and how they just don't care about undergrads another day.

Pruthvi Mehta 52:39

Oh, okay. Um, it's sort of like just I think one thing is like awareness. For like, families of color, and just sort of, it's really hard to like, because you can't make you can't get someone specific. You just sit all of them down and tell them that, hey, mental health, the thing that could affect your children like, it's, it's hard to do that, right. But just a note, I think just injecting it into sort of like media, especially like to kind of change perceptions in the media, right. I think the media is something that everyone consumes all the time. Yeah, always online. And just like have better representation for, like, mental health affecting people of color, like characters of color with, you know, autism, any sort of new or new divergent saying any sort of any sort of other mental health problem, just have proper representation. And hopefully, people who need to be educated and aware of this will kind of see it and be like, oh okay. Um, yeah, that's like, that's one solution I can think of.

Karel Green 53:48

Yeah, one solution that I would say, is that, um, so do what I did. And if you're in any level of education, get yourself checked out.

Pruthvi Mehta 53:59

Yes.

Karel Green 54:00

So it used to be, I think, I'm not sure if the So basically, I'm not sure if the actual test is free anymore. When I got mine done. It was free. But so I got tested, and it was free in uni. But then when I got to my PhD, which was in a different university, of course, I was just like, okay, I'm dyslexic put me on the official dyslexic list. That was fine. That was free, but then like, the stuff that they give you, for dyslexia specifically, was not free anymore. So I would recommend getting yourself tested no matter what, because you literally cannot lose. Because if you're neurotypical, then it's just like, okay, well, I'm fine. And if you're not, then you can actually get the help you need. For me specifically, I got a bunch of things I they literally gave me a computer both times I did have to pay a bit towards it the second time, but it was significantly cheaper. I now use that computer to do my actual work as well. Like it's just it's literally your computer. It's not even like set-up on the school system. And the reason that give you that for dyslexia at least is because you get software on it that helps. So I have like a dragon, a software called Dragon that like, I can speak into it into the computer and it will type for me, because that's a big problem, I will just skip words and sentences without realizing it. It's a nightmare. And I also have read and write software. So I can open up textbooks or whatever, on a computer, and it will

just read it to me. Also they gave me a literal printer, I have a brand new canon printer. It's so high tech, it's literally wireless, I'm yelling it's so nice. I've got two printers, the I've had three actually one broken, they replaced it, it was insane. Because the idea being like easy to read along with things whilst they're reading it to you. So I'll print off like web pages, have my read and write software, read it to me and read along with it in front of me, I got a while. So get, oh my God, I've got something else that's really big. Well, they give you a headset and a mic for all of this stuff to make it work as well. And they give you printer paper and ink as well, you can claim that back. So that because obviously if you didn't have, well for me specifically, if I didn't have this next year, I wouldn't have to go for all of this. So they so therefore I shouldn't have to pay for paper and ink because other people don't so they'll give you back that money. And the other thing is that they gave me money for textbooks. Because again, it was easy to it's easy for me to read along with a textbook with it in my hand whilst the computers reading it to me. So I could buy textbooks for Uni, and then they give me back the money for it. So I would really recommend going if you're in a university, or if you're in college, or if you're in school or wherever, just going to them and being like, you know, can I get tested for dyslexia or whatever because you again, you literally cannot lose. And I quickly googled how to get yourself diagnosed with dyslexia. Because again, we are always online, and the literal NHS website, if you're listening outside of the UK, basically, we have socialized medicine, so we can go to a hospital and not get a bill for almost dying. And so that's our National Health Service NHS, they have a website online that we actually have like trusted information written by real doctors. So you can use that. But yeah, the literal NHS website for the for dyslexia says, if you think your child has dyslexia, the first thing you need to do is go to your child's school and ask for them to do it. So it seems that that's like the only way they have like a list of like chartered psychologists and stuff like that. But the literal web, the NHS website says the easiest way to do it is to go to your place of education, like the school, your college or university and get tested that way. If you're not in university, the only thing that I can recommend is that do what I did, because I asked my sister who they used and she went to her uni and they gave her the person's name. The woman, she was obviously a real person because the university employed her. But she was just like, freelance isn't the word, we got her phone number, and then like just set up a consultation directly. So maybe try that like maybe go to university and be like, who can we use? But yeah, I am sorry that the literal NHS website is like, for your child go to their school, if it's you, you can choke like, Oh, my God,

Pruthvi Mehta 58:31

like past a certain age, you don't have mental health issues. What are you talking about? What are you talking about? Like, who cares.

Karel Green 58:37

Mental who? Never heard of her.

Sehher Tariq 58:43

I'm just going to undo everything that you've just said about, you know, the pressure being on schools, but because I think the pressures should be on schools. I mean, the government mainly because, you know, that's their prerogative. But yeah, so I think that a, so universities have like a dyslexia and disability service. That's pretty widespread in higher education. I'm pretty sure my college had it as well. But when you get to lower levels, like primary school and secondary school, that's a lot less common mainly for probably because of budgeting issues. But that is pretty vital when it comes to offering support for people who have dyslexia, dyspraxia or any other you know, neuro divergence issues as well. It's just that there needs to be more budget allocated to that kind of stuff, too. Because this is going to affect somebody for the rest of their life. They need the support from day one, if possible. So if there is any way to try and get more support for kids in an earlier age, and you know, I think it kind of builds upon the like, you know, having more awareness, what you mentioned before, Pruthvi, that you need to have more awareness of the, of the different issues that there are that you need to, especially with like, something like dyslexia, dyspraxia, dyscalculia, you need to make yourself aware of the symptoms and the signs of, of those. And, you know, it's not hard to learn about what kind of signs there are like, obviously, there are people who are experts at it, and you obviously can't diagnose it yourself, but, you know, learning simple signs of it will help in the long run. So, for example, I, I've seen people who, you know, that they have some difficulty with their spelling have other difficulties as well. And I'm thinking, oh, I recognize this as something that could be dyslexia, have you had, you know, have you got it checked out? This, you know, it's not, it's not just for yourself, it's for other people as well. And if, you know, if it goes to, you know, then them going and checking themselves out exactly with what you did Karel for your dad, you know, that that will help them so much. It's just self awareness, awareness within schools at an earlier age as well. And not just you know pushing that off to the side saying, Oh, it's just because they're not capable, that they could be perfectly capable of doing everything is just they have, you know, they have dyslexia, and it's just, you know, they're not wired that way. It's, yeah, that's mainly it's just awareness, and government give everybody funding, please.

Karel Green 1:02:04

Yeah, you're right.

Sehher Tariq 1:02:06

And down with the Tories.

Pruthvi Mehta 1:02:07

Down with the Tories.

Karel Green 1:02:09

Yes, I'm deleting everything else except for that. That's the only real thing that will help. Especially again, if your family's not if they don't know about it, or if you're because my family was very much he didn't know about it, whereas some other

families will be like, no, I'm not even going to entertain that my child's not dumb. How dare you say that? Again equating having a neurodivergence to being dumb is again wrong. And it should be on you to explain this, but life's not fair. And I'd recommend just getting yourself checked out anyway. Because like I said, from me getting my diagnosis initially got my sister, my dad died those and so it's literally gone to like three quarters of my entire family, right? And I just feel like, if your family is on that end of being like, oh, they're not stupid. Like, how dare you say that to them? I would one recommend getting yourself checked out, like literally took an afternoon, it was like, they don't need to find out. And then once you if you do have it, I would recommend, like, there's loads of loads of different little things that you have to get done. Obviously, I recommend taking your parents to one of them, because guess what, they're never gonna listen to you. But they will listen to a literal health care professional.

Pruthvi Mehta 1:03:22  
Yep. Yeah, exactly.

Karel Green 1:03:23  
They'll moan their mouths off at you all day, but you put them in a public space and all of a sudden they change, right? That's just the tea. You know, you know, if you're listening, you know what it is so that's good. Okay. Yeah, you know what it is? So I would recommend just like reading them to death and being like, Oh, yeah, let's go I've been diagnosed and then they'll be like, here's where it actually means.

Pruthvi Mehta 1:03:47  
Yeah.

Karel Green 1:03:48  
And make it eat humble pie. and at worst, they'll just leave you alone, which isn't even that bad. And at best, they'll be like, wow, I have no clue that's get your siblings checked and and you know, Happy Happy Days. So you know, just do what you want.

Pruthvi Mehta 1:04:03  
I think another good solution is to just like especially in schools, especially, um, in like just communities as well as just to have someone designated like just put there for the specific purpose of like diagnosing people who might need it with mental health conditions right? Because unless you like yeah, like at school level, right? Like the kid can't like a literal four year old cannot go up to someone and go hey, you know, I think I have this condition. Right? Like it they it requires like some mental health professional, might be a person of color might not be right, who is literally assigned to each cohort of students to like monitor them and their well being like all teachers should be trained. Like there shouldn't be like special SEN classes and teachers, right like the like SEN is just like, it's like a basically children who have like developmental disorders right, which affects education go to these things.

Karel Green 1:05:00

Yeah.

Pruthvi Mehta 1:05:00

Um, but there shouldn't be like special as the anti event should be like all teachers should be grounded in this stuff, right? All, all teachers should be made aware of symptoms, etc. Particularly as you know, for example, like an ally might occur and like goals versus, you know, what people assigned, you know, female at birth versus male, right, whatever and just have someone like monitoring, monitoring, especially younger cohorts, or just all throughout school, and also, like more actual mental health people during University. And I remember, like, we had one woman, I think, who was actually also worked in admin who was like the student welfare person for physics. And then I remember one time I had like a panic attack and exam, and she wasn't there. And it was just a random professor, that little special room on the in the admin, you know, on the first floor, in the reception area, like there's that little room that people would just sit in. Yeah, yeah. So I went in there, and it was, it was okay. Can I say his name? No?

Karel Green 1:05:00

No.

Pruthvi Mehta 1:05:01

But it was...

Karel Green 1:06:09

Don't bring it back.

Sehher Tariq 1:06:11

But it was...

Sehher Tariq 1:06:13

I don't know who you're on about, bleep it out.

Karel Green 1:06:15

Okay. Okay. Say it and I'll bleep it out, that's totally fine.

Pruthvi Mehta 1:06:18

I'll just say what they taught, they taught \*BLEEP\*.

Sehher Tariq 1:06:21

Oh, God, okay yep.

Pruthvi Mehta 1:06:24

I told you he was the one that coached me through my literal panic attack. In this exam. Oh, God, not an actual mental health person, this dude. Remember, he offered me like a random crate of like melting ice creams that have been brought out from somewhere. So I was just sobbing, I told you this, I was sobbing while eating ice cream just sobbing my heart out.

Karel Green 1:06:42

Can I just say, in the midst of this story... Like imagine if you go on to become a literal like tenured lecturer, researcher. And like, what stage you get training to deal with this?

Pruthvi Mehta 1:06:54

You don't!

Karel Green 1:06:54

I would be horrific. Like yikes that sucks bye! This ain't my job. It's just me and I'm the ice cream, I'm just like, bye and melts away. Like...

Pruthvi Mehta 1:07:08

It was a twister. It was like a mini twister. It was so bad dude.

Karel Green 1:07:16

This will fix your problems. Just...

Pruthvi Mehta 1:07:19

You know I took it and ate because that's how sad I was.

Karel Green 1:07:22

Wow. Dark times for Pruthvi. Yeah. Oh my god. Yeah, no, I um. Somehow this because mixed in with my final solution, which is like automated systems just to make things easier. So again, like I said, in school, I was in the top set for everything set for English when I was in the set lower, because I couldn't read and couldn't spell. Right. My handwriting was bad. Apparently.

Pruthvi Mehta 1:07:52

It's not. It's not, it's way better than mine.

Karel Green 1:07:55

Yours is horrific, you should probably get tested, yours is horrific.

Pruthvi Mehta 1:07:58

Damn.

Karel Green 1:07:59

That alone, anyway. Anyway, but know if there should be an automatic system. Whereas if a child is in the same set for like everything, and then they're in a significantly lower set for one lesson, just check that out. Right?

Pruthvi Mehta 1:08:17

Yeah.

Karel Green 1:08:18

I mean, because we are both saying how teachers need more funding and help but they also need to be made more aware of the things. And that's like a practical way to do it as well. There is a difference because there are two different jobs, two different trainings between diagnosing somebody with dyslexia or ADHD or whatever, and being a teacher, but they have to work in tandem, if that's the only way to get it done. So yeah, just have that automatic system and save...

Karel Green 1:08:58

We are going on to our goods section, the media recs, all of our previous media recs can be found in our show notes. And Pruthvi will put it in the good stuff section of the website, please go on there. We love the website. Also, again, if you want to help us out, tweet say that you like the podcast, stuff like that. But also, like just go on the website. One of the things to get our funding is about how many like people actually interact with us. And that's just an easy way. So somebody make a bot, and just spam our website with clicks please. And we need that because....

Pruthvi Mehta 1:09:35

We could hire like engineer like in a call center in some country just to like just click on on our site and click away again.

Karel Green 1:09:43

And that's it. That's all I want, just click on a couple pages. Don't read anything and leave please.

Pruthvi Mehta 1:09:49

Please please please.

Karel Green 1:09:49

Just what we need.

Pruthvi Mehta 1:09:50

Just like it.

Karel Green 1:09:52

Okay, so media recs.

Sehher Tariq 1:09:56

As have most other people our age, I have become obsessed with tik tok. And that is because there's actually so much good content on there, and it's wholesome. And there's this one account that I follow. And it's called paharikawa, which I think it's, I think it's urdu for mountain crow. And he basically talks about history. And I first saw him because he started talking about South Asian history, specifically in all the ancient civilizations that used to live in that area. And that just completely fascinated me, because that's just a side of history, history you just don't hear about, especially in this part of the world, it's just all about World War One, World War Two, bit of the Tudors, you know, that kind of stuff.

Karel Green 1:11:03

You learned about World War One, I literally only learn about World War Two. So I'm jealous wow.

Sehher Tariq 1:11:10

And not that much diversity is there. But this guy, he talks about so much different types of history, a lot of it is mainly centered around like POC history. And he also talks a lot about how, you know, race isn't, you know, the best kind of construct. Ethnicity is probably a more accurate way of, you know, defining groups of people and race was, you know, that's just white people's way of defining people. And it's just not accurate as that and it's just like, a lot of this kind of stuff, which just kind of opened my eyes a little bit. And he just has a lot of interesting content, not even about that, but also he has like religious content as well, you know, about like, different mythical creatures in different religions. And it is so fascinating, and I highly, highly recommend it. And he's got a very interesting voice as well. So go and watch him.

Pruthvi Mehta 1:12:10

Oh, yeah, that's great. That sounds excellent. I'm subscribing.

Karel Green 1:12:14

If I ever get on tik tok. I will look at it. If not, I will just look at it via the web page, which is what I normally do for tik tok.

Pruthvi Mehta 1:12:23

Yeah, I still need to, like make an account out and sign in, I'm still mourning vine.

Karel Green 1:12:28

I agree, I refuse. And I'm going to recommend two different things, both of them on Netflix. And if then, if you don't have Netflix, you know by now how to just find stuff online. And like, I have the confidence that you'll be able to do it. So one's a cartoon, and once a like a live action movie. So I'll talk about the movie first, because I think it's better. But it's a movie called The Old Guard. I think most people have heard of it. And it's like an action fantasy movie. It's set in like now nowadays,

but it's really good. Has a very diverse cast. It's has Charlize Theron, she's not the diversity. But...

Pruthvi Mehta 1:13:09

No.

Karel Green 1:13:09

There's like, there's an Asian man, there's a black woman who has like natural hair, and canon LGBT+, well there's literally husbands in this movie, I'm so happy. They're the main characters. Basically, it's about these, these costs of people. They are like a little crew of people. And basically, throughout history, there will be people who are just randomly just randomly stopped dying, right. So they'll live their lives normally. And you know, they'll grow up, they'll get a cut, and then it'll take like a couple weeks to heal like a regular person even, and so on and so forth. And then there's just like a day, where they'll get either like a wound that should take weeks to heal that suddenly heals instantly, or they'll get killed on the battlefield or something. And they just don't die. Like they'll die for a bit and then they'll come back to life and then they'll go keep going on. And it's it's basically the lives about them. So like Charlize Theron there, these immortals she's the oldest one. And she and her friend Quynh are like the two oldest and something happens to Quynh, no spoilers, but something happens to her but she literally doesn't die because she can't. So it's great. Quynh is also literally the Vietnamese. And it's so good. And then there's like I think there's like six by the end, I forgotten the number of them. And two of them are literal husbands. They met in the crusades, they tried to kill each other. And then they both at the same time, got their powers. And then they literally fell in love and became husbands and it's explicitly shown. They have been like, trying to do good with their powers. You know, going into places that would be really hard for non immortals to go into and stuff like that throughout history. And it's about how there's a new one. There hasn't been a new one in how hundreds of years but there's a new one, a black girl who's a, she's in the army, and then they go and find her and just explain everything that's happened. And there's a lot of reasons I wanted to talk about this because obviously, it has like, actual, like several Asian people, a dark skinned black woman, blah, blah, blah, and none of them are like stereotypes. But also that in the comic that it's based on the, the character of Quynh who is Vietnamese was actually Japanese, and her name was Noriko. Plato was just like, I'm not Japanese, I'm, you know, literally Vietnamese. That's a whole arse different country.

Pruthvi Mehta 1:15:37

Yeah.

Karel Green 1:15:38

Can we please just change her backstory slightly for her to be Vietnamese. So it's the same backstory, but instead of Japan, she's from Vietnam, and that's literally the only change. And they were like yes, of course.

Pruthvi Mehta 1:15:49

Imagine like having, you know, directors that are willing to like, you know, that the source material for like a particular ethnicity, instead of just like, all you come from the continent of Asia, or your ancestry from the continent of Asia, we have this other character, which is from a completely different, you know, country, the huge continent of Asia, you can just trade them, or we can get Scarlett Johansson. Actually, we're gonna go for Scarlett Johansson.

Karel Green 1:16:18

I'm sorry, it was Scarlett Johansson in several wigs. I'm sorry, I've actually just found out anyway.

Pruthvi Mehta 1:16:26

It's sounds great.

Karel Green 1:16:29

It's really good. Yeah, I read the I was listening to obviously, interviews, and they were talking about all of that. And that really solidified it for me. So again, literal husbands, one of whom is like a literal, dark skinned South Asian man who don't die. And it's really cute, like, though, and also, there's gonna be a sequel because there's, it ends on a cliffhanger. So there's literally has to be a sequel and you get like a teaser for that off of the credits. So it's a great movie, the action is excellent. And they kick ass. So go watch the old guard. There's just...

Pruthvi Mehta 1:17:05

If you're not in the UK, and you want to watch it, remember, we are sponsored by Nord VPN. We're not sponsored by Nord VPN. But I'm hoping.

Karel Green 1:17:12

I wish we was sponsored by Nord VPN, god damn, Nord VPN subscription from some other block creator who is sponsored by Nord VPN.

Pruthvi Mehta 1:17:12

Then tell Nord VPN to sponsor us.

Karel Green 1:17:21

Then you know, watch The Old Guard. The other show I quickly wanted to mention is a show called final space. It's a really cute, really fun sci fi show. Also on Netflix, Nord VPN hit us up. And they are, there are two seasons out. And the reason I bring this up is about this. I'm so sorry. It's about like this white blond guy who's in space, but it's like a comedy. And he's on this like, spaceship because he's been, he like flaked out of the Army or something. I can't quite remember what's so funny. But he flunked out of the army like an idiot. And they were just like, no, what you did was so bad jail. And he was in jail with this robot companion that he hates who never lets him eat any

cookies. And it's just the whole mess. And then randomly one day am the green alien comes out. And turns out this alien is like a key to like the universe's greatest ever weapon. So he has to keep this tiny, cute little boy looks like Kirby, I'm so happy, but green, out of harm's way. And it's just like a huge run through space. Again, it's only Season Two ended on a cliffhanger as well. So there's got to be more. And the reason I bring this up is because his love interest the person who he thinks is like the most beautiful person in the galaxy is also like an actual character, obviously, and is really super smart and super cool is a dark skinned black woman, who's portrayed in the cartoon as having afro hair. So they didn't just give like a dark skinned black woman in a cartoon, long straight hair, because that's not how our hair grows naturally. And I was just like, so taken aback by this, because and it's sci fi and it's in space. Like, what more do you need? So go watch the final space, also on Netflix also really good. And it's just like a really fun. It's like something to watch a couple episodes of every night until you finish it. And season three is going to come out soon. So...

Pruthvi Mehta 1:19:17

That sounds nice. That sounds excellent and diverse and cool. So I'm about my recommendation now. So I recommend reading the, the Earthly quadrilogy that's the word.

Karel Green 1:19:33

Yeah.

Sehher Tariq 1:19:34

Quite a difficult word.

Pruthvi Mehta 1:19:36

Is that the word? Help. So basically, it's just like...

Karel Green 1:19:40

Yeah that's the word it's tetra tetra tetra. tret... I'm gonna copy and paste in the chat. It says that words queen or...

Sehher Tariq 1:19:50

Tetralogy.

Karel Green 1:19:52

Tetralogy, thank you, or quartet, or quadrilogy. So you've got you you got it.

Pruthvi Mehta 1:19:59

Thank you for validation but yeah. So it's a book it's a series of like four books which make up the Earthsea series of four books. And those are written by Ursula Le Guin. I've mentioned her on the podcast before. In my media recs I've mentioned a couple of books by her the other ones were The Dispossessed and Left Hand of

Darkness. So she's like a sci fi, she's like a very well known sci fi author who doesn't get as much praise as she deserves. But the one thing that keeps like kind of takes her apart from all the other ones is that, especially all the contemporary of the time white male sci fi writers, is that she includes diverse characters, and creates properly diverse fantasy and sci fi worlds. So Earthsea is no different the vast majority of... The reason it's called Earthsea is because a bunch of like, it's like the entire planet is just a bunch of islands, right? This entire planet's bunch of islands with with like vast swathes of seas, connecting them. And there's like a main island which has like, which is made up of smaller like a big central islands middle small islands, with like, tiny little rivers and stuff in between. So it's basically just a very, like, water based world. And the cool thing about it is that the vast majority are just just like this world. I think the vast majority of people on it are people of color. Yeah, which is very, very, like the opposite of what you've seen a lot of sci fi fantasy walls, I'm looking at you Game of Thrones. They are literally explicitly described as like, dark skinned. And the people of color in this world are very attuned with magic, they use magic and their everyday lives. They're like sages and wizards. People look up to them. In the in the world, they are highly renowned, apparently, like, it's been stated that all the majors like the ultra high majors, including the main character of the book, who becomes one, are they are literally explicitly like dark skin. Like that's sort of stated in the book. And the funny thing is, you have like a small set of aisles on like, the east side of the sea map, which are the Kargad isles and these are inhabited by the small isle is like habited by white people only. Um, and these and they are like introduced as like, the opposite of how people of color are often introduced in fantasy and sci fi they're like called barbarians from the get go. They're like called out colonizers from the get go. And they are also very, like, they don't trust magic. They're sort of isolated from like this forward thinking magic world that the rest of the POC inhabit, it's just very, it's just turns all the tropes that you see on its head, right. And I really like it the main character is a person of color. His best friend is also a dark skinned man of color. There's also good women of color representation throughout the book. And yeah, like the the both him, so he's like the arch major of the world, like the arch wizard, there's also a king of Earthsea and he's also dark skin. Like everyone. Everyone, besides this tiny island of white people, are darks skinned.

Karel Green 1:23:30  
They're token white.

Pruthvi Mehta 1:23:31  
The token white.

Karel Green 1:23:32  
The token white.

Pruthvi Mehta 1:23:35

And who are barely mentioned, and I just love it. It's just a complete role reversal of what so many sci fi fantasy books do. And I just really recommend it. It's just beautifully written. As always, anything Le Guin touches is just excellent.

Karel Green 1:23:49

I would like to specifically state here that there is a movie on Earthsea and do not watch it because it sucks.

Pruthvi Mehta 1:23:56

Yes! Thank you. Thank you.

Karel Green 1:23:58

Why does it suck Pruthvi?

Pruthvi Mehta 1:23:59

It sucks.

Karel Green 1:24:00

Yes.

Pruthvi Mehta 1:24:00

So it sucks because one thing it's like a Studio Ghibli film and you're probably like all Studio Ghibli! It's lovely and cute and calming. And you know, you'd be right for the most part, but the problem with the artsy adaptation of it is that one it's like a mash up of like random bits, all the books so it's not any book in particular, it's just a mash up of the plots. It doesn't really make sense. Secondly, the characters are really whitewashed if you just Google Earthsea Studio Ghibli do those characters in the in the screenshots look dark skinned to you?

Karel Green 1:24:32

No.

Pruthvi Mehta 1:24:33

No. No. Miyazaki What are you doing? Like, you know, it's just it. It sucks. I mean, we all know anime does this right? We all know there's like so much anime where there's some really good anime which actually has good representation, but so much of it is whitewashed, for no reason. And it's just so upsetting, that it's done for this book, from what I know look Le Guin was not a fan of the adaptation just didn't watch it did not care.

Karel Green 1:24:47

Good for her for securing that bag, but like I'm looking at these images I am throwing up as we speak. I hate it. I hate it and literally none of them are even slightly darker.

Pruthvi Mehta 1:25:15

I know.

Karel Green 1:25:16

One's a bit red one's got like a bit of a red like Zuko but like budget Zuko.

Karel Green 1:25:37

The POCSquared podcast was written, recorded, edited and posted by the POCSquared team. We would like to thank the Royal Astronomical Society for funding us, which keeps the podcast all the other work we do free. We can be found on Twitter and Instagram at POCSquared, that's POC and then the word squared with no spaces for both. And we can also be found on our website, [www.poc2.co.uk](http://www.poc2.co.uk), that's [www.poc2.co.uk](http://www.poc2.co.uk). Please support the show by leaving a review wherever you're listening to us. And our intro and outro music is Blippy Trance by Kevin MacLeod find it at [incompetech.filmmusic.io](http://incompetech.filmmusic.io). Thanks for listening.

Karel Green 1:26:36

You could just email a bunch of different universities like disability and dyslexia service. That's what it's called. University of x disability and dyslexia service, email a bunch of them I'm sure one of them will eventually reply. And they'll be like, this is the person we use. And then you can just send them an email because that's what I did. I just sent this woman and email. I was just like I know you work for the University of x. Not gonna doxx myself.

Pruthvi Mehta 1:27:01

X is your university, you've already doxxed yourself.

Karel Green 1:27:04

Damn Wow. Bleeped that's gonna be bleeped.

Transcribed by <https://otter.ai>

Karel Green 0:00

Welcome to the POCSquared hosted by Sehher, Pruthvi and Karel. In today's episode, we discuss the intersection of being neurodivergent and BAME in academia, please be aware the following topics are discussed: Racism, LGBT+ phobia, misogyny, transphobia, non-binary erasure, and the coup in the United States and the United States border concentration camps. A transcript and show notes for this and all episodes can be found on our website [www.poc2.co.uk](http://www.poc2.co.uk). That's [www.poc2.co.uk](http://www.poc2.co.uk). We're also on Twitter and Instagram, @POCSquared. That's POC then the word squared, no spaces. You can also contact us via email [contact@pocsquared.co.uk](mailto:contact@pocsquared.co.uk). That's contact that POC, then the number two .co.UK. And finally we'd like to thank the Royal Astronomical Society for their funding, as it was through this, that we've been able to create the second season of the podcast,

as well as do all of the other outreach activities that we are doing at POCSquared and keep them all free. With all this said, please enjoy the episode.

Karel Green 1:33

We've had some technical issues, you will never hear them. But just know that we've had technical issues. So we're all upset. But we are doing season two episode one of the podcast.

Pruthvi Mehta 1:46

Yeah.

Karel Green 1:46

And if you hear this, if you hear this, that has happened, because like I said in the intro that I have recorded prior to this episode, we are funded by the Royal Astronomical Society.

Pruthvi Mehta 2:00

Yeah!

Sehher Tariq 2:00

Woo

Karel Green 2:00

Because we got the money, we managed to actually get funding, we have like real cash money. And we've been able to do this podcast. And we've done a lot of things with it. The first one you might hear is the fact that the audio quality should be better. And that's because we use the money first to buy microphones and an actual recording platform. Before we were using literal laptop microphones, and Skype of all things just hoping that Skype didn't just crap out on us halfway between a recording, or just corrupt the recording. And if you've ever recorded on Skype, you will know that it just records and then you have the hope that it appears in the chat afterwards. So we're always just holding our breath and hoping that it made it. And somehow it always did. So there we go shout out to Skype. They held us down in our very meager beginnings, we also upgraded the website, a lot of that you won't see there was a lot of like back end stuff that we finally got access to like our new email [contact@pocsquared.co.uk](mailto:contact@pocsquared.co.uk), we've upgraded from Gmail to a actual POCSquared domain. So that was really nice and makes us feel official. But also, there has been a lot of updates to the website, so you can go on it. Now you can see all the new stuff, we changed the theme because we've got access to better WordPress themes. And it looks really nice. And one of the one of the biggest changes that I really liked about the website, Pruthvi actually did, and it's to do with our media page, Pruthvi's put a lot of work into that as well. So please check that out.

Pruthvi Mehta 3:42

The stuff that's been updated has been... a lot of the media page stuff has been reorganized and categorized. So you have sections on the media page where you have like, obviously the articles and the books and video and auditory stuff. But now that's all categorized by according to if you're looking for specifically academia related stuff regarding regarding POC, or if you're a student or if you need like mental health resources, that stuff's there. I've also added the page where you can have a look at a lot of nice things because a lot of the site doesn't, it's kind of traumatic to read and that a lot of it involves injustice, injustices done to people of color in academia and in the world in general. So the self care page is just sort of a nice thing to read to like sort of calm yourself I guess after going through the hell which is the rest of the media page. But yeah, I thought was just a nice resource to put on there. Just self care. And yeah, nice... Nice examples of people of color in media. Some of them will be quoting the sort of media recommendations we have at the end of our podcast episodes, because we have that section. But yeah, check it out. We're going to make it nice and big and thick. And it's going to be a new addition to the website.

Karel Green 5:19

And media page, I'd really recommend going on it. It's underneath resources on the homepage, menu on our website. And it's just got loads of good stuff. We started this podcast and then the global pandemic happened. And now we're starting season two, and there's been a coup in the United States because they hate democracy, and just want their fascist, literal nightmare president to keep making concentration camps, I guess. But...

Sehher Tariq 5:52

I don't know what you're on about the USA is the pinnacle of democracy according to them.

Karel Green 5:57

Of course, of course, it's antifa, who you should worry about. They are not allowed to stay around.

Pruthvi Mehta 6:05

Like, it's hilarious not a single antifa member was in that in that crowd... Like, why would they be? Antifa literally means anti fascist? I can't I don't understand like

Karel Green 6:16

No sweetie, be quiet what no.

Sehher Tariq 6:19

Didn't you know dumb anti fascism is fascism.

Pruthvi Mehta 6:24

Damn.

Karel Green 6:24  
Oh my God.

Sehher Tariq 6:25  
Mind blown. Mind blown.

Karel Green 6:29  
Wow, I can't believe that they are going to have to stop killing children on the borders. And speaking of nightmares, we're going to start off season two with a mental health episode. Because the absolute state of this pandemic and the world in general has just thrown that to the forefront. And just the idea of like mental health, neuro divergence, or neurodiversity even and the way affects people of color, in general and in academia, specifically, it's just never talked about, and can be a big part of people's lives. So we've got a whole episode on it.

Pruthvi Mehta 7:04  
So yeah, I think, like one like the overarching theme, with regards to this episode is mental health. And I think a lot of us, in communities of color don't really discuss the impact mental health has in general, and how important it is, and how important it is to be open about it to get the help that you need. And like, there's a lot of stigma about this stuff in our communities. I'm like speaking like personally, here, I have like relatives in the family who do have mental health issues. And especially, you know, especially at the beginning, there are times when a lot of it was attributed to like, personal failings, or sometimes even religious stuff, as well. And that it was something that could be cured by sleeping more praying more, or, you know, just forgetting about it and focusing on your work or whatever. And like, that's obviously we know, that's not how that any of that works. Yeah.

Sehher Tariq 8:16  
They, they kind of say that, a lot of it's to do with like you're misbehaving a lot of the time as well. So like, you know, if you're, if you're quite loud, if you're, you know, like, you know, sometimes there's certain, like, you know, when you feel really overwhelmed, a lot of times, you'll kind of have like, a bit of a moment where you just need to kind of shout and stuff like that. I can't remember what the name is. Yeah, a lot of the times that people will just think, oh, that's just, they're just being really disruptive. They're being they're misbehaving and stuff like that. It's not seen as something that they can't really help.

Karel Green 8:59  
Yeah.

Sehher Tariq 9:00  
But this is just, it's something that just comes naturally to them. It's, it's not like, they feel overwhelmed. That's how they that's how they cope it's not...

Karel Green 9:09

So I think that really brings up like one of the key things is that how, so in general, sort of like neurodiversity or mental health issues is just not that we've got a load of studies here and there will be in the show notes, but it's just not diagnosed either in I would say, I would actually say like, white women and all people of color. Like, just in general, the, the number one way to like to get these things diagnosed is usually for most people they get, they just find out through school, that they act different than people in their class. And then their teachers would be like, Oh, this person might have ADHD or might be dyslexic or something like that. And then like an actual you know trained professional will just diagnose them and that's it. But there's studies have shown that like people don't give the same sort of like, I forgotten what the saying is, but they don't like think that there's like an alternative reason as much for like white women or people of color. So we just don't get diagnosed. And if people in the family just don't tend not to know about it, and then you just get told to, like, keep working harder, until you are okay. I can't remember if I've mentioned this on the podcast, but I have dyslexia. I found this out when I got into university of all things. I was like 20 in University, and it was through sheer luck, because we were assigned like lecturers as like a forgotten what it was it was like a postgrad tutor kind of thing but I was an undergrad so I don't know what the word for that was. I forgot where it was. And the this lecturer was the only he was nice and cared because I, there was no way in hell that I was just going to go and see this random new person. I just started uni. And he sent me an email. And I was just like, thank God, thank God, this happened, because he was just like, how you doing in uni? And I was just like, yeah, it seems fine. But I literally, I have like a problem where I can't remember lectures. And it was really strange, because I'd come out of like a goddamn two hour lecture, right? And somebody who was like, in a different lecture was like, sick and had made it or were just like, our friends outside would be like Karel, what did we do today? And I could not for the life of me tell you, I would it would be five minutes after the lecture is done like less than that. And I would come out and I was just like, I literally can't remember any of that. And I'd sit down and look at my notes. And then it'll come back to me and stuff like that. But it was just really strange. And I was just like, yeah, I'm having these random, massive memory losses. And he was just like, that sounds like dyslexia. So I went to the university's disability and dyslexia service and got diagnosed, after all of that, and they were just like, yeah, you have really bad memory. And your writing is bad. And I was just like, yeah, my winds always been bad. My parents used to get angry at me about it. And then I also remember them saying and yeah, another telltale is having really bad handwriting. And that was like a rage because I thought my handwriting was fine. So I'm bitter about that. Apparently, according to a health care professional, I have really bad handwriting. Do with that what you will. Here's the tea here is the hot tea. I have an older sister. And she went to uni before me, but she did a she did pocket arts degree. And then she came back to university and did a Masters in something else, right. And the thing is, like she went, because it runs in the family, after like googling it and stuff. She went and got tested, as well. And she literally has dyspraxia and she

is... my sister is five years older than me, right? She went her entire school life, university life, stuff like that she's got like, something with dyspraxia is that you you don't do well with like shapes and folding. And I would just make fun of her because I'm the worst because she couldn't fold a towel properly. Like, we'd fold towels up to dry. And she just never she was never able to do it. And my mom would just get annoyed because it wasn't nice. I was just like, this is a mess bye. And yeah, there's like whole ass problems in our family My dad is doing... He's training to become a London like taxi cab driver. And the training for that is literally memorize every road in London.

Sehher Tariq 13:36

Yeah.

Karel Green 13:36

That's it. You know London black cabs. It's like a well known thing. And you get into those things. And they and you say I need to go to this road and the person in the car needs to be able to get there, right? So he will sit, we have an office in our house, right? And he will sit in there and memorize roads. And I literally was just like, Dad, it runs in the family, you need to like get a dyslexia test, because sitting down and just memorizing stuff is definitely going to be affected by it.

Pruthvi Mehta 14:04

Yeah.

Karel Green 14:05

And he got it. He got a test done. And he was actually diagnosed with dyslexia. And he would tell us, he would tell me and my sister when we were young, like how he found it really hard to read in school, and he'd suffered a lot of racism in school. And he was always at the bottom of the class. And the teacher just did not care because why would they no blacks, no blacks allowed. So well, my literal dad in his 50s got diagnosed with dyslexia. And so it really like hits your entire family. Like it can affect you for your entire life. And it really goes to show how like BAME people are just like ignored by these white centric mental health systems. And it's awful. And that's my entire life story for anybody listening.

Pruthvi Mehta 14:51

That must be really hard and stuff and I'm just thinking about how like how much harder it must have been for like your like literal dad who do went through an education system because he was in this country... You know, growing up, right, he was we went to school here.

Karel Green 15:03

My both of my parents were born here. Yeah. So yeah.

Pruthvi Mehta 15:06

It's like, on top of that he also just had dyslexia in school and the prob... you know, and if, if kids today are just barely getting diagnosed with, you know, anything in school, right, because it took you until university to get diagnosed. It's like this, like, you know, this is such an, it's like, it sounds weird. It's like, such a new thing to talk to, like, POC communities about right? Um, yeah, cause, you know, like, like, you know, families sort of play a role in in this way. So, you know, like, your dad must have gone through school, and, you know, just been like, okay, you know, whatever, I guess I wasn't good at this, right? And then just carried on, right. And then just didn't realize it was a thing that could affect him. Or there were like, oh, like, there are treatment options available. We have, like, an actual condition. And it's just like, you know, if I don't have it, and my children will have it, and I sort of mentality something, but you know, I think just like, runs through a lot of families, I guess, because it's sort of like, you can, you're not like, you know, it's like every like, especially like immigrant parents, right, for example, will come through, will go through stuff, right? Parent or children of immigrants, right, who came on country during bad, you know, racism periods, they will go through things and then just sort of have like, trauma from that, or they'll have problems stemming off that, or, you know, some sort of mental health episodes related to what they went through. They don't really know or understand what's happening, or how to get help until it's like, passed, right? And then, if their children show, like, have issues, they are just sort of like, well, I got through life, whatever I did without anything. Why should you know this is just newfangled stuff that my children don't need, you know, this isn't something that affects us, right? It's just a matter of like, just ignoring it and carrying on and it's just, you know, that's not the way to approach it, but it's also not their fault for feeling it should be approached this way. That make sense?

Karel Green 17:15

Yeah, no, I agree. It's like not to victim blame, right. But like, I feel like there's there's problems on both sides of it. Yeah, exactly. Again, there needs to be more ways for people to get diagnosed because outside of literal schools, right. Like my I got, I set up the session to get my dad diagnosed, because I was I went to my sister, and I was just like, who gave you the dyslexia test? Because guess what, mine was no longer working because the government, the Tory government has cut so many services that the people who did mine have now been shut down. So I was just like to my sister, I was like, quick, who did yours before she gets shut down? And

Pruthvi Mehta 18:00

God.

Karel Green 18:01

We found it my dad, but like outside of literal schools, I have no clue how to get diagnosed for dyslexia, right. And, yeah, like my parents got, like, I don't know, they're fine with it. Cuz it's obviously my dad literally has dyslexia and my sister's dyspraxic. And, but they didn't know about it. And his and on the other side, whilst it's, you know, you don't if you don't know, you don't know, it is unfair to just like, be

like, well, I'll just keep going. Just continue, like, you know, it's, you can ask for help. It's not the end of the world to ask for help and think, well, according to whatever, you know, normalized standards, there are tm, my child does not reach them. There might be some kind of like, actual issue here. And not that they're not just, quote unquote, trying hard enough. Yeah. And like, I've talked about my experience with dyslexia enough, but I, I think, in general, dyslexia tends to be more like socially acceptable one, I certainly got a lot of help to the point that I feel fine in like academic settings, because I have, like, I got extra time in exam, I have like speech to text, software, all that kind of stuff. That really helps. But I think it goes even further down the bad lane. If you have like, sort of like, I don't know, not personality disorders, but like neurodivergencies that can affect your personality like asperges or ADHD and stuff like that, where you get into like, the special interest territory. I think that there's a lot more stigma around that, but I just want to talk about how Yeah, like how with regards to these neurodivergent sees like autism, Asperger's, ADHD, et cetera, et cetera. And I suppose you know, dyslexia can be and dyspraxia can be in there as well if you have like, really severe ones I know there's people who literally just cannot write. That's just the thing. Some humans will just never learn how to write because their brains just like, we're not wired to do this goodbye. And that's fine. And I think there's how, if you have any of those things, the vast majority of people diagnosed are white men. And if you're not any, if you're not a white man, you can choke. Like, that's just how it works. This is not it. This is not it. And it's like, you can choke from both ends, because your family's just like stop acting weird. And that's really disgusting thing to say. And then like schools and universities, just like why aren't you doing you know, why can't you sit perfectly still for two hours? You are a bad person.

Pruthvi Mehta 20:40  
Yeah.

Karel Green 20:40  
And that's also something bad?

Pruthvi Mehta 20:41  
Yeah.

Sehher Tariq 20:42

Okay, so this is a point that I wanted to bring up that teachers should have, like more of an awareness of when somebody might have dyslexia, for example, like, a lot of the times, people will be put into lower sets, when, you know, for like English or something when they they have difficulty with their spelling, or they have difficulty with sentence structures and stuff like that. And they think of this because they're just not good at English. But actually, it's something to do with, you know, they have dyslexia. And a lot of times people in school will get diagnosed with dyslexia, if their English teacher is, you know, they're seeing something, and they actually care. But if you don't have a teacher that cares, then they'll just be like, okay, you're not good

at this, we'll put you in a lower set. But they have, like, the ability in every other subjects, but it's just they're having difficulty in English. So yeah, that's something that needs to be, you know, kind of brought up. And then also there isn't, it isn't just dyslexia. There's also other types of difficulties, such as dyscalculia, where somebody has difficulties with numbers. But people think, oh, that person just can't do maths. I think that, like dyscalculia is a very rare thing for you to hear that somebody's been diagnosed with, I think, mainly because you have like, spelling and you have, you know, like sentence structures and stuff like that. And you can clearly see there's an issue there. And, like, oh, you're an adult, and you can't spell is that kind of is something there is that is that, you know, if you've got dyslexia what, what's going on here? But when it comes to dyscalculia, a lot of times they just kind of people will think, oh, you can't do maths, or you must have been, like, pretty stupid at school or something. But no, you be might have an issue there like the why is the automatic answer, like, oh, you're stupid, or you can't do this. You can't do that. You know that?

Karel Green 22:49

Yeah.

Pruthvi Mehta 22:49

I think I think a lot of it like does stem from the fact that like, there's like inherent like supremacy people hold for for league mathematical and STEM subjects, right? So if if you if someone's bad English, or if someone's bad at the arts, like they're not artists who are gifted if they're not good maths, or numeracy, it's just like, you're dumb. Right. And I feel like that's been applied to like, yeah, I think I think genuinely think that has been applied to like dyscalculia, because you know, that we have so many dyslexic students in, in school, right? But we had like, no dis, nobody with dyscalculia no one was diagnosed with dyscalculia. Like, we can't help the thinking, how many of them had this condition, who were just put in like a bottom set for maths and completely ignored? Like, I hate thinking about like ugh. Yeah, it's just...

Karel Green 23:40

Yeah, like, like, I completely agree with everything, because, um, something I want to bring up. And so you literally reminded me of this. So like, I know, teachers are under a lot of like stress, especially now with the pandemic. And even before like they some teachers are busy raising kids that people aren't like looking after properly. And I just see it so much like my sister is a primary school teacher. And just, they do so much right. But you'd think there'd be like some kind of automated systems point now. Because something that came up in my dyslexia test was that you run a bunch of tests, and they run a bunch of tests on you and do a bunch of like, different exercises, right? And you get like a score in each one, you literally get given a graph, I remember my graph looked fine, and it had a massive dip in it. And they were like, yeah, that dip is the one that tells us about your memory, reading and writing. And basically, like my memory is not what it should be for an adult my age, right? And my reading and writing is a lot slower because obviously my memory just I literally don't remember words as fast as I should do. That's just the

thing that happens. And that completely mirrored the fact that in school, I went to like a really rough school and it was a massive school at the time I went it was the biggest secondary school in the country. It's like third biggest now, but it's got 1000s of students, right? I was like the least of their problems within I haven't... In school, but I was in like top set for everything except for English, where I was in a lower set. And that's like a clear, like, indication that there's something wrong. And I just think that maybe in schools, they need to have some kind of like, automatic flag that if any one student is in top set, or in second set, or third set, or whatever, for all of their lessons, but they're in like lower set. If you know, even if somebody is in like their third set for everything, but they're in fourth set for one lesson, there needs to be like an automatic flag for that. And that would help with dyscalculia as well, because you're right, like I've not heard of anyone being diagnosed with it. And it's really upsetting to think because like, I've always liked maths more like because even before I knew I have dyslexia, the point with maths for me was that I'm just like, okay, so no matter what I'm doing, two plus two is always going to equal to four. And if you multiply a, you know, a positive and a negative number, you get a negative number, and so on and so forth. The rules of maths are the same, so I didn't have to learn them, right, I only have to know them once they're in my long term memory, and that's fine. The problem with English for me well me specifically not everybody with dyslexia has the same problems. But I'm just talking about myself, because that's what we do here is that in languages in general, you just have to memorize everything. Because there are no rules. There are some that work in some places, but they don't work all the time. There's always exceptions to the rules, and I just have not memorized that the same number of words, your average human would. And that's valid. So I think I imagine that people with dyscalculia, are just like force to keep doing it until they memorize, like how stuff works, to get through school. But like, you know, there's a difference between having like slight maths issues and having literal dyscalculia. And people just aren't recognized with that either. And it's really upsetting to think about, because there are lots of people who are like trying their best, and just are not getting the help that they deserve. And yeah, it just goes back to again, how, if you don't have I don't know, social neurodivergencies, I guess. You just get, like really destroyed and how, also, how school is the only place to get these things sorted out. There's no way for you to take initiative, and like get your own help whether a teacher thinks you have it or not, right? It's just like, well, this teacher this literal teacher who's not a who's not a neurodivergence specialist, because bear in mind, these other people who are diagnosing us are trained to do so and are in fact, not teachers. These are two different jobs. And if there's random teacher doesn't think I have it, there's like no way of you learning yourself. Or being like, Well, I think I do so I'm going to ask this person anyway. Like, it's really, really upsetting. And I just wanted to yell about that for a bit.

Pruthvi Mehta 28:12

You know, that's really, really good point. Um, I think something else I wanted to, like bring up is like the fact that Yeah, a lot of a lot of what we see in media with regards to especially neurodivergence, right, like autism, Asperger's and ADHD. Like the only

people... I literally think of in my head of TV characters having these conditions are all white male character... It's true...

Karel Green 28:40

Okay, I thought you're gonna say like, a specific example...

Pruthvi Mehta 28:46

I'll bring it up now.

Karel Green 28:48

No! I'm in so much pain.

Pruthvi Mehta 28:56

But yeah, like so let's let's think about who we have in the media who has Asperger's, autism, ADHD. I know that a several show creators for the Big Bang Theory have said that Sheldon has Asperger's. Like Sherlock often thought of as having either aspergers or like high functioning autism. And even like the high ranking like more like influential scientists and stuff who have Asperger's who are known about our white men, right?

Karel Green 29:26

Yeah.

Pruthvi Mehta 29:27

And it's sort of like, yes, you know, generally, you know, all the time autism and stuff is seen as a negative thing, right? But you have this idea of like autistics advance and stuff. And the idea people have Aspergers like have slightly higher abilities in certain areas, or have like a specific, you know, interests they are very tied into as that seems like a positive thing when it's projected upon white men and white male like technic technical interests. Right? Um,

Karel Green 30:01

Yeah.

Pruthvi Mehta 30:01

Because like a lot of these specially like in the, like categorization for, for Asperger's, and autism, it's like your special interest is like a lot of like the old diagnostic criteria or like, oh, it's, you know, numbers related or whatever, or, like, you're seeing patterns and maths and everything like, and like, you know, it's a valid interest and stuff, it's valid thing to have. But the problem is, it's just like, the fact that that's like this, you know, tiny little criteria of what counts are valid interest means that girls that have Asperger's right? Just sort of get diagnosed, like a lot less, because, like, the symptoms are very different between men and women, right? So men just like, don't really, like care or like, aren't visibly that good or social interaction, whereas women have Asperger's aren't really good at it, but they will mimic what other girls do, right.

So that's just not it's not picked up on. Also the interests, their you know, they're specific and their intense interest in them, but they're just different from the male interests are generally portrayed as, you know, the normal ADHD ones and normal autistic ones, which are like, you know, obsessive about trains or maths or computers or something, right? Yeah. So if it's just not none of these things, again, the inherent like supremacy of numerical stuff over everything else, means that it's just goes on, you know, on research on thought about. Also a bunch of like, false studies show no, like, there's there's a lot of studies that sort of conclude that testosterone exposure in the womb and, and like Asperger's or autism are linked, right. When, when you look at the details of the studies, like the sample sizes are really low. There's a professor Cambridge, I think he's still a Cambridge called Simon Baron Cohen, who is linked who's related to Sacha Baron Cohen. Um, so not not as cool as his cousin. But like he, he got kind of like, does this sort of research you came up with like this weird systemising versus empathizing tests to like, like, determine

Karel Green 32:15

Test is in quotes, by the way.

Pruthvi Mehta 32:15

Test is in quotes.

Karel Green 32:17

Test is in quotes.

Pruthvi Mehta 32:19

So like test, whatever, you know, someone is more interested in systems i.e. maybe has traits of Asperger's or autism, or, you know, people and he was a this broad statement that women are more interested in people and men are more interested in systems, and therefore women will generally be diagnosed less with these conditions, whereas, you know, evaluating personal biases, or the way you know, boys and girls are raised differently generally society, right, like, it's just bad science guys. I've thought about this for a very long time. You can hear it in my voice.

Karel Green 32:53

Bleeding out of you.

Pruthvi Mehta 32:55

But yeah it's bad and I'm angry.

Karel Green 32:58

Once again, talking about how the social aspects of scientists is never taken into account, even though we all live in a society. So it's just absolute mess. I also wanted to say like, I mean, I'm, we're talking about bad science, so I'm gonna put more bad science in, but I saw a post on Tumblr, but this girl was talking about how she has a Asperger's or ADHD, I can't remember which one, I'm sorry. I know that they are not

the same thing. But she was talking about how her special interest when she was young was horses. And it was like, you know, young girls are generally at least in like the Western world, like horses is generally acceptable thing for them to be interested in. Like before My Little Pony got taken over by bronies and made horrible and stuff like that. Right? And she was talking about how looking back it really like, cause it's not like a regular interest and is in fact a special interest. Right? It was really bad to the point that it was like affecting her life. Like she wasn't making friends. She was constantly obsessing about them. It was like the only thing on her mind. She didn't learn like social skills or how to manage it. And just nobody cared because oh it's little girl and she likes horses, and so that's fine. And she was talking and like this was just one girl's like, screaming into the void. Right. But I think it's a really good example of how just again, women and people of color in general so including men, people of color, men of color, wow. Are just, got there in the end, it's late everybody it's late, just are not, you know, just not taken seriously at all. Whereas the you know, any basic white boy is slightly not sociable and there's like 69,000 tests, 420 checks, you know, just to make sure they're 1,000,000,000,000% comfortable all the time. To make sure that they don't have anything, you know, or if they do have anything just to make sure. And, you know, no such care is being put into a majority of the population. And, again, between the fact that none of this happens in the one place where you can get diagnosed, ie like schools, recommending that a child get tested, and then parents of color not knowing anything about these things, or are just being that really, again, through their own personal experiences being like, Oh, my child's not dumb, don't tell me they're dumb. That's something that's really horrible that people say that a child who has like ADHD or dyscalculia, or Asperger's wherever and their parents are just like, No, I'm not going to get them tested. I don't want them to be stupid like that. I've heard that so many times, and it's horrific. And between those two things, nobody's getting any help. And it's really bad. Really, really bad. Yeah, and again, I just, I'm just gonna keep speaking, the way that it's portrayed in the media, like I'm thinking of like Tony Stark and how he's like, Oh, I am and now as of last night, a, you know, a world class leading brain in was it thermonuclear astrophysics. I remember that in the first Avengers movie, I'm really bitter about it. Because, like, because oh, it's fine. You know, they have no social skills. They're really terrible people who have like, social issues, but because they're smart tm, they could just do what they want and treat people like trash can say whatever they want. But it's you know, and it's made up for the fact that they're smart. The example I'm thinking of in the media, is whilst I am very happy to say that I've never seen a single episode of BBC Sherlock, I do know, for the fact that Sherlock is in fact a, you know, portrayed as a terrible person by you know, Benacrodal Cucumber. But it's okay guys, because he sees the floating words. And he sorts out the issues. I'm just like, no, it's not.

Pruthvi Mehta 37:03

It's not.

Karel Green 37:03

Because then all of these, you know, these boys who are who are not, who are terrible people.

Pruthvi Mehta 37:08

Yeah.

Karel Green 37:09

Because again, having autism does not is not, you know, a free pass to be a bad person. And they'll be my but I know maths. So actually, and it wouldn't be a problem, but they're getting into actual, like, positions of power. And it's, it's making stuff worse for everyone else.

Pruthvi Mehta 37:27

Yeah, exactly. Like, validates, like, they're like, it's a few you know, people with Asperger's may not be as social or care about other people's interests or whatever, right. But it's sort of like they, they had, like, can I just say like, Sherlock's character did not like, I never watched any, like any full episode, but what I know from reading about a lot on Tumblr is that his character never went under any development, right? Like, he was an inempathetic and mean, at the beginning. And he was the same at the end, like, there was no character development. Um, and it's sort of just like, it just lends legitimacy to this, you know, this idea that while you have these, you know, conditions that might hamper what you can do with social interaction, or how much you care about, you know, you know, things which are in your particular interest, it shouldn't. It shouldn't you know, that you shouldn't be validated in this, you should, like, try get a therapy, if you need it. And you know, think and, you know, try and just be like, Hey, you know, I'm not, let's not idolize these, like mean white men whose characters apparently, they're going to fictional characters that don't actually have these conditions. Because again, they're fictional literal characters, right? Because the writer said they do. Doesn't, you know, these are just traits that they've, they've like, projected onto having these conditions. And so it's really easy for like people to see us like, Oh, is this what Aspergers and, you know, autism is and what being an autistic involves, I guess, you know, that's a good thing. And that's fine. It's fine to be it's fine to be like this. And it's like, you're kind of hurting people with those actual conditions by doing that, as well.

Karel Green 39:08

Yeah.

Pruthvi Mehta 39:08

Like if something if i if i literal Asperger's, and someone was like, Oh my god, you're like, you know, Sheldon, like I'm like, no, I'm, I'm hurt by that statement. Because sometimes the characters are portrayed as weird or robotic or mean, right? And it's like, you shouldn't look up to stuff like this. It's not good. This is not what a good person is like, right?

Karel Green 39:29

Yeah. Yeah, you're right. And on top of that, like just to rub salt in the wound there is like no such representation for people of color with these conditions right? There's no like, I mean, you know, black guy who's also super good at maths, and saves the day and gets the girl anyway, in any kind of TV show like there's... Somehow this terrible trait is still like racist. Like, can you believe it? I mean, like, you know, it's not good. And we don't want these things to be portrayed these ways anyway. But you know, if you are going to do them, you might as well do them for all people and they can't even manage that. So it's somehow racist and classist? Because it depends on like, funding depends on if you have a halfway decent teacher, which directly relates to how big your class is, how much you're getting paid, you know, a private school teacher is going to have a lot more a lot more time. But just I would, I would say that, in general, private school teachers are probably less stressed or dealing with less issues than like public, not public, state schools are and just, and just the sheer amount of luck, that comes into stuff like this. It's not, it's not right. And it does a lot of like, actual damage to a lot of actual people who just go their entire lives, thinking like, well, I wasn't good in school, so I'm never gonna do that again. And then they just don't touch it, but they're still just like, well, I will always be bad at maths. Like, it's a really hard thing for people to deal with. And I don't think it's fair. So that's why I came to say.

Sehher Tariq 41:12

So I was as you was speaking, I was looking up ADHD because I remembered because I think Pruthvi you mentioned that a lot of the symptoms between men and women are different. So I just, I was thinking like, okay, what is the specific difference between ADHD in women and men, because I remember seeing a lot, a lot of stuff online about women who have ADHD, ADHD, saying that they're diagnosed a lot less. So I was like, Okay, so what are the what are the differences in the symptoms, and it's basically saying that there are like three presentations of ADHD. So there's inattentive, hyperactive or impulsive and a combination of the two. And men tend to lean towards the hyperactive and impulsive side. So that's like more fidgety, you feel restless, you talk a lot, you make snap decisions, you're impatient. Whereas the like females tend to go towards the inattentive type. So you find it hard to focus on things, pay attention to detail, stay organized, remember things as well. So that made me think of there was this video that I saw of this girl who had ADHD and she said, watch me try and find my lipstick. So she had like all her makeup out. And she was like, I'm trying to find my lipstick. And she kept she picked up everything one by one. And she was like, that's not it. That's not it. That's not it. That's not it. And she was going through everything. And she went to the lipstick. And she was like, that's not it. And, like, it's just something so little like that way. It's like, you just can't find something you can't like, you're looking at something. It's like, Oh, that's not what I'm looking for. You just keep going through things. And she said that she had to go through it several times until she figured out Oh, that's my lipstick. That's where it is. So it's like, that kind of thing you might look at, you know, as somebody who's not even aware of what ADHD is, and you might think, oh, they're just, you know, like, you know when

you just can't spot something that's in front of you, is one of those, those kind of things like, Oh, you are silly, you just couldn't see it was right in front of you. But it's just like that kind of symptom. It's, it's just, it's not related to ADHD in terms of a stereotypical sense. So, like, you always think ADHD there, they just can't focus on on things. But there's this wider. This is like a whole it's like a wider symptoms, there's like a wider range of symptoms that people just aren't aware of. And, like science itself, and medicine itself is only just finding out this kind of stuff. So this, I think it's just like, it just brings me back to like the whole medical episode that we did, and how things are always just based on a white male and their symptoms, and then nothing, nothing else ever comes into it. So in medicine, everything when you're looking into a textbook, it's like everything is on a white male body. And then what about if it's a POC person? What if it's a female? What is it what if it's a woman of color? What are there any differences in in that like how it presents itself in different ethnicities, like is there a wider range of research there? But is it going to be funded? highly doubt it? I don't know if obviously, if this is me just thinking like, Is this possible? Maybe there is research saying, okay, there's no differences in different ethnicities and stuff like that. Maybe that's maybe that's not something but in a wider sense, there should be that consideration as well. But we're highly unlikely to see something like that.

Karel Green 45:31

Again, I just a lot of these stuff, studies that the using, like you said, because of the funding and stuff like that, based on like Pruthvi said earlier, these really old papers, where they make huge sweeping generalizations. And it's just one white guy, again, who's gone to Oxbridge. And then they've never looked at it again, and never change anything again. Because Pruthvi, I don't know if you'll remember this better than I do. I remember you say, like, you read the paper, that is like the generally used or cited a lot in like, ADHD, and diagnoses and stuff like that. And it's just like, women like to be homemakers. And men like to go out and have a career. And if they don't, if they do either of these things, they're fine. Or it was like one that kind of level. And it's just like how, again, because nobody's funding anybody to redo the same thing in quote, marks because while they never did it properly the first time, but if you're not like a white guy in Oxbridge, who asked for free money and just gets it, they're not doing these, like they're not actually checking the validity of these things. And I just yeah, again, Pruthvi you, you said examples of I can't remember what they were. But the absolute state of this paper that they use a lot. It sounded like he was sitting in a room and just making stuff up, or what do you think a man or woman should do?

Pruthvi Mehta 46:56

I was, that's literally that's literally what it's, it sounded, it looked like like, there's been a lot like so like, Simon Baron Cohen wrote a book about it, right? And then, like several, like women who worked in the field of like neuroscience and psychology, came forward with another book, which was basically trashing the studies that he did, right? And I'll like link this new book, in, in the shownotes, and stuff. But basically, they were just like, yeah, the sample size is too small. There's so many biases that

crept into it, there's so many, like, you know, like unconscious biases done, you know, they, it's just, it's really, it's really like bad science. And this guy got a whole like, Guardian article. And he got here. Yeah, it was really famous for a while. I think it's when, like, this whole, like, female versus male brains debate started as well.

Pruthvi Mehta 47:57

Yeah.

Pruthvi Mehta 47:58

And there was like, a lot of controversy around that. And yeah, he got his he got a book published, he got several articles and several major, like news publications. And it's just, it was just like a really like, patronizing terrible read like this. It's like quite old Guardian article. Now, I think it's by 2005. But he literally like lists, you know, the reasons for why men or women typically have different interests. And like, like, basically like a sort of gender brain essentially, just like, it's just, it's a really like, terrible read and a really terrible, like, load of, like, science in quotation marks. And it's just, it's just something that we've adopted because it fits so well into what you know, society has done for a very long time. So it's just sort of accepted, right. And it and they sort, like, we like it's sort of, there's a scientific, there's scientific theory and quotation marks, right. And the model, but it's fitting with is, is just the way humans have been, like, trained to behave through like external influences, rather than how they actually are. You know, when you think about the psychological programming that goes behind, you know, I don't know if you've like, just looked flip through any kids like channels recently. But you know, I remember vividly seeing, like, for a show, like, you know, like Cbeebies or whatever, like, you know, CITV or any of those, like kids channels in this country, the ads and stuff would be so gendered. You'd have like hot wheels and stuff, boys, right? And then you have whatever doll you know, poops and pees itself for girls. And I thought that, you know, in the year of our Lord Cthulhu 2021, this would have changed, but it hasn't. Like the marketing is exactly the same. The ads are like basically the same. Um, it's just it's just it's just so obvious to anyone who's grown up watching anything in this country, you know, in this world.

Karel Green 50:07

And I just wanted to like mention how like, this has literally like no intersections for any kind of like LGBT plus person, especially somebody who does not like adhere to strict cis, male and cis female, like gender stereotypes I like all of these things just like and I will admit like we've just been saying men and women but none of us here LGBT plus that I know of right. And I just Yeah, like a shout out to them. I've been getting extra decimated by this terrible system.

Sehher Tariq 50:44

Yeah.

Karel Green 50:45

Anyone can have it. So it's just what? What are they gonna do? They're gonna go home? Well, you don't like wheels? You don't like Hot Wheels? Oh my god, like...

Pruthvi Mehta 50:54

Yeah...

Karel Green 50:54

But I can't I can't believe I cannot believe this is what we're dealing with in like you said the year of our Lord Cthulhu 2021.

Pruthvi Mehta 51:06

I should say that, you know, when I say men and women I mean, like, assigned male at birth and assigned female at birth, because obviously, you know, I like I don't want to be like, weird, like gender essentialist.

Karel Green 51:16

Yeah, exactly. We should stay like, we have a whole page on our website called our politics, where you can like see an explicit breakdown of what we mean. But of course, we would like to say here that like Trans Lives Matter, of course, and that when I talk about men and women, I talk about all men and all women, so and trans women are women and trans men and men. And of course, non binary people are valid I but I'm also just deeply sorry and deeply distressed with the state of mental health in the UK, at least cuz we haven't even touched on like depression and mental health during your degree and how just they're just like, work till you die. And that's it. But we we got to fit that into this episode. It's been like an hour I think we should move on to solutions. This is the neuro divergence episode, we'll talk about mental health and how we were just told to work 30 hours a week during the degree and how they just don't care about undergrads another day.

Pruthvi Mehta 52:39

Oh, okay. Um, it's sort of like just I think one thing is like awareness. For like, families of color, and just sort of, it's really hard to like, because you can't make you can't get someone specific. You just sit all of them down and tell them that, hey, mental health, the thing that could affect your children like, it's, it's hard to do that, right. But just a note, I think just injecting it into sort of like media, especially like to kind of change perceptions in the media, right. I think the media is something that everyone consumes all the time. Yeah, always online. And just like have better representation for, like, mental health affecting people of color, like characters of color with, you know, autism, any sort of new or new divergent saying any sort of any sort of other mental health problem, just have proper representation. And hopefully, people who need to be educated and aware of this will kind of see it and be like, oh okay. Um, yeah, that's like, that's one solution I can think of.

Karel Green 53:48

Yeah, one solution that I would say, is that, um, so do what I did. And if you're in any level of education, get yourself checked out.

Pruthvi Mehta 53:59

Yes.

Karel Green 54:00

So it used to be, I think, I'm not sure if the So basically, I'm not sure if the actual test is free anymore. When I got mine done. It was free. But so I got tested, and it was free in uni. But then when I got to my PhD, which was in a different university, of course, I was just like, okay, I'm dyslexic put me on the official dyslexic list. That was fine. That was free, but then like, the stuff that they give you, for dyslexia specifically, was not free anymore. So I would recommend getting yourself tested no matter what, because you literally cannot lose. Because if you're neurotypical, then it's just like, okay, well, I'm fine. And if you're not, then you can actually get the help you need. For me specifically, I got a bunch of things I they literally gave me a computer both times I did have to pay a bit towards it the second time, but it was significantly cheaper. I now use that computer to do my actual work as well. Like it's just it's literally your computer. It's not even like set-up on the school system. And the reason that give you that for dyslexia at least is because you get software on it that helps. So I have like a dragon, a software called Dragon that like, I can speak into it into the computer and it will type for me, because that's a big problem, I will just skip words and sentences without realizing it. It's a nightmare. And I also have read and write software. So I can open up textbooks or whatever, on a computer, and it will just read it to me. Also they gave me a literal printer, I have a brand new canon printer. It's so high tech, it's literally wireless, I'm yelling it's so nice. I've got two printers, the I've had three actually one broken, they replaced it, it was insane. Because the idea being like easy to read along with things whilst they're reading it to you. So I'll print off like web pages, have my read and write software, read it to me and read along with it in front of me, I got a while. So get, oh my God, I've got something else that's really big. Well, they give you a headset and a mic for all of this stuff to make it work as well. And they give you printer paper and ink as well, you can claim that back. So that because obviously if you didn't have, well for me specifically, if I didn't have this next year, I wouldn't have to go for all of this. So they so therefore I shouldn't have to pay for paper and ink because other people don't so they'll give you back that money. And the other thing is that they gave me money for textbooks. Because again, it was easy to it's easy for me to read along with a textbook with it in my hand whilst the computers reading it to me. So I could buy textbooks for Uni, and then they give me back the money for it. So I would really recommend going if you're in a university, or if you're in college, or if you're in school or wherever, just going to them and being like, you know, can I get tested for dyslexia or whatever because you again, you literally cannot lose. And I quickly googled how to get yourself diagnosed with dyslexia. Because again, we are always online, and the literal NHS website, if you're listening outside of the UK, basically, we have socialized medicine, so we can go to a hospital and not get a bill for almost

dying. And so that's our National Health Service NHS, they have a website online that we actually have like trusted information written by real doctors. So you can use that. But yeah, the literal NHS website for the for dyslexia says, if you think your child has dyslexia, the first thing you need to do is go to your child's school and ask for them to do it. So it seems that that's like the only way they have like a list of like chartered psychologists and stuff like that. But the literal web, the NHS website says the easiest way to do it is to go to your place of education, like the school, your college or university and get tested that way. If you're not in university, the only thing that I can recommend is that do what I did, because I asked my sister who they used and she went to her uni and they gave her the person's name. The woman, she was obviously a real person because the university employed her. But she was just like, freelance isn't the word, we got her phone number, and then like just set up a consultation directly. So maybe try that like maybe go to university and be like, who can we use? But yeah, I am sorry that the literal NHS website is like, for your child go to their school, if it's you, you can choke like, Oh, my God,

Pruthvi Mehta 58:31

like past a certain age, you don't have mental health issues. What are you talking about? What are you talking about? Like, who cares.

Karel Green 58:37

Mental who? Never heard of her.

Sehher Tariq 58:43

I'm just going to undo everything that you've just said about, you know, the pressure being on schools, but because I think the pressures should be on schools. I mean, the government mainly because, you know, that's their prerogative. But yeah, so I think that a, so universities have like a dyslexia and disability service. That's pretty widespread in higher education. I'm pretty sure my college had it as well. But when you get to lower levels, like primary school and secondary school, that's a lot less common mainly for probably because of budgeting issues. But that is pretty vital when it comes to offering support for people who have dyslexia, dyspraxia or any other you know, neuro divergence issues as well. It's just that there needs to be more budget allocated to that kind of stuff, too. Because this is going to affect somebody for the rest of their life. They need the support from day one, if possible. So If there is any way to try and get more support for kids in an earlier age, and you know, I think it kind of builds upon the like, you know, having more awareness, what you mentioned before, Pruthvi, that you need to have more awareness of the, of the different issues that there are that you need to, especially with like, something like dyslexia, dyspraxia, dyscalculia, you need to make yourself aware of the symptoms and the signs of, of those. And, you know, it's not hard to learn about what kind of signs there are like, obviously, there are people who are experts at it, and you obviously can't diagnose it yourself, but, you know, learning simple signs of it will help in the long run. So, for example, I, I've seen people who, you know, that they have some difficulty with their spelling have other difficulties as well. And I'm thinking, oh, I

recognize this as something that could be dyslexia, have you had, you know, have you got it checked out? This, you know, it's not, it's not just for yourself, it's for other people as well. And if, you know, if it goes to, you know, then them going and checking themselves out exactly with what you did Karel for your dad, you know, that that will help them so much. It's just self awareness, awareness within schools at an earlier age as well. And not just you know pushing that off to the side saying, Oh, it's just because they're not capable, that they could be perfectly capable of doing everything is just they have, you know, they have dyslexia, and it's just, you know, they're not wired that way. It's, yeah, that's mainly it's just awareness, and government give everybody funding, please.

Karel Green 1:02:04

Yeah, you're right.

Sehher Tariq 1:02:06

And down with the Tories.

Pruthvi Mehta 1:02:07

Down with the Tories.

Karel Green 1:02:09

Yes, I'm deleting everything else except for that. That's the only real thing that will help. Especially again, if your family's not if they don't know about it, or if you're because my family was very much he didn't know about it, whereas some other families will be like, no, I'm not even going to entertain that my child's not dumb. How dare you say that? Again equating having a neurodivergence to being dumb is again wrong. And it should be on you to explain this, but life's not fair. And I'd recommend just getting yourself checked out anyway. Because like I said, from me getting my diagnosis initially got my sister, my dad died those and so it's literally gone to like three quarters of my entire family, right? And I just feel like, if your family is on that end of being like, oh, they're not stupid. Like, how dare you say that to them? I would one recommend getting yourself checked out, like literally took an afternoon, it was like, they don't need to find out. And then once you if you do have it, I would recommend, like, there's loads of loads of different little things that you have to get done. Obviously, I recommend taking your parents to one of them, because guess what, they're never gonna listen to you. But they will listen to a literal health care professional.

Pruthvi Mehta 1:03:22

Yep. Yeah, exactly.

Karel Green 1:03:23

They'll moan their mouths off at you all day, but you put them in a public space and all of a sudden they change, right? That's just the tea. You know, you know, if you're listening, you know what it is so that's good. Okay. Yeah, you know what it is? So I

would recommend just like reading them to death and being like, Oh, yeah, let's go I've been diagnosed and then they'll be like, here's where it actually means.

Pruthvi Mehta 1:03:47

Yeah.

Karel Green 1:03:48

And make it eat humble pie. and at worst, they'll just leave you alone, which isn't even that bad. And at best, they'll be like, wow, I have no clue that's get your siblings checked and and you know, Happy Happy Days. So you know, just do what you want.

Pruthvi Mehta 1:04:03

I think another good solution is to just like especially in schools, especially, um, in like just communities as well as just to have someone designated like just put there for the specific purpose of like diagnosing people who might need it with mental health conditions right? Because unless you like yeah, like at school level, right? Like the kid can't like a literal four year old cannot go up to someone and go hey, you know, I think I have this condition. Right? Like if they it requires like some mental health professional, might be a person of color might not be right, who is literally assigned to each cohort of students to like monitor them and their well being like all teachers should be trained. Like there shouldn't be like special SEN classes and teachers, right like the like SEN is just like, it's like a basically children who have like developmental disorders right, which affects education go to these things.

Karel Green 1:05:00

Yeah.

Pruthvi Mehta 1:05:00

Um, but there shouldn't be like special as the anti event should be like all teachers should be grounded in this stuff, right? All, all teachers should be made aware of symptoms, etc. Particularly as you know, for example, like an ally might occur and like goals versus, you know, what people assigned, you know, female at birth versus male, right, whatever and just have someone like monitoring, monitoring, especially younger cohorts, or just all throughout school, and also, like more actual mental health people during University. And I remember, like, we had one woman, I think, who was actually also worked in admin who was like the student welfare person for physics. And then I remember one time I had like a panic attack and exam, and she wasn't there. And it was just a random professor, that little special room on the in the admin, you know, on the first floor, in the reception area, like there's that little room that people would just sit in. Yeah, yeah. So I went in there, and it was, it was okay. Can I say his name? No?

Karel Green 1:05:00

No.

Pruthvi Mehta 1:05:01  
But it was...

Karel Green 1:06:09  
Don't bring it back.

Sehher Tariq 1:06:11  
But it was...

Sehher Tariq 1:06:13  
I don't know who you're on about, bleep it out.

Karel Green 1:06:15  
Okay. Okay. Say it and I'll bleep it out, that's totally fine.

Pruthvi Mehta 1:06:18  
I'll just say what they taught, they taught \*BLEEP\*.

Sehher Tariq 1:06:21  
Oh, God, okay yep.

Pruthvi Mehta 1:06:24  
I told you he was the one that coached me through my literal panic attack. In this exam. Oh, God, not an actual mental health person, this dude. Remember, he offered me like a random crate of like melting ice creams that have been brought out from somewhere. So I was just sobbing, I told you this, I was sobbing while eating ice cream just sobbing my heart out.

Karel Green 1:06:42  
Can I just say, in the midst of this story... Like imagine if you go on to become a literal like tenured lecturer, researcher. And like, what stage you get training to deal with this?

Pruthvi Mehta 1:06:54  
You don't!

Karel Green 1:06:54  
I would be horrific. Like yikes that sucks bye! This ain't my job. It's just me and I'm the ice cream, I'm just like, bye and melts away. Like...

Pruthvi Mehta 1:07:08  
It was a twister. It was like a mini twister. It was so bad dude.

Karel Green 1:07:16

This will fix your problems. Just...

Pruthvi Mehta 1:07:19

You know I took it and ate because that's how sad I was.

Karel Green 1:07:22

Wow. Dark times for Pruthvi. Yeah. Oh my god. Yeah, no, I um. Somehow this because mixed in with my final solution, which is like automated systems just to make things easier. So again, like I said, in school, I was in the top set for everything set for English when I was in the set lower, because I couldn't read and couldn't spell. Right. My handwriting was bad. Apparently.

Pruthvi Mehta 1:07:52

It's not. It's not, it's way better than mine.

Karel Green 1:07:55

Yours is horrific, you should probably get tested, yours is horrific.

Pruthvi Mehta 1:07:58

Damn.

Karel Green 1:07:59

That alone, anyway. Anyway, but know if there should be an automatic system. Whereas if a child is in the same set for like everything, and then they're in a significantly lower set for one lesson, just check that out. Right?

Pruthvi Mehta 1:08:17

Yeah.

Karel Green 1:08:18

I mean, because we are both saying how teachers need more funding and help but they also need to be made more aware of the things. And that's like a practical way to do it as well. There is a difference because there are two different jobs, two different trainings between diagnosing somebody with dyslexia or ADHD or whatever, and being a teacher, but they have to work in tandem, if that's the only way to get it done. So yeah, just have that automatic system and save...

Karel Green 1:08:58

We are going on to our goods section, the media recs, all of our previous media recs can be found in our show notes. And Pruthvi will put it in the good stuff section of the website, please go on there. We love the website. Also, again, if you want to help us out, tweet say that you like the podcast, stuff like that. But also, like just go on the website. One of the things to get our funding is about how many like people actually interact with us. And that's just an easy way. So somebody make a bot, and just spam our website with clicks please. And we need that because....

Pruthvi Mehta 1:09:35

We could hire like engineer like in a call center in some country just to like just click on on our site and click away again.

Karel Green 1:09:43

And that's it. That's all I want, just click on a couple pages. Don't read anything and leave please.

Pruthvi Mehta 1:09:49

Please please please.

Karel Green 1:09:49

Just what we need.

Pruthvi Mehta 1:09:50

Just like it.

Karel Green 1:09:52

Okay, so media recs.

Sehher Tariq 1:09:56

As have most other people our age, I have become obsessed with tik tok. And that is because there's actually so much good content on there, and it's wholesome. And there's this one account that I follow. And it's called paharikawa, which I think it's, I think it's urdu for mountain crow. And he basically talks about history. And I first saw him because he started talking about South Asian history, specifically in all the ancient civilizations that used to live in that area. And that just completely fascinated me, because that's just a side of history, history you just don't hear about, especially in this part of the world, it's just all about World War One, World War Two, bit of the Tudors, you know, that kind of stuff.

Karel Green 1:11:03

You learned about World War One, I literally only learn about World War Two. So I'm jealous wow.

Sehher Tariq 1:11:10

And not that much diversity is there. But this guy, he talks about so much different types of history, a lot of it is mainly centered around like POC history. And he also talks a lot about how, you know, race isn't, you know, the best kind of construct. Ethnicity is probably a more accurate way of, you know, defining groups of people and race was, you know, that's just white people's way of defining people. And it's just not accurate as that and it's just like, a lot of this kind of stuff, which just kind of opened my eyes a little bit. And he just has a lot of interesting content, not even about that, but also he has like religious content as well, you know, about like,

different mythical creatures in different religions. And it is so fascinating, and I highly, highly recommend it. And he's got a very interesting voice as well. So go and watch him.

Pruthvi Mehta 1:12:10

Oh, yeah, that's great. That sounds excellent. I'm subscribing.

Karel Green 1:12:14

If I ever get on tik tok. I will look at it. If not, I will just look at it via the web page, which is what I normally do for tik tok.

Pruthvi Mehta 1:12:23

Yeah, I still need to, like make an account out and sign in, I'm still mourning vine.

Karel Green 1:12:28

I agree, I refuse. And I'm going to recommend two different things, both of them on Netflix. And if then, if you don't have Netflix, you know by now how to just find stuff online. And like, I have the confidence that you'll be able to do it. So one's a cartoon, and once a like a live action movie. So I'll talk about the movie first, because I think it's better. But it's a movie called The Old Guard. I think most people have heard of it. And it's like an action fantasy movie. It's set in like now nowadays, but it's really good. Has a very diverse cast. It's has Charlize Theron, she's not the diversity. But...

Pruthvi Mehta 1:13:09

No.

Karel Green 1:13:09

There's like, there's an Asian man, there's a black woman who has like natural hair, and canon LGBTQ+, well there's literally husbands in this movie, I'm so happy. They're the main characters. Basically, it's about these, these costs of people. They are like a little crew of people. And basically, throughout history, there will be people who are just randomly just randomly stopped dying, right. So they'll live their lives normally. And you know, they'll grow up, they'll get a cut, and then it'll take like a couple weeks to heal like a regular person even, and so on and so forth. And then there's just like a day, where they'll get either like a wound that should take weeks to heal that suddenly heals instantly, or they'll get killed on the battlefield or something. And they just don't die. Like they'll die for a bit and then they'll come back to life and then they'll go keep going on. And it's it's basically the lives about them. So like Charlize Theron there, these immortals she's the oldest one. And she and her friend Quynh are like the two oldest and something happens to Quynh, no spoilers, but something happens to her but she literally doesn't die because she can't. So it's great. Quynh is also literally the Vietnamese. And it's so good. And then there's like I think there's like six by the end, I forgotten the number of them. And two of them are literal husbands. They met in the crusades, they tried to kill each other. And then

they both at the same time, got their powers. And then they literally fell in love and became husbands and it's explicitly shown. They have been like, trying to do good with their powers. You know, going into places that would be really hard for non immortals to go into and stuff like that throughout history. And it's about how there's a new one. There hasn't been a new one in how hundreds of years but there's a new one, a black girl who's a, she's in the army, and then they go and find her and just explain everything that's happened. And there's a lot of reasons I wanted to talk about this because obviously, it has like, actual, like several Asian people, a dark skinned black woman, blah, blah, blah, and none of them are like stereotypes. But also that in the comic that it's based on the, the character of Quynh who is Vietnamese was actually Japanese, and her name was Noriko. Plato was just like, I'm not Japanese, I'm, you know, literally Vietnamese. That's a whole arse different country.

Pruthvi Mehta 1:15:37  
Yeah.

Karel Green 1:15:38  
Can we please just change her backstory slightly for her to be Vietnamese. So it's the same backstory, but instead of Japan, she's from Vietnam, and that's literally the only change. And they were like yes, of course.

Pruthvi Mehta 1:15:49  
Imagine like having, you know, directors that are willing to like, you know, that the source material for like a particular ethnicity, instead of just like, all you come from the continent of Asia, or your ancestry from the continent of Asia, we have this other character, which is from a completely different, you know, country, the huge continent of Asia, you can just trade them, or we can get Scarlett Johansson. Actually, we're gonna go for Scarlett Johansson.

Karel Green 1:16:18  
I'm sorry, it was Scarlett Johansson in several wigs. I'm sorry, I've actually just found out anyway.

Pruthvi Mehta 1:16:26  
It's sounds great.

Karel Green 1:16:29  
It's really good. Yeah, I read the I was listening to obviously, interviews, and they were talking about all of that. And that really solidified it for me. So again, literal husbands, one of whom is like a literal, dark skinned South Asian man who don't die. And it's really cute, like, though, and also, there's gonna be a sequel because there's, it ends on a cliffhanger. So there's literally has to be a sequel and you get like a teaser for that off of the credits. So it's a great movie, the action is excellent. And they kick ass. So go watch the old guard. There's just...

Pruthvi Mehta 1:17:05

If you're not in the UK, and you want to watch it, remember, we are sponsored by Nord VPN. We're not sponsored by Nord VPN. But I'm hoping.

Karel Green 1:17:12

I wish we was sponsored by Nord VPN, god damn, Nord VPN subscription from some other block creator who is sponsored by Nord VPN.

Pruthvi Mehta 1:17:12

Then tell Nord VPN to sponsor us.

Karel Green 1:17:21

Then you know, watch The Old Guard. The other show I quickly wanted to mention is a show called final space. It's a really cute, really fun sci fi show. Also on Netflix, Nord VPN hit us up. And they are, there are two seasons out. And the reason I bring this up is about this. I'm so sorry. It's about like this white blond guy who's in space, but it's like a comedy. And he's on this like, spaceship because he's been, he like flaked out of the Army or something. I can't quite remember what's so funny. But he flunked out of the army like an idiot. And they were just like, no, what you did was so bad jail. And he was in jail with this robot companion that he hates who never lets him eat any cookies. And it's just the whole mess. And then randomly one day am the green alien comes out. And turns out this alien is like a key to like the universe's greatest ever weapon. So he has to keep this tiny, cute little boy looks like Kirby, I'm so happy, but green, out of harm's way. And it's just like a huge run through space. Again, it's only Season Two ended on a cliffhanger as well. So there's got to be more. And the reason I bring this up is because his love interest the person who he thinks is like the most beautiful person in the galaxy is also like an actual character, obviously, and is really super smart and super cool is a dark skinned black woman, who's portrayed in the cartoon as having afro hair. So they didn't just give like a dark skinned black woman in a cartoon, long straight hair, because that's not how our hair grows naturally. And I was just like, so taken aback by this, because and it's sci fi and it's in space. Like, what more do you need? So go watch the final space, also on Netflix also really good. And it's just like a really fun. It's like something to watch a couple episodes of every night until you finish it. And season three is going to come out soon. So...

Pruthvi Mehta 1:19:17

That sounds nice. That sounds excellent and diverse and cool. So I'm about my recommendation now. So I recommend reading the, the Earthly quadrilogy that's the word.

Karel Green 1:19:33

Yeah.

Sehher Tariq 1:19:34  
Quite a difficult word.

Pruthvi Mehta 1:19:36  
Is that the word? Help. So basically, it's just like...

Karel Green 1:19:40  
Yeah that's the word it's tetra tetra tetra. tret... I'm gonna copy and paste in the chat. It says that words queen or...

Sehher Tariq 1:19:50  
Tetralogy.

Karel Green 1:19:52  
Tetralogy, thank you, or quartet, or quadrilogy. So you've got you you got it.

Pruthvi Mehta 1:19:59  
Thank you for validation but yeah. So it's a book it's a series of like four books which make up the Earthsea series of four books. And those are written by Ursula Le Guin. I've mentioned her on the podcast before. In my media recs I've mentioned a couple of books by her the other ones were The Dispossessed and Left Hand of Darkness. So she's like a sci fi, she's like a very well known sci fi author who doesn't get as much praise as she deserves. But the one thing that keeps like kind of takes her apart from all the other ones is that, especially all the contemporary of the time white male sci fi writers, is that she includes diverse characters, and creates properly diverse fantasy and sci fi worlds. So Earthsea is no different the vast majority of... The reason it's called Earthsea is because a bunch of like, it's like the entire planet is just a bunch of islands, right? This entire planet's bunch of islands with with like vast swathes of seas, connecting them. And there's like a main island which has like, which is made up of smaller like a big central islands middle small islands, with like, tiny little rivers and stuff in between. So it's basically just a very, like, water based world. And the cool thing about it is that the vast majority are just just like this world. I think the vast majority of people on it are people of color. Yeah, which is very, very, like the opposite of what you've seen a lot of sci fi fantasy walls, I'm looking at you Game of Thrones. They are literally explicitly described as like, dark skinned. And the people of color in this world are very attuned with magic, they use magic and their everyday lives. They're like sages and wizards. People look up to them. In the in the world, they are highly renowned, apparently, like, it's been stated that all the majors like the ultra high majors, including the main character of the book, who becomes one, are they are literally explicitly like dark skin. Like that's sort of stated in the book. And the funny thing is, you have like a small set of aisles on like, the east side of the sea map, which are the Kargad isles and these are inhabited by the small isle is like habited by white people only. Um, and these and they are like introduced as like, the opposite of how people of color are often introduced in fantasy and sci fi they're like called barbarians from the get go. They're like called out colonizers from the get go. And

they are also very, like, they don't trust magic. They're sort of isolated from like this forward thinking magic world that the rest of the POC inhabit, it's just very, it's just turns all the tropes that you see on its head, right. And I really like it the main character is a person of color. His best friend is also a dark skinned man of color. There's also good women of color representation throughout the book. And yeah, like the the both him, so he's like the arch major of the world, like the arch wizard, there's also a king of Earthsea and he's also dark skin. Like everyone. Everyone, besides this tiny island of white people, are darks skinned.

Karel Green 1:23:30  
They're token white.

Pruthvi Mehta 1:23:31  
The token white.

Karel Green 1:23:32  
The token white.

Pruthvi Mehta 1:23:35  
And who are barely mentioned, and I just love it. It's just a complete role reversal of what so many sci fi fantasy books do. And I just really recommend it. It's just beautifully written. As always, anything Le Guin touches is just excellent.

Karel Green 1:23:49  
I would like to specifically state here that there is a movie on Earthsea and do not watch it because it sucks.

Pruthvi Mehta 1:23:56  
Yes! Thank you. Thank you.

Karel Green 1:23:58  
Why does it suck Pruthvi?

Pruthvi Mehta 1:23:59  
It sucks.

Karel Green 1:24:00  
Yes.

Pruthvi Mehta 1:24:00  
So it sucks because one thing it's like a Studio Ghibli film and you're probably like all Studio Ghibli! It's lovely and cute and calming. And you know, you'd be right for the most part, but the problem with the artsy adaptation of it is that one it's like a mash up of like random bits, all the books so it's not any book in particular, it's just a mash up of the plots. It doesn't really make sense. Secondly, the characters are really

whitewashed if you just Google Earthsea Studio Ghibli do those characters in the in the screenshots look dark skinned to you?

Karel Green 1:24:32

No.

Pruthvi Mehta 1:24:33

No. No. Miyazaki What are you doing? Like, you know, it's just it. It sucks. I mean, we all know anime does this right? We all know there's like so much anime where there's some really good anime which actually has good representation, but so much of it is whitewashed, for no reason. And it's just so upsetting, that it's done for this book, from what I know look Le Guin was not a fan of the adaptation just didn't watch it did not care.

Karel Green 1:24:47

Good for her for securing that bag, but like I'm looking at these images I am throwing up as we speak. I hate it. I hate it and literally none of them are even slightly darker.

Pruthvi Mehta 1:25:15

I know.

Karel Green 1:25:16

One's a bit red one's got like a bit of a red like Zuko but like budget Zuko.

Karel Green 1:25:37

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Karel Green 1:26:36

You could just email a bunch of different universities like disability and dyslexia service. That's what it's called. University of x disability and dyslexia service, email a bunch of them I'm sure one of them will eventually reply. And they'll be like, this is the person we use. And then you can just send them an email because that's what I did. I just sent this woman and email. I was just like I know you work for the University of x. Not gonna doxx myself.

Pruthvi Mehta 1:27:01

X is your university, you've already doxxed yourself.

Karel Green 1:27:04

Damn Wow. Bleeped that's gonna be bleeped.

Transcribed by <https://otter.ai>

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