

TW for Season 2 Ep 2 - Beauty Standards:

Sexual Harassment

Racism

Ableism

Colourism

Skin Bleaching

Karel Green 0:00

Welcome to the POCSquared podcast hosted by Sehher, Pruthvi and Karel. Today's episode focuses on how the prevalence of Eurocentric beauty standards can have a real impact on diversity efforts. But please be aware the following topics are discussed: Sexual harassment, racism, ableism, colorism, skin bleaching. A transcript and show notes for this and all episodes can be found on our website www.poc2.co.uk. That's www dot POC the number two dot co dot UK. We're also on Twitter and Instagram @pocsquared. That's POC then the word squared with no spaces. You can also contact us via email contact@poc2.co.uk. That's contact @ POC, then the number dot co dot 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 the other outreach activities that we are doing. Please enjoy the episode.

Karel Green 1:36

Finally, finally gotten on to doing this beauty standards episode. And I think this is more about how people can be actual allies to like movements in STEM, as opposed to just complaining, which is what we do here. But that's different because it's in a podcast form. So it's okay. I think that's valid.

Pruthvi Mehta 2:03

Why are we yelling? Why are we yelling? Ladies?

Karel Green 2:08

There's so many reasons. I'll start off with my, my point in that I remember at the height of the Black Lives Matter protests in like, April, June of 2020. This was when I was still mostly on Twitter. I thankfully got off. But I remember like there was I can't remember who it was. And even if I did, I would put the tweet in because I just don't think they were being malicious. But there was a white woman on Twitter, who was like complaining that she got called pretty in, in an academic environment. She was saying how it's just like, Oh, I think it got said like, "oh, you're too you're too pretty to work here" by some random member of staff who had never seen her before. Even though I think she was like a postdoc or something.

Pruthvi Mehta 2:59

Yeah.

Karel Green 2:59

And whilst it was inappropriate, and is inappropriate, and is just messy and gross. I still just, and she got ratioed and just destroyed on Twitter. Lest I forget that very important point. I just, I just cannot believe I'm sorry. But being called pretty is not the same as like actual actual discrimination happens all the time. Being called pretty in a job that you have is not discrimination. And I every week had to remind her that it was just like, Hey, you know, people are peacefully protesting in the United States and getting killed by the police anyway, black people are dying. You know, you think about where you are Becky? It was a mess, right? I just I was just like, is this what? And I realize actual discrimination does happen to white women, but I'm just like, this is not this is not what we mean. And I'm just bitter and upset about it. So that was my, that was my, that was just the surface but one of the main examples I think of beauty standards and how they affect different types of people, especially women in academia.

Pruthvi Mehta 4:11

Exactly. Like, like read the room, Becky, like it'd be a different matter if she was like, hey, this actual like fellow colleague actually, like, you know, like sexually harassed me or did something, you know, terrible. Like, is that like, you know what I just want like, state this because that's not like a trivial thing. Right? And no one's trivializing that hair. And that's happened to me in my like, workplace like, it's not a trivial thing, but being called like they're complaining about, like the most basic things, right? Um, which in the larger like, like, larger sort of viewpoint, isn't as big as some other like, actual issues, right? Like the people being called racial slurs, like like people like literally just dying, as Karel said, right? Like, people. A lot of white women will take the focus and place it on themselves. And it's just a bit. It's, it is rude. It's rude. And it's sort of very, like, it's like a humble brag. You know what I mean, a lot of a lot of the staff, a lot of that staff is like kinda like humble bragging in a way. Right? Like, there's actual concerns out there. Which, which, which need to be realized in academia with regards to discrimination, which are just people focus on the wrong things people focus on like, oh, someone held the door open for me today. Time to get angry about it. Like, please, please calm down.

Karel Green 5:42

Yeah.

Pruthvi Mehta 5:44

And yeah, I just want to say that, like, you know, this is kind of like a, like, a lot of listeners might be thinking like this episodes on beauty standards. Why are we trying to like, why is this part of, you know, diversity in STEM podcasts, but I just think this is a conversation that's so few people have, right. And even though it's not directly linked, right, it's just something that all three of us have wanted to talk about, for ages. And we've just got to have an outlet for it. I think I don't think it's healthy to keep sort of this sort of stuff like bottled up inside.

Karel Green 6:21

Yeah.

Pruthvi Mehta 6:21

So the Yes, the takeaway point is that the beauty standards in this world aesthetic ones, artistic ones, will have you have been warped towards a European lens, right? They have been warped to suit the eurocentric features that white people have. And I just think that's just a nasty thing that's impacted a lot of people growing up, especially like, women of color. And I just, I just want to say that socks, and that's what this episode is going to be about.

Karel Green 7:01

I think one of the main things that I really dislike about it is you're right, like it's humble bragging, but then like, they'll go to like an actual EDI meeting with these complaints. And if you have like a really garbage EDI team, luckily, I do not anymore. The EDI team at Nottingham's Physics Department is excellent specifically. I don't know about anyone else. But um, and that's not because I'm on it, even though it's because I'm on it. Okay. It's just like, if the EDI team is terrible, they'll like see that as like a scapegoat to not deal with the actual issues. And they can be like, "oh, we could deal with somebody telling her she's pretty". And then they'll like silence like actual people with like, actual real problems.

Pruthvi Mehta 7:51

Yeah.

Karel Green 7:52

Dare I say?

Pruthvi Mehta 7:52

Yeah.

Karel Green 7:53

We'll see how much of this I edit out. Yeah, oh God this whole, this whole episode's me walking on glass shards. I'm falling apart.

Pruthvi Mehta 8:02

They are in my feet. In my heels and soles, my toes, my toes have gone.

Karel Green 8:08

Wow.

Sehher Tariq 8:09

I guess another thing to kind of bring up in that sense, as well as pretty privileged, like, people don't think it exists but it does. Everyone, everyone experiences like,

obviously, the ease in the eye of the beholder. And but there is such thing as like this is the whole episode is about beauty standards. And there is a kind of a set way that people are meant to look to kind of look pretty. And people talk about a lot like people who are pretty and have that stereotypical, like, conventionally kind of attractive face, the conventionally attractive kind of like, body shape and stuff like that they kind of tend to get treated better. For some reason. And I don't know what, I don't know what that reason is. But people, people just seem to try and deny that that's something that exists.

Pruthvi Mehta 9:19

Yeah, it definitely does. And you get, I mean, those those statistics that show that the more attractive people perceive you to be right, the more likely you are to be hired for job, get paid more get pay rises, right. You know, what, you know, overall quality of life is going to be higher. You're more likely to earn more like these are all you know, interlinked things. And I think it's an important conversation to have about the impact of like, how attractive you know, people and you know, how race plays into this, you know, I think this is an important conversation to have, because it literally like links to all these other factors.

Pruthvi Mehta 9:58

Yeah.

Pruthvi Mehta 9:59

And yeah, This is why it's an important thing to like talk about. And you're completely right, it has a huge, it has huge impact on people's lives. And you're right to say it.

Karel Green 10:11

I was just gonna say as well, like something else that links into it is like I am. And I want to be very careful what I say this because this actually matters. But it also really has an effect in regards to like ableism. Because there are people who have like physical disabilities that are like very apparent and stuff like that. And we all know the like, absolute shockingly terrible, horrific statistics that comes with being like disabled in any way and getting hired in jobs and things like that. And that's like another level of beauty standards that like a just like those people. I mean, it's not unique to STEM, but it still happens in STEM. And that like, if you do look different, because you have some kind of like, physical disability that people can see, right they're just being like, actually destroyed all the time. And nobody is helping them either. And I'm sick of it. And then you know, there are actual BAME people who are also disabled, physically, and they're just getting double destroyed, and it's bad, it's all very bad.

Pruthvi Mehta 11:21

I mean, we've just got it here on the, like, little plan for the podcast on, but the fact that you know, a lot of the current, like, if you bring up to a lot of people that are white beauty standards are the norm, right, your eurocentric features of the norm of

beauty, they'll just be like, Oh, that's not true, you know, you know, XYZ, you know, celebrity has, you know, large lips. And, you know, not exactly pale skin. This is clearly science that is not Eurocentric beauty standards, right. But like, I think I mean, we've all talked a lot in the past is how the most attractive like features have been sort of taken from like, basically why white people and white celebrities have taken the, you know, quote, unquote, features from other races, like co opted them, and, you know, sort of passed them off as their own right. It's not the same as saying, like, insert race here, features are beautiful, when they're only when they're taken from and portrayed on primarily white celebrities. Like, that's not, that's not okay.

Sehher Tariq 12:21

And do you know, what's crazy as well is that some, like women of color, are getting mistaken for being white. Rather than, like, I've seen this quite a few times on like, Twitter, and, like, TikTok and stuff like that. Like, it'll be like, a woman of color. Like me, maybe though, maybe they are like, mixed race. But, or they could be I've seen a lot of people who are like, South Asian, experiencing this. And people, they're like, Oh, so you are you white? But they're South Asian, like, they have South Asian features, like, but people are mistaking this, like, representation that people are seeing of like these white celebrities that have, you know, increased like the, their lip size, they've tan their skin and stuff like that. And people are saying, like, oh, you're white, like they're associating those features with white people. And assuming that's, like, that's the natural, like, kind of thought process. And that's just crazy, because I don't know.

Karel Green 13:43

I remember seeing like a TikTok that look that I'm so upset that I can't find it because I'm not on TikTok. It was on it was randomly on Tumblr, because that's where I live now. Yeah, you're exactly right. Because like celebrities are like, tanning. And just like, you said Pruthvi, they're co-opting like rain features so much that they're blending the difference and there was a like you said the South Asian woman on tik tok or I think it might have been Instagram Live actually...

Pruthvi Mehta 14:19

Both are bad.

Karel Green 14:21

Correct. Both are bad, but it's extra bad because I saw like a rip of it on Tumblr, so it was just even more bad. But she she obviously did have a lot of makeup on like in the current style and stuff like that. But like it's not the same as Kylie Jenner wearing makeup that is just like a literal different race it's like her hand looks like like the moon compared to the rest of her face. Yeah. And just, they were saying in her comments how she was like, Wow, you look exactly like Kylie. And she had to say, you know, Kylie Jenner bought this face. I have it naturally.

Pruthvi Mehta 15:00

I saw that!

Karel Green 15:04

Somebody needs to find it because I just...

Pruthvi Mehta 15:07

I'll put it on the show notes. It's very funny.

Sehher Tariq 15:09

Yeah. She was like, no offense to Kylie Jenner. She's a beautiful woman. But she bought her face four years ago. And I was born with mine or something like that and I was just like ooooooh!

Karel Green 15:22

The drag. I've just been yelling ever since I can't find it, but I'm just...

Pruthvi Mehta 15:28

I'll find it.

Karel Green 15:28

Oh, God, you have to find it. It's so important. Yes, but um, I just, I just, I think it's such a double standard as well. Because I don't think that the opposite thing of how a BAME person going into an EDI meeting and saying, Hey, I think that so and so. I don't, doesn't necessarily find, they wouldn't say like, oh, he doesn't find me attractive. But, you know, they just, I'm not as pretty as somebody else. And therefore I've lost out on this job that I think I could be good at. And I have the ability to do and then being taken seriously, I don't think the opposite would be true. Like, I just I think it's just a very, very dangerous and gross double standard. And I don't like it. And it has real consequences in the real world if you're not on the good end of pretty privilege, like Sehher said, it's coming from us.

Karel Green 15:36

Most shows about diversity have like at most like, you know one one like light skinned, like, a black woman but with like, with like, you know, a dark family like a dark skinned like husband or whatever, right? And then like, you know what I like, you know, like black children save sort of, like a sitcom about black family. I think in particular about Blackish

Sehher Tariq 17:05

Yeah.

Karel Green 17:05

Yeah.

Pruthvi Mehta 17:07

And, yeah, you'll just have so many shows like that. And the woman especially is always like, like a lighter skinned black person or brown person, and will also just not have like, proper 4C hair. She will have like a, like a weave or like, you know, like, kind of like curly ish hair, you know what I mean.

Pruthvi Mehta 17:28

Yeah.

Sehher Tariq 17:28

Yeah.

Karel Green 17:29

But not too curly.

Pruthvi Mehta 17:30

Yeah.

Karel Green 17:30

Lest we forget who we are.

Pruthvi Mehta 17:32

Exactly. Right. And that's like, it's sort of like this, like fake, not really diverse diversity in quotes, it's like the acceptable face of diversity to the media, and it's just real. It's just still really gross. It's dumb. It's still really bad. And you think things have changed, but they haven't they haven't.

Sehher Tariq 17:53

And I have an example of why, like, lighter skinned black women or mixed race women who are like half black half something else they there was something I saw it yesterday, people were talking about how there's this, this journalist or a writer, she she was working on a documentary about the mortality rates of black women when it comes to giving birth.

Karel Green 18:34

Yeah.

Sehher Tariq 18:35

Like we've mentioned this before on one of the podcast episodes, and she wanted to do a documentary on it. And this this woman's like she's a dark skinned black woman. She's been working on it for quite a while, maybe over a year, something like that. And apparently, I can't remember which TV channel it was, but they dropped her in favor of another presenter. I think it was Rochelle Hulme who she was in the Saturdays. They dropped her they dropped like the original woman who was working on the documentary who worked hard on it. For Rochelle Hulme who's a lighter skinned black woman. Because people were saying because it's... like they

saying like, oh, they've got a bigger, she's got a bigger following. And that'll raise more awareness. But everyone just knows that they're doing it because that kind of like a lighter skinned black person is more palatable to other people. Yeah, like you don't they don't want to see like the sensitive like white audience, they don't want to see a darker skinned black woman talking about these issues, for some reason. But the these like people were saying Like, how is she supposed to be the face of this documentary when she doesn't have the same experiences as the people who were literally dying?

Sehher Tariq 19:42

Yeah, I mean, does she even have kids? I...

Sehher Tariq 20:13

She does have kids. But people are saying, people are saying that she, I don't know if this is true or not. So take this with a pinch of salt. But people are saying that she didn't even give birth in like NHS hospital. And the whole point is that the NHS is the one that's failing these women. And there's discrimination in the NHS, and there was like something where she gave... somebody commented on one of her posts about, and they were saying, like, Oh, so does this mean, the NHS is not doing a good job? And Rochelle replied, I'm not saying that. I'm just highlighting that there's an issue. And people are saying, well, the whole issue is that the NHS itself is failing these women, you're not even brave enough to say that that's the problem. Like, you're still kind of, you know, babying these people by saying like, oh, you're you're offending the precious NHS, well the precious NHS is failing black women, that they're literally dying because of racism. And that is like, is this person the right choice for this kind of documentary just because they're lighter skinned and more palatable? This is ridiculous.

Karel Green 21:32

Yeah, exactly. I like and it's like, it's not like she couldn't have raised awareness by supporting it.

Sehher Tariq 21:40

Exactly.

Karel Green 21:41

You know, putting on her social media talking about it in like, interviews and stuff that she goes to things like that. She doesn't have to be the actual face of it. I mean, I just falling apart. I can't believe I didn't hear I didn't know about that I knew about the black women dying, because it was on the news when a dark skinned black woman was like a whistleblower about it. Because it literally happened to her, she almost died. She had like a septic infection. And she remembers like passing out on the table, and the doctor being like, oh, let's get this over quick. I've got somewhere to be. And she was unknowingly dying on the table after giving birth to a child. But I did not know about all of this. And yeah, and I just it highlights as well like, the way

that colorism goes. And of course, this isn't for all people. But you know, some will be like you said these lighter skinned black people in this example, who will just like, who won't want to, like rock the boat and say what the actual problems are? Because they're like, it's not really affecting them. And that, you know, they understand there might be an issue, but it's not like in their house. It's not like a problem that they would have to specifically deal with. And, you know, she's not even willing to say that there's an issue on social media. Like you can't reply to a tweet, you can't reply to an Instagram comment with the shirt. Like where are we gonna go from here?

Pruthvi Mehta 23:16

Like, you know, health and be like health aspects of having such damaging beauty standards. I want to talk about bleaching. I think that it's like probably like it's really widespread. It has been forever for literal ever. And like no one like talks about it. Just coming from my experience and my background, I know that a lot of and like how it ties into colorism as well to something I think we should talk about. That there's like a lot of colorism in like South Asian media and in just South Asian Asia. And like there's... Yeah, there's a lot of bleaching that sort of like skin bleaching, which is very much normalized in like, like in Bollywood, for example. There's pretty much every single, you know, South Asian celebrity, every single bollywood celebrity has bleached their skin, I genuinely am struggling to think of one that hasn't. Um, and it's just really it's really bad because then obviously the knock on effect for the population. So there's a lot of like skin bleaching cream sold and then you have those sold on like the black market which have bad you know, which basically are toxic and they ruin people's health. And it's just a nightmare. It's just absolute nightmare. People are literally like putting cancer causing chemicals on their skin because of beauty standards, because of racist beauty standards. Like, like it's just awful.

Karel Green 24:47

Yeah, I mean, there is so much with skin bleaching and like not to invoke the literal devil, but I'm going to do it because, Pruthvi, you told me about this how I literal Mmm. Watson did like an ad for a skin bleaching company that only went live in like South Asia.

Pruthvi Mehta 25:08

Yeah. Yeah.

Sehher Tariq 25:09

Wait what?

Karel Green 25:10

Which is extra doubley gross.

Pruthvi Mehta 25:12

Yeah, so like I think she I think it was it was like...

Karel Green 25:15

I'm going to find it. I'm going to send it to WhatsApp right now.

Pruthvi Mehta 25:18

It was like um so it was just like skin whitening cream right. And I don't know what her agent told her but she was she must have know something. It was I think it was for Lancome I think.

Karel Green 25:30

Yeah.

Pruthvi Mehta 25:31

Um and it was just it was just it's all just in on billboards and like non white non white countries and just like this is bad this is bad.

Karel Green 25:43

Sending a picture to the group enjoy here is the bad and I just yet I'd like to highlight again how I'm not 100% sure I know perfectly we'll find the true links so check the show notes. But I'm sure it was a skin lightening cream bleaching cream the actual ad for it was only in like South Asia. I did not see it at all.

Pruthvi Mehta 26:04

No, same.

Karel Green 26:05

It says online number one brightening.

Pruthvi Mehta 26:08

Yeah, yeah.

Karel Green 26:09

Cream in Asia. Yeah, I'm just falling apart.

Sehher Tariq 26:13

Oh that is Photoshopped to hell as well.

Pruthvi Mehta 26:15

Yeah.

Karel Green 26:16

Correct.

Pruthvi Mehta 26:17

They just took the smooth tool and just went crazy.

Karel Green 26:22

We love smooth now.

Sehher Tariq 26:23

That is no longer Emma Watson right there.

Karel Green 26:30

In on this in my in this specific example. I'm going to talk about I'm not blaming like black women in this but I know that it's very common now because hair relaxing. Now people are sort of talking about it more about how dangerous it is, which is literally hair relaxers is just like chemicals you put in your hair that chemically straightens it and it should literally just bleach as well. And they're like really, really bad for you in multiple different ways. Again, there will be links in the show notes. And like for years black women have just been forced to do this. Because, you know, most of media will just have at best like braids, which are fine, but still like, known as if like plaited straight hair, right? Or this for black women hairstyles or they'll have to have their hair like chemically straightened got put into a weave which can also be very dangerous if it's not just like a wig that you can take off, an actual weave sewn in. And there are like, girls, black girls growing up who's just like, yeah, you know, my mum has always like, relaxed my hair or chemically straightened my hair to the point where I don't know how to manage the hair that grows out of my head naturally, people are just like I don't even know what my hair texture is. It's literally never been not been straightened in my like memory. And it's crazy because people just do it to their kids without thinking and it's really bad for you. You can't put chemicals that chemically straighten your hair and burn your scalp if you don't, if you leave it on for too long for the literal all of your life and just be okay. It's really scary.

Pruthvi Mehta 28:12

You told me he showed me that thing where someone like left like something like a tooth or something a tooth or something hard, right? In like a bottle of, oh it was a coke can. Like a coke can in like really like a cup of relaxer and it just dissolved. And it's like literal metal.

Karel Green 28:30

Yeah.

Pruthvi Mehta 28:31

There is no way putting that repeatedly on your scalp is like not doing damage. There's...

Karel Green 28:37

Literally I'm find... I'm literally good. I'm finding it now. Here we are. Nine years ago.

Sehher Tariq 28:48

I've seen videos as well of like, white people with naturally straight hair putting relaxer on there. Have you seen videos like that as well? Because...

Karel Green 28:58

I haven't but I believe you.

Pruthvi Mehta 29:01

Their hair like it basically just falls off.

Sehher Tariq 29:04

Yeah, that's like they literally like just pull it in and it's just gone. It's it's just it's just fallen out. And it's just crazy. Like first of all like Why? Why are you putting relaxer in your hair? Like your hair is naturally straight? What are you? What are you trying to achieve here?

Pruthvi Mehta 29:22

It's not straight enough. Apparently,

Karel Green 29:23

The amount of just the number of relaxers got wrong on all like how I relax my hair at home. Or just the just in the black community if you look at like hair products, it's always like, you know, fix your hair by straightening it or get good hair. I'm just like, like it's so pervasive. Like I just I am I cannot think many if any black people who wear their hair naturally, all the time. Like if you look up images of like celebs and stuff like that they'll either be in a wig, or weave or it will be chemically straightened. Right. And that is it. Like, I just, it's, it's a nightmare. It's an actual nightmare. And this specific, it's not like their fault because it's just like black hair has been policed for so long that it's just, it's just been made undesirable completely to the point where people don't even think about it. It's just the way things are. And it's just, it's every day and it drives me insane. But yeah, it's just it it speaks so much to how like, literal. I mean, we've talked about this in the medicine episode and stuff like that. But just like people of color, but especially like black women, and beauty standards just get completely destroyed when they need literal medical attention, because they're not considered pretty. And for some reason, these literal grown ass adults who've been to medical school for decades, can't seem to think that, oh, I don't personally find this person attractive, but they don't deserve to die on the operating table because of it. Like, I just what's going on? Like, what is happening?

Sehher Tariq 31:04

I think it's, it's a really big issue when it comes to black hair styles and, you know, being in either education or in a workplace. Because you always hear stories about black women being told that their hair doesn't look professional, even black men as well. They'll be they'll be told that like, look, your natural hair, it's is not professional, you need to tidy it up or something. And that's what literally what leads to people using relaxers and you know, damaging their hair and, and it even happens in in

schools as well. Like I always hear stories. I remember this one story, I'll see if I can find it is of a kid who wore dreadlocks. And his his dad wore dreadlocks as well. Like they were I think they were Rastafarian and that so it was like this is like part of their religion. He had his dreads dreadlocks in and he got told off and he got I'm pretty sure he got suspended from school as well, because he refused to take them out. And like, what, how, how is the hairstyle affecting a child's education? Like I remember when I was in school, like all the girls would just dye their hair crazy colors. Like I had one friend who would dye their hair like pink, red. Some people would come in with like green hair colors and they wouldn't get they wouldn't get told off. But kid like black girls and black boys with like, dreadlocks or braids or a fade like I remember I always hear stuff about like kids getting told off for having fades and it's like what is that affecting in their education? It's not affecting them at all. What is like? Is it because it's apparently not professional like the children like what? And how does that affect? Like professionalism either. It just oh, I'm like, getting so worked up a lot because it literally doesn't make sense. Like the logic is not there. It's just it's just blatant racism and discrimination at that point. There's nothing you can do to just justify shouting out and suspending somebody for their hairstyle. Now what is wrong with you?

Pruthvi Mehta 33:44

It's just it's just straight up racism it's not even like covert anything it's just straight up racist and it still continues. It's also like the idea that you know, you will now then have you know, especially recently a lot of especially alternative in quotation marks styles for like white men, where you have like, and women but you have like dreadlocks and stuff but like, you know, white person dreadlocks, which looks like matted garbage, right, because white hair does not lock it does, it's not the right texture.

Karel Green 34:18

Yeah.

Pruthvi Mehta 34:19

It's just literally just matted hair. And that that's, you know, that's like that that's fashionable. That's fashion. And also there have been several cases where like black people have gone into work with dreadlocks and then told to go home. And white people have gone in with dreadlocks and it's fine. Dreadlocks in quotation marks.

Karel Green 34:40

Do you like my new hair style, guys?

Pruthvi Mehta 34:42

Exactly, exactly. It's...

Sehher Tariq 34:45

Why is it Why is it acceptable on them? Like, why?

Karel Green 34:49

It isn't it it's so ugly? On top of everything else? It's literally ugly, like I don't understand. And yeah, Pruthvi, you're right. Like, again, good luck. Finding this for the shownotes but if you look into the actual science behind it for dreadlocks you need like, Afro textured hair, because it literally like locks into place on like, you know almost not like a molecular level but on like a small scale like if you take like a microscope to it, you can see the hair locks, which straight hair does not do so they literally just stopped washing their hair for no reason.

Pruthvi Mehta 35:24

Yeah.

Karel Green 35:24

And they were just like, this is dreadlocks. Whereas dreadlocks has been in like a black cultures across the world for how many 1000s of years because it's like an easy style to get your hair into. Yeah, and to just keep it out of your face. But also you can maintain it and it's just God it's awful.

Pruthvi Mehta 35:41

It's like a little protective style, right?

Karel Green 35:44

Yes, exactly.

Pruthvi Mehta 35:47

It's not it's literally not just it's not even just a fashion thing or whatever. It's literally just a way to protect the hair.

Karel Green 35:53

And low maintenance protective style like we can't all be Becky when we could wake up don't wash our hair and call it a messy bun. Haha, how cute and then go into work like disgusting. No. I just it's just like the the double standard as well of just like people's not getting hired the unconscious bias. I'm sick of that word but the unconscious bias of them being like we're just not gonna hire them because you know what? Dreadlocks or a fade? Not allowed and stuff like that. It's just an absolute nightmare. And it also reminds me of how like, specifically, this... Excuse me. I'm just collapsing my throat just collapsing, I guess. It reminds me specifically of like Native Americans, they're supposed to, like, grow their hair long. And then they have it in like two sort of what's that? They just have it two, right?

Pruthvi Mehta 36:48

Yeah.

Karel Green 36:48

Either side and how for like years, they were forced, like, especially the boys were just forced to cut their hair short. Because that's how you wear your hair if you are a boy. Like, and that was that's also against their religion, as well.

Pruthvi Mehta 37:02

Exactly.

Karel Green 37:03

It's in the literal culture that you've seen Native Americans, you imagine them with their long hair, usually over in two or just flowing beautifully. Just no they were just like, cut it off. Because it was just awful. And I...

Sehher Tariq 37:18

know, I've seen a lot of videos as well about Native, native. They, they, they like when they braid their hair that's like a, it's like spiritual. Like, you're when you're braiding your hair, it's meant to be you're supposed to be thinking really good thoughts. It's meant to be, you know, quite spiritual. And like, there's a lot of meaning to like braiding your hair. And there's a lot of spirituality when it comes to like, in, you know, like, the hair. And it's like, there's so much importance to it. And it's weirdly just forgotten about and just ignored, not acknowledged. And, like it's literally part of their culture, and they're just, they just weren't allowed to practice any of that. Any of it and it's just that that's kind of the way that you know, cultures and things get lost.

Karel Green 38:17

Yeah.

Sehher Tariq 38:17

It's just a shame. Like things things like that and traditions like that they just get lost with you know, other other cultures just being extremely overbearing and discriminatory.

Karel Green 38:39

I was just looking at notes for the episode is how like, how these places like profit off of this because you know, you'll think of, you'll see like makeup ranges and stuff like that. And they never go to like super dark shades. Right. I'll never I'll never forget how Rihanna, the only person I trust right now with her Fenty beauty, right. And it had like shades for everyone, not just black people, but like everyone, including like very light white people, including a shade for I'm sure she had shade for people who have albinism. Just like something that light for them.

Pruthvi Mehta 39:16

Yes, that's excellent, yeah.

Karel Green 39:18

And then after however many years Kylie Cosmetics has existed, she suddenly came out with her specific I can't even remember what it's called. She came up with like a Cocoa range or something. Yeah,

Pruthvi Mehta 39:30

It was stupid like chocolate bar or something like...

Karel Green 39:33

Oh, god, I wanna die. It was so bad. It was like after years having her you know, light skinned Asian to medium white person shade range for literally everything. She was like, here's my cocoa range because now Rihanna did it, it's fun and you can steal stuff off of somebody else. And I'm just like, and it's not just her, it is a lot. I'm still bitter about that specifically, but it's just like how a lot of these things just don't cater to dark skinned people. It's just like another, I don't have a microaggression about how like, they just don't want them to exist almost like it's, I mean, I I am not a darkest skinned black person ever, obviously. But even I like go into a shop and struggle to find like a shade that especially, you know, it's not as bad now but especially when I was in my teens, it was just like almost impossible sometimes. 14 slightly different shades for any kind of like white person who needs their summer and winter shades. If your skin changes that much. One for every black ever, but not too dark, they can choke. And that's it. Like, what's going on what's going on.

Sehher Tariq 40:43

And you can you can tell how little effort they put into those shades as well. Because I remember because I I watch a lot of like the YouTube even though I don't know how to do my own makeup. And I always see like black women talk about how, when they were younger, all of the darker shades just ended up looking red on them. And like the undertones are never right. And there was another one the other day where I was seeing like a black woman try like some of the darkest shades in in like this foundation range. And one of them literally look green on her like it looked green and I don't understand how you can mess up there much. Like how are you making a foundation that looks green on somebody like what the hell is going on.

Karel Green 41:36

Because they just don't care, that's why it's just... I I also remember as well. But again, before I started making like shade ranges for dark skinned and they still don't really but wherever there was, I think it was the body shop who sold like these foundation drops. And it was just like concentrated pigment. And there was two there was one for light skin people and one one for like white people one for like black people. And they were just like, yeah, you can spend, you know, another 30, 40, 50 pounds on this vial. And then you can buy whatever foundation you want. And then you can adjust the shade, you can put some drops in until it's your shade. So you can buy the darkest foundation shade and then continue to make it darker. And whilst I can't say, it's an option, right? It's just like, why do black people have to pay 30 40, 50 pounds more for the exact same thing that white people get like tailored to them?

and tested for them to make sure you know it works right in different conditions and over a 24 hour wear foundations and blah, blah, blah.

Karel Green 42:42

Yeah.

Sehher Tariq 42:44

Oh, God, the worst offenders are as well. The higher end brands like ones like Chanel, and I'm gonna say I'm pretty sure Gucci and stuff like that do like foundation, but like, you know, like the fashion house the high end fashion houses that do makeup as well. They're always the worst offenders over not including not including darker shades. Like, and recently there was a scan, not a scandal, but like people have started to bring more attention to the fact that there's this brand called Hourglass, which is quite expensive. Yeah, and they don't cater any of their products to black women. And people have started like saying, like, don't buy from this brand anymore, because they're not even they, they are fully aware of the issue that like what they are doing. But they're not changing it like people would bring be bringing this up to them for years. And a lot of the time these higher end brands will say that they're not catering towards that shade range, because there's not enough demand for it. It's like, where's that from? Like...

Karel Green 44:03

It's like a catch 22 what like...

Sehher Tariq 44:05

It's ridiculous it's like, if there's the if you offer it, people will buy it. If it's a good formula, people will buy if you're a brand that is like good quality. You want to give customers like something really innovative, like make make it worth their money. They will buy it. But you're literally like you're closing off a whole range of people that will give money to you. Like, surely you want, like is this not the point...

Pruthvi Mehta 44:39

Exactly.

Sehher Tariq 44:39

Of what you're doing? You want money, right?

Pruthvi Mehta 44:41

So we live under capitalism and we want profits like...

Sehher Tariq 44:44

Exactly.

Karel Green 44:44

It's just it's like a catch 22 because what happens is that like again, that people will just buy the what they can, so these black girls will just try the best that they can. And then like, they'll be like well it's fine because they're all buying this shade so surely the shade is fine and we won't need to make any more. Or like, you know how you've seen that I've seen so many people have like, problematic we've had like, the bad experiences and try to like lighten their skin with foundation they look very ashy and stuff like that. I've seen that in all kinds of BAME people, not just black women, and like so they won't buy the darker shade because the darker shade gets demonized. Like how Hourglass just won't make it. Right. And so and then it's like a self fulfilling circle. And it's just awful. And they hate it. Yeah, I just, it's just like, how about, first of all paying like the scientists to actually make darker shades, making sure that you hire like black people and give them money to test out the foundation the same way you do white people, because it's not gonna wear the same way, depending on the formula and stuff like that. And then, again, hiring black beauty influencers who are systematically less like subscribed to, less watched and stuff like that to promote the darker shades as well. And be like, look how lovely this is. And it's like, almost like people, if you take if you take away the stigma that they created, it's almost like people will buy things, right? Like, I'm just, I'm losing my mind. Like, I've also I've put the picture in our, like, notes thing, but there's like a YouTuber called Nyma Tang, who I'd like to bring up specifically, she's a very, very dark skinned black woman. And she does a load of stuff. She'll buy like loads of brands, obviously, like any other beauty youtuber does. She'll be like I'm getting the darker shade. And look she's got like a bunch of Fenty episodes and they're all just good. And she's there's this one episode that has like, I think it might be her most viewed videos got 4.1 million 4.4 million views, where she's like, I tried Maybelline universally flattering makeup stick. Because every once in a while they'll come out with you know, some brand will come out with some makeup and they'll be like, this makeup has like chameleon technology and will read the shade of your lips...

Pruthvi Mehta 45:19
Chameleon.

Karel Green 46:44

And change to fit it and like the thumbnail is just like, insane. But she has so many good videos like she has bridal makeup for dark skin and it's stunning. She has she does this all the time. She'll get whatever, like the new releases and get like the darker shades and be like these, this is what works and this is what doesn't and stuff like that. And she's just excellent. So check out Nyma Tang specifically, I'll say her again in the recommendations because she deserves a shout out twice. But yeah, I just I think it's absolutely awful. Because at every stage where black people could be getting a job, they're just being kicked out, including, like I said, development with scientists, where they if you hire like the black people, they'll know what they're looking for intrinsically better than any white person would. And they're just they just don't do it and it's awful. Companies or universities or wherever, think that hiring exclusively white women and then like one the mixed race person but they're mixed

race, specifically one one white parent and one parent of color and therefore it's just like the colorism is the diversity and I'm just like so you have you have no people with two like black parents or no people with two Asian parents, no dark skinned anyone to like, because it almost filters out like this systematic issues like dark skin or like 4C hair and stuff like that. Because they don't have to deal with it as much as ever. And it's just a mess. It's just a complete mess.

Pruthvi Mehta 48:52

Yeah, like again, I don't like that. I have literally never used a expensive beauty product in my life. Like that's just not because it's just it's just so overpriced and bad and bad quality a lot of the time right and also not diverse enough like the only the only foundation range I actually use as number is No7 and the only reason I like is like the Boots like own brand, you know, makeup range. And the only reason I like that is because they do that sort of color match thing, right? So when they go into the store the whoever's there puts like that machine on your face and gives you like the exact like, pigmentation tone of your skin and then recommends the should like shades of foundation or whatever to go with it. And also because obviously like certain shades have better fits or certain like blushes or lip, your lipsticks, what have you, right? They do that they provide that information as well. And it's just sort of like that simplicity of like, having a diverse shade of like not just you know foundation and foundation adjacent types of makeup but also the rest of it. Right? There are also like lip colors that look not great on who's darker has darker skin, people have darker have darker lips and darker undertones? Right? So there's some lip colors, which just don't look great. If you get the underlying tone wrong. And it's just you can't yeah, that's like, it's really it's really hard, if not impossible to have like a one lip color for all because it you know, it looks different things look different when you put them on. I also want to say like, if you do have certain lip colors, for example, and you're marketing them, as you know, suitable for many shades, maybe show them on not the maybe on the maybe on the packaging happen, not just on a white person's face. Right?

Karel Green 50:52

Yeah.

Pruthvi Mehta 50:53

They look completely different. I remember a Tumblr post and I'll try and find it, but it's just somewhere where they have they tested like lipstick ranges. And it looked completely different on the white woman's lips compared with the black woman's lips. Because guess what, if the base color of the skin of the lip skin is different, they will look different, but that's just too big brain for this company, apparently.

Karel Green 51:20

She, I mean, like, she also talks about like, and I think it's a good point. Like, it's not just like these high end makeup brands, it's like, you know, any teenager with like, 20 30 quid in their pocket should be able to, like get their makeup for their shade.

Because it's just like, why is it like, if you're black, if you're very dark skinned black, you have to pay like triple the price for like, the same thing that everybody gets from like, because like, especially, we could do a whole episode on makeup and makeup brands are like, notoriously known for like, some, once you get past like a certain price threshold, the quality doesn't get that much better. It's just them buying expensive ingredients that don't actually do anything in the formula, or just for the brand name, right. And it's just like all these YouTubers who will like start their own makeup brand, and then won't release shades in a diverse range and stuff like that. And it's just like the double standard is just, it's crazy. It's horrible. Yeah, that's just the other thing. I'm just like, yeah, you shouldn't have to pay triple, quadruple the price. To get makeup in the shade that fits your face, it's like you either release you either release something for everyone or you don't really see it at all, nothing will upset me more than those new foundation drops where it's just like 180 shades. And they'll show like a rainbow women with the foundation on with the shade that matches them. And it's like the bottom two for dark skinned black women. And then the rest of for like, every hex code of white, pale face you can get ever and it's like I hate them so much. I'm going to find I'm going to find images and put them in the show notes. Enjoy so...

Pruthvi Mehta 53:12

Yeah, it's like it's like it's literally like you said, it's like you know we have eggshell white, we have lily white, we have you know... Give me another one I forgot all the whites. Give me another white.

Karel Green 53:23

Ivory.

Sehher Tariq 53:24

Porcelain.

Pruthvi Mehta 53:24

Ivory, porcelain.

Karel Green 53:26

Ochre? I don't know, actually I don't know what ochre is...

Sehher Tariq 53:28

They always do a nude shade and you know nude is always white.

Pruthvi Mehta 53:34

Yeah what does that mean?

Karel Green 53:37

Oh God actually nude and nude for white people are two completely different things and I hate it so much. I just I don't think you should be able to put the word nude or anything because it's literally a different shade per person, like...

Pruthvi Mehta 53:50

Literally what it means the lack of ability, like availability of like nude like tights and like pantyhose and stockings or whatever right like people want like skin colored tights but the only skin color or...

Karel Green 54:10

Something else I do a lot in my spare time is playing the Sims. And I want you all to know that the Sims four has been out for wait once it when did the Sims 4 release date? And I want you to know that. Okay, so the Sims 4 came out in 2014. Right? And it's a game about simulating, you know a life you play as a little human human character and you just do things. Everybody knows what the Sims is. Like they had to come out with an update just recently they had like skin shade sliders, because the base game came out with less than like 20 skin shades. None of them look good for black people. Then they got like destroyed they gave in I'm sure it was like four or five more skin shades and they were all ashy and really bad and they kind of some of them glitched and they were terrible like the they were just awful right? And people have been black people bhave been campaigning for years, and nothing has been done. And I'm not gonna name names because at least they did something but like finally some white Sims YouTubers who like gain some traction and worked with EA to like make the games and stuff like that started making videos about how bad it was. And like within them doing it within like six months, all of a sudden, they came out with like the biggest update the game's ever had, which had instead of just putting in more terrible shades, because they just did not care did put time into it. They made like a slider so you can pick like your skin shade, then you can choose the undertone and stuff like that. And then you can say that, and it took like, literal seven years of constant campaigning for black people. And then them finally getting through to some white Sims YouTubers who were just actually this is terrible. And then moaning at EA for them to update the game. It was just like this literal simulator game. Name another simulation game on like the Sims where you can make you know, it's like, can you imagine of all things The Sims, being like we have four shades. It was literally I can't even It was literally like three shades for black people. And they were all ashy. It was awful. It was so bad. I just wanted to complain about that.

Sehher Tariq 56:26

Didn't Sims 3 have like the slider?

Karel Green 56:30

Yeah they got rid of it for Sims 4.

Pruthvi Mehta 56:33

What?

Sehher Tariq 56:34

It was literally in the older game. And they got rid of that functionality. But why like that doesn't make sense?

Karel Green 56:41

Go to the show notes, they're gonna have so many images in it. Because you know what I'm going to do, I'm going to find the difference between the skin shades that they had in the game. And the ones in the update. And let me remind you again, when the base game came out, there was literally like one or two. And they were both terrible. And the best that EA did for seven years was like here was five more skin shades. They were all ashy as well but they will get you to shut up and it was just disgusting. I'm so upset. I'm find I'm going to find the images. And they're going to be in the show notes. So we're going to have the foundation shade images where it's like two black people at the end. And then 20 middle shade whites and nobody else and then you're also going to get the Sims, the Sims 4 skin tone update comparison. Show notes are gonna be fun his month.

Pruthvi Mehta 57:52

Right? How would we go about maybe solving some of these things?

Sehher Tariq 57:59

Stop buying from brands that aren't inclusive?

Pruthvi Mehta 58:04

Yes. Boycott ugh.

Karel Green 58:08

Correct.

Sehher Tariq 58:10

Boycotting is the only way to go.

Pruthvi Mehta 58:12

You can see the pictures of, I'm just yelling?

Karel Green 58:14

I'm just adding more bad.

Pruthvi Mehta 58:16

Thank you. So yes, yeah, boycott brands, which are literally racist, and you know, not diverse and their goddamn products. I think there should also be like a, like a law put in place for like quality standards, like you should, you should make, you know, a

certain percentage of your line like, like, usable by people of color, I think. Right? Because that's, that's just fair. That's just equality.

Karel Green 58:48

Yes.

Pruthvi Mehta 58:49

I think there should be a lot more like widespread supporting of companies owned by people of color. With regards to makeup and fashion. Yeah, because a lot of what happens a lot of the time it's like, you know, I'm looking at you, you Kardashians. They will like take a like a woman of color is like a black woman's like design line, right? And then just copy it for whatever Kim K fashion or like Kylie or Kendall's fashion brand. And that's happened several times. I'm putting the all of this in the show notes too. And it's just it's awful. There's just so many examples of that. And we should just stop, stop hyping up the Kardashians and actually support you know, creatives of color and their makeup ranges, their makeup brands. Because, you know, if it's if it's devised by literal black woman, she's going to make sure that it's a diverse ra-range of foundation, right? Or whatever. Like, there's a reason why why Rihanna did why Rihanna did what she did so like so well, it's because she literally understood the importance of it. So yeah, support POC companies.

Karel Green 1:00:02

Something else that I wanted to is a good solution is to like call out people when you see it. So I listened to this completely unrelated, but I listened to this like podcast is called the Half Season. It's really nice, I would recommend it, but it's not. It's run by white people, I'm sorry. But it's like, a lot of the games that it's about farming games as a podcast about farming games, I live on farming games. They spend a lot of time like talking obviously, about the new releases. And because farming games are not like triple A games, they don't always get a lot of funding. So a lot of them are like, GoFundMe-s or Patreons and stuff like that.

Pruthvi Mehta 1:00:40

Yeah.

Karel Green 1:00:42

They make a point to like, call out these things, which I wrote into them saying how much I'd like them for it. And then they've kept doing it since. And it's like, if you see like, anything that's like, oh, we're funding this and blah, blah, blah. And here are the tears. And if we meet this goal, we'll do x. And if we meet a stretch goal, we'll do y, right stretch goal should never ever be to include more skin tones. That's happened a couple times, and I'm always just yelling because I'm just like, you know, if if you are white, you can get this game for 20 pounds. But if you want to be black, you have to pay 30 pounds because they need that 10 pound stretch goal. I'm just like, that's just racism. So always, like call out these companies and be like, Hey, you

know, where are the skin tones? Where are the shades? are they available? And they make it public? Because they don't like that. So...

Pruthvi Mehta 1:01:34

Agreed.

Karel Green 1:01:35

Yeah, I mean it took the Sims community seven years and people will make mods have literal better skin tones and they will just like black people shouldn't have to make a literal mod for this game to to play as them and stuff like that. Yeah, just call out what you can and just call out yeah do the best you can essentially.

Pruthvi Mehta 1:01:58

Yeah, and like regarding regarding you know, these the these celebrities right that support skin whitening products on take away the endorsed take away endorsements, take away job opportunities, lambaste them openly.

Karel Green 1:02:11

Correct. Correct.

Pruthvi Mehta 1:02:12

Like there's no there's no way I'm I did not know that, you know, the, what the position she was going in for, like the, the advert she was going in for, like what that was about, right. And I'm pretty sure they tell these celebrities, hey, it's gonna be marketed in this country. It's like, even if someone didn't come up to her and say to her face This is a racist Skin Whitening campaign. We're gonna show that abroad. Are you okay with that? You can put two and two together, right? Yeah, like her skin whitening product only being shown in India. Maybe this is racist, and I shouldn't do it. Like, like...

Karel Green 1:02:48

You're right. It's so bad.

Pruthvi Mehta 1:02:52

It's so bad. It's awful. And like, I think we've, we talked about this earlier, got regarding, like, the amount of racism with racism, which affects like, you know, children in schools and adults and workplaces by their hairstyles, like there should be a specific law put in place to protect 4C hairstyles or like, you know, hairstyles which are worn by white people generally, right? Like natural hair should be protected. I think that it should it's not just a sort of like vague or it's unfair to discriminate based on appearance or whatever like no it should I actually be in law to like, stop employers going, Oh, x, what this person x wore this hairstyle. And they are person of color. But actually, I thought it was just untidy, and I sent them home. Like, no, there should be like laws in place to stop that from happening.

Karel Green 1:03:53

I just I think my day to day things is like white women reading the room. Like I understand, like, again, I talked about that tweet right at the beginning. And I can understand that because again, your Twitter activism and actual activism are two completely different things. I know this because I do so much Twitter activism and it's not the same as the actual activism I do. You know, I understand complaining into the void. But like, I really think that like once it comes to actual places like EDI teams, things set up to actually make things better. It's important you read the room, and you understand that like inspiring hashtags, and taking selfies are not like the pinnacle of activism that being called pretty in a workplace where you have a job and are being paid fairly. And there are no black people in the room but there's a white woman so things are okay maybe is not you know you're not being discriminated against. I'm sorry that you got called pretty if that helps, but being called pretty and having somebody hold the door open for you and stuff like that is not the pinnacle of oppression in a workplace, like...

Pruthvi Mehta 1:05:03

Literally.

Karel Green 1:05:05

I can't stress this enough, perfectly, you need to put my academia meme back in the show notes put it back in there, because that's in there. But like, I just, I just I can't take it anymore. Because again, like BAME people will be crushed under a system that just does not want them to exist in the most passive aggressive way possible. People with like physical disabilities that are considered undesirable, or just never been hired anywhere. So they like one person feels like a severe, visible disability that makes them look extremely different from your average human and like, ask them how they feel about like, pretty privilege and stuff, I think you'll find their answer to be shocking, like I just... You know, if you're gonna complain on Twitter, by all means, you know, maybe not drawing like the the rising of blacklivesmatter I think that's why she got wrecked somuch. She should have, because people were literally being shot in the streets for, like, so many things. And people just like read the room, sweetie, we're trying to trying to organize on Twitter, right?

Pruthvi Mehta 1:06:11

Yeah.

Karel Green 1:06:12

And that, that was whatever. But like, don't go into an EDI meeting. And have, you know, your thing be like, Oh, I got called pretty and that's inappropriate. And that's the only thing we're going to talk about. Because like I said before, the opposite way round, if a black person or a brown person or somebody who had a visible disability or any intersection thereof, went into a room was just like I got called ugly, they get involved out of the room. Like it's not how it works.

Pruthvi Mehta 1:06:42

Exactly. I think that's something that ties into it. It's like, you know, the whole like, hashtag in, you know, blank in stems sort of selfie thing, right? Yeah, because that just does, like, I understand the need for visibility, especially for like minorities, especially people of color in STEM. Right. But also, like, I always don't like I've never been a fan of the sort of like, surface level activism, right? It's like, you know, you need to you need to actually create resources and awareness and information for people and not just you know, take a picture of yourself in the lab and go hashtag in STEM activism, I did it. Right? Like...

Karel Green 1:07:27

Maybe pay them, maybe hire somebody, maybe actually pay some people like...

Pruthvi Mehta 1:07:32

Yeah.

Karel Green 1:07:33

Maybe make life practically this, you know, livable for these people, like...

Pruthvi Mehta 1:07:37

Make make a support group, make a network, you know, like, just do something other than post a picture yourself on the internet.

Karel Green 1:07:46

Exactly.

Pruthvi Mehta 1:07:47

I don't know how else to put that.

Karel Green 1:07:49

You could take those pictures and you could be like, our department literally has just me and I have one white parent where all the you know, the the Asian people with two dark skinned Asian parents or too dark skinned black parents, for black people, etc, etc.

Pruthvi Mehta 1:08:05

Exactly. You can call out University by at-ing them in your caption going, Hey, hashtag in STEM guess what? I'm the only one in the department.

Karel Green 1:08:15

Exactly. And then sending an email to the EDI team have being like what are we doing about this? Get some information. These are all things you can do. I can't think of anything else except for actual diversity. Don't have one mixed race person on your EDI team and 10 white women and call it a day you know stuff like that. Have an actual thing about how things can be better.

Karel Green 1:08:59

And I'm going to, this is not my media rant, but I am going to quickly remind people about Nyma Tang, dark skinned black woman on YouTube does videos about makeup. Talks about how the darker shades for affordable makeup is never for dark skinned black people who are like less likely to be rich in the first place. So like, what's the truth? Go go go watch her. But yes, any any recs for anybody else? I need to I need to pick one.

Pruthvi Mehta 1:09:31

So um, I have one I you all know me as Ursula Le Guin's number one fan girl.

Karel Green 1:09:40

Anything else, Pruthvi? Have you ever read any other book ever?

Pruthvi Mehta 1:09:44

No, urm incorrect. Because I'm on a mission to just read all of her stuff and then feel sad when there's nothing else left because she sadly passed away in 2018 and, Karel, you warned me against doing this. This isn't like a proper book book. But it is like a translate... a translation of one of the central texts of Taoism. And it's called Tao Te Ching. And it's like an ancient sort of like Chinese like text, of 5 of 5000 years old? How old? Yeah, let's just say that it's, it's old. It's all it's very old. And it's basically just a really nice. I've never been one for poetry, right? Like ever. I just, I prefer fiction, and reading whole sentences. But sorry... Tao Te Ching's really nice, because it sort of focuses on a lot of really, really profound, but really simple sayings and poems, and it's sort of focuses on this concept of the way, which is like a central thing of like Taoism, which is, it's basically like to summarise it is, like sort of, like sort of recognizing how small you are in the world, and how important it is to just sort of let things be, and like, not expect things or get upset about things, right. But just sort of be be as true to yourself as you can and do and, you know, and always like focus on action, rather than sort of wishful thinking. And I really like that, because I'm like, I don't know why I read it, when I was feeling kind of down about some chronic pain stuff been going I've been going through. And it's just sort of like, reminded me of like, you know, you can't really change things. Especially if you're in it for the long haul, but you have to sort of like be focused on what you want to do, and be focused on the things that matter and getting stuff done. But also never like forcing it. And it's like a really roundabout way of saying just just read it, just read it. It's really calm. It's really nice. It's not like, you know, flouncy like, hard to read poetry in like Middle English or whatever, like the translation, especially from Le Guin is really really good. And it's just nice, read it.

Karel Green 1:12:15

Nice. Okay,

Sehher Tariq 1:12:16

I can talk about mine. So I don't have a specific recommendation. But inspired by what we've been talking about this episode. I'm going to find a bunch of links that people can go to to find black owned beauty brands, maybe some South Asian beauty brands as well. And see if there's anything that would suit people's budgets anything that would suit.

Pruthvi Mehta 1:12:48

Yeah, yeah, and I should say I'm putting a lot of that stuff in the in the show notes as well. So yeah, like I was gonna put like a whole list of my POC companies that did stuff like this in the show notes because like I said, visibility is important.

Karel Green 1:13:02

This is back on beauty brands that I love so much. It's got like, it's like makeup looks like candy. And like...

Pruthvi Mehta 1:13:10

Oh, damn.

Sehher Tariq 1:13:11

Beauty Bakery? Beauty Bakery.

Karel Green 1:13:12

Beauty Bakery! They sell they sell beauty blenders in like egg cartons. I love them. Go to Beauty Bakery.

Pruthvi Mehta 1:13:22

I'm literally on there oh my god.

Karel Green 1:13:24

I'm eating it. I'm eating it. I'm just eating the makeup. Even though it's not supposed to be. It's cruelty free.

Pruthvi Mehta 1:13:30

It's so cute.

Karel Green 1:13:32

BeautyBakery.com. They sell it in the UK. It ships to the UK I just have not had the money. But like their bronzer's called a Brownie Bar and it looks like chocolate. Their makeup brushes have little like little utensils on the end. It's so nice. That's the number one that comes to my head because I think it's cute. So this is not my recommendation. I just...

Pruthvi Mehta 1:14:00

I want to eat it.

Sehher Tariq 1:14:02

I'm just trying. I would like to recommend Jackie I know she has a YouTube channel and she is a black woman who I think she was she was a makeup artist for a long time. So she actually has skills. Unlike many influencers, just saying...

Pruthvi Mehta 1:14:29

The truth you should say it.

Karel Green 1:14:30

They're like I'm gonna make Instagram pics and that's going to pay my bills. I'm just like, get some qualifications.

Sehher Tariq 1:14:39

Like she doesn't slather like a like a liter of foundation on her face to make it look like flawless. It's like she she just she just is flawless. She she advocates a lot for like black owned beauty brand and she always calls out when brands aren't inclusive. And says like, if you're if if like the darker shade suits her that is not dark enough. And yeah, I think she's really funny as well. Her editing style is amazing, it's hilarious. And yeah, she she does a lot of she does videos that kind of suit, a range of budgets. So she'll do like luxury items. And then she'll also talk about like, drugstore items as well. So I think that that's it's a good range for everyone. And yeah, she's very entertaining. So there we go.

Karel Green 1:15:49

I'm trying to find something that I can pick, because I have quite a few. But the ones that I were going to pick today featured dark skinned men, but not particularly dark skinned black women. And but it did have Asian women, it will do a mix, we'll do a mix because I'm the worst. So one thing that I am going to recommend is a TV series on The CW. And you can just you can find it in the UK it's fine. But it's called Titans. And if you know me, you know that I think DC is better than Marvel. I think the comics are better. I think the superheroes have better storylines have better powers, and just Superman is the best and you cannot change my mind. I'm sorry. But this is about the Teen Titans, which is like a superhero squad made up of like a bunch of like the younger superheroes. So you will have like Robin who helps Batman who eventually becomes Nightwing you have like Raven and stuff like that. And they cast Starfire in this as a dark skinned black woman, a very dark skinned black woman and she's just crazy strong, and could just shoot... Her power is like she she gets power from stars. Her name is Starfire, she gets power from the stars. That's what her like species does alien species. And basically, she like shoots out like plasma balls because she's like using the sun's energy and it's great. So you should watch that. It's a show about them. I'm sure people have heard of them. The there was like TV, like cartoon TV shows about them and stuff. But now this is like the new one that's just on on the TV. And there's been a couple seasons and they are really good. And I think you should watch it. Because she is great in it. The other movie that I was going to talk about originally, but I just did not feel appropriate to only talk about this on this

specific episode. But I still want to talk about it because it's good. It's Pacific Rim I think people would have heard about this but it's so so good. Idris Elba's in the first one. Is it John Boyega who's in the second one.

Sehher Tariq 1:18:00

Yeah.

Karel Green 1:18:01

But yeah, unfortunately, there's not many dark skinned black women, if any movies so that's why I didn't mention that. It's still good. I'm sorry. It's still good. Please watch it. So basically, there's also like Titan comics. And there's going to be like a cartoon about it which I think is good but if you want the full lore, but I'll just tell it to you if you don't. But basically it's about this is set in like an alternative universe but it's the same Earth except what happened is that randomly one day these giant monsters called Kaiju, think of like Godzilla type deal situation type deal, just started appearing out of something they called the breach which was like a massive gap in the Pacific Ocean, hence Pacific Rim because everybody around the Pacific Ocean was like building like walls and stuff to surround this hole and stop the Kaijus, these huge monsters from destroying cities because they'd walk through cities and crush people and stuff like that obviously. And what was happening is that to fight them back because at first they just sent in like the military and stuff like that but it wasn't good enough because they kept coming like they managed to kill off one of them it took most of the world's resources and planes and bombs but it wasn't enough. And you know, they quickly run out so they built these things called the Jaeger program which were just giant fighting robots. And there was a catch because to move the robots with your mind you put on like a helmet like VR. It was it was too much for one person if you did it yourself you get major brain damage and have a seizure and probably die. So then you had to have two pilots and you have to be drift compatible. It could just be any to...

Pruthvi Mehta 1:19:52

Yeah! Drift compatibility!

Karel Green 1:19:55

So it's powered by love because it was either familial love you have like a Brothers or father and son team, you have friends like BFFs for life, or you have this husband, the wife pair, the same hair. They were so cute. And it's just giant fighting robots with giant fighting, giants fighting Godzilla monsters and powered by love and I was just crying and it was so cool and there was like lights and fancy images and I love that.

Pruthvi Mehta 1:20:26

It's literally like the reverse of Evangelion, which is like a similar concept, right? Like, you know.

Karel Green 1:20:31

Yeah, Exactly.

Pruthvi Mehta 1:20:32

People in mecha suits, fighting the big evil things, but like it's powered by love and not depression.

Karel Green 1:20:40

Who it wasn't it Guillermo del Toro who did the first one who...

Pruthvi Mehta 1:20:44

Yeah.

Karel Green 1:20:44

So you can trust it because he was just like, these are powered by love. And it's great. And yeah, they're fight... It turns out, they're finding like this alien species who keeps cloning these giant monsters to, because they work on like a hive mind. So they'd like, they'll go to any random planet terraform it by killing everybody who's there and then take its resources and move on to the next planet. And that's how they live. They just like steal resources from other planets. And it's just, yeah, that they use giant fighting robots to stop them. And it's so good. And there's two of them out. So watch Pacific Rim 1 and Pacific Rim 2, and just have time of your life. And also watch Titans and have this badass, dark skinned black character. They literally took Starfire who was like an orange, orange literal orange alien and made her a dark skinned black woman. And I was like, good, you know what good. Get that bank. Hire those actresses. And it's really good. So watch both, both of the things I mentioned.

Karel Green 1:20:47

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Karel Green 1:22:40

This is stressing me out.

Pruthvi Mehta 1:22:57

Are you stabbing something?

Karel Green 1:22:59

It's just don't worry about it. I'm doing fine. I'm doing fine. It's been a week, as we have said before. But yes the beauty standards episode... My mic is falling apart. Don't worry about me.

Pruthvi Mehta 1:23:16

I am your mic. It's me.

Karel Green 1:23:17

Thank you for nothing. Go ahead, sorry.

Transcribed by <https://otter.ai>

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