

VC: Hello, I'm Vanessa Corwin

KK: And, I'm Kathleen Kaan

VC: Naiah Nikole is a post-op transgender woman, YouTube personality, and online educator. She's here with us today to share her story. Welcome, Naiah. Thanks so much for joining us.

NN: Hi, hello Vanessa and hello Kat. Thank you so much to inviting me to your show.

VC: It is our pleasure. So, let's start from the beginning, Naiah. At what point did you know that you were in the wrong body? And at what stage in your life did you decide to make the transition?

NN: I was born in Mexico and at a time when I was growing up, getting bullied for being feminine at a very young age is machismo, for Mexican communities. Being made fun of for acting girly, acting like a little butterfly boy and I just didn't understand. So, it wasn't until I was probably about seven or eight that I started kind of comprehending that I'm behaving like a little girl and I'm not supposed to. So here I am getting in trouble and I didn't really realize what any of it was, even when I was called "joto", in my culture it's gay, I still didn't realize, so I'm like, OK, I guess I must be gay and transgender was not a thing. It wasn't until I saw a person that cut hair that worked right around the corner and I was like, oh, what's that? And they were like, oh, that's a transsexual. And I got to know a little bit more about that person, and I identified with that, I want to be like this person. So, it took a very long time for me to realize what transsexual was and I didn't actually decide to transition until I was about 16 when I really truly knew what transition was.

KK: Can you kind of describe your transition journey? Everyone is going to be very curious. How does it work?

VC: I understand also that it entails a fair amount of kind of, education and counseling and so forth, so that whole process.

NN: As a child, as I mentioned, growing up as a little boy, getting into trouble for acting like a little girl, because, I've always had a very high voice and I just stood a certain way, waved my arms a little swishy-swoosh and I just acted always very feminine. In the process of understanding what transgender was and me molding myself into understanding that it's wrong to feel and be who I am, but gay is more accepted, from like five, six years old all the way until 16 it was very, I'm gonna be gay, I'm gonna be the femme boy because that's what's expected of me. So, I can't go and tell my mom, I'm a transsexual or that that's what I want to be. You can't really speak about it, especially in a Mexican household. For me it was a lot of internal battle of fighting and understanding, how am I going to fit in to society with the pressures of everyone around me, making fun of me, pushing me aside. For me it was a very scary time to decide, what am I gonna do? Run away from my house? And it so happened that I did leave my house when I was 16 and I had to go off on my own

and that's when I truly began transitioning. And for me the first step was to make that decision and that commitment to myself to say you know what, this is how I feel but this is scary. I might be making a mistake but this is what I think I want for myself. So here I go, move out of my house, I'm out on my own, staying at friends' houses. One of my friends that I stayed at, they accepted me there because she was trans. So, I was accepted into that home and it became easier for me to be myself. But still, there's this whole confusion in my head. How am I going to go from being this boy to becoming this woman that I want to become? At that time there was not an example that you could see on TV, on the Internet where it could be like oh, here's the pathway, here's the book to read, this is how you know this is the right path. So, it was very, very hard for me and it started with just dressing up. It's making the commitment. I was like, all right, that's it, I'm doing it. So, I started, I bought a wig. It was a cheap, ugly wig, the ugliest wig you can imagine. So, here I was, I'd put on my wig, put on makeup, go out in public and be ridiculed in the middle of public but I didn't care. Even though I probably looked terrible I felt the most comfortable that I could. And that was the beginning of my transition. It's really dressing up, putting on makeup, presenting myself in public even though people were calling me, like oh look, that's a man. Like from far away, you could hear it. So after that process of just doing that from 16 to all the way to, I think I was about 18, I reverted myself back because it came to a point where...I'm an immigrant, so at the time, my mom brought me here to the United States when I was a baby and I wasn't born here, I didn't have a green card, I wasn't able to go get a job, go get a driver's license, all these normal things that normal people do in this country, they're so lucky to be American and ... I feel like so many people don't realize what they have. And for me, here I was battling with what I thought sexuality, with my identity as a person and also battling like not being able to go get a job and raise money to transition.

KK: Did you say you reverted; you went back?

NN: Yes, so I found myself in a very hard place. I was like, this is not going to work out for me. Where am I going to get the money, people aren't accepting me, no man is ever going to love me. Look at me, I look like a crazy drag mess. This is ugly, like, no. So, I actually started letting my facial hair grow out, I cut all of my beautiful hair that it had taken me a year and something months to grow out. I was like all right; I'm going to act like a man and be accepted as being gay. I was just doing that for a while. Guess what? People were still making fun of me. People were still bullying me for being... I don't know if I can say bad words on here, but for being like a faggot, you know, and it was terrible.

KK: It's not in Mexico? It's in the States?

NN: Correct, I grew up here my whole entire life, I've never left, so yeah, this was happening in California in a small grape town. I grew up in Dinuba, CA and it's a very small town, near Fresno. At the time I was growing up there was like one Black family living there; to give you an idea, Latinos picked the fruit that everybody eats and there was one Black family and everyone else was rich and white. The only two trans people that probably existed around there were me and my friend. So here I was and I was like, I've got to move out of this small city. I moved to Fresno, CA. I chopped my hair off, grew out my facial hair, practiced my deep voice, practiced not laughing the way that I do, because OK, you can't laugh like that because everyone's gonna know. So instead, now I was just being called faggot, and gay, and all this stuff, and queer, and I was like, you know what? I actually don't care because, you calling me that, it actually doesn't hurt my feelings because I know

I'm not. It hurt my feelings you calling me a tranny. So, I went into that world trying to be gay. And I did, I dated, I found a boyfriend and I dated him for a while. I think we dated for like a year. I was about to be 20 years old. I went from 19 to 20s... I don't remember exactly; it was like a year and something. And I dated this guy, he was a schoolteacher and a beautiful relationship that we had... it became so hard to not be myself. Like one day I started dressing up while he would go to work. I would be at home by myself. I bought myself another wig and I bought myself some girl clothes and whenever he was gone, I would dress up, and I would put on my makeup, and I was like, oh yeah, this is my life. Then I would have to take it all off. I remember he started noticing eyeliner on my eyes and I was like, oh, my God.

KK: So, he would not accept this? This journey that you were headed for?

NN: Oh, no, no, no. He had no idea, and I was hiding this from him. I felt so guilty because we had such a beautiful relationship and for those people who don't know out there, what I look like, I looked very, very handsome as a man. Like I mean, I'm telling you, I would have wanted to date myself (laughter). I was very blessed, that's one thing I was blessed with is my looks. I was a handsome man and now I'm a beautiful woman and for those of you who would see me you would probably be like wow; I would never guess that you were ever born male. (VC: That's right).

KK: So, what happened, you left him and when did you actually make the decision to transition? To really transition?

VC: To do the surgery, to really commit to that.

NN: Yeah, so eventually one day he came home and I told him the truth. I was like, that's it. After a year and something months I said, would you be willing to be with me because I'm going to transition and he said no. And it was the most heartbreaking thing because, breaking up with him, and at the same time I was not being accepted. So, then I picked up and I moved to Sacramento, CA and now here I was, 20 years old, and I started living my life full time, I said this is the time where I don't look back. I need to live my life for me. So, at that time I moved to Sacramento, doing gigs left and right, go-go dancing, trying to save money to get my boob job. I needed to get my first surgery and my first surgery was my boobs. I had a big protruding Adam's apple but I was like, men and women are going to look at these big tits and they're not going to look at my neck.

KK: But you don't have an Adam's apple.

NN: Well, no, I had surgery. The first surgery was the boobs. I saved myself \$3,200. And I was like, OK, I had the last penny, I drove to Orange County, CA and found a surgeon who was doing transgender breasts and I was like OK, let's go. So, I got some big books and from there I felt like I really owned who I was becoming. Even though you could tell that I was trans, there's tons of things you have to grow into and you go through these episodes when you transition, and one of the first ones is that dressing up moment and then after you start dressing up and you start really fitting into this woman role. Imagine when you were young girls and you are beginning to wear makeup, you were probably wearing miniskirts and wild makeup and you got to let

yourself go and be a girl. I'm trying to have this girlhood when I'm 20 years old. So., I looked like a prostitute walking the streets with the red lipstick and a miniskirt. So, I went from 20 years old to 22 and then I moved to Las Vegas. I was like, I outgrew this city, I moved to Las Vegas to be in a big city. There in Las Vegas I started looking for bigger gigs to get jobs because mind you, I'm still in that position of I don't have a green card. So, I start getting gigs left and right, go-go dancing here and there, working at gay clubs, and this was all like under the table. I was saving myself money for surgery, my SRS and saving money to pay a lawyer to help with my green card.

VC: What's SRS?

NN: SRS is sex reassignment surgery. So here I was in Las Vegas, saving money, and I'm like trying to get as many gigs as I could and go-go dancing here and there, I was dating men that had money and I would say, would you be able to help me and doing all of this and then at the time, for those of you who don't know, there's a very easy way to get money on the Internet. And today there is something called OnlyFans, and most men listening to this, y'all probably know what it is. This is typically where a lot of women go on there and it's pretty much like live porn and that's what I got myself into. At the time it was not OnlyFans, it was webcamming. So, you would get on the internet and just do, create a profile, put your pictures up and somebody would be looking into transgender women with penises and I was willing to show mine so I could get rid of it. So that's how I started making tons of money by all these men who were interested in looking at me with boobs and a penis on the Internet and get off on it. So, I saved all my money to get my surgery. And this was back in November 26 of 2013. So, I got my surgery. I went to Bangkok, Thailand to see a doctor called Dr. Cheddowut.

KK: How did you find him? Did you do a lot of research?

NN: Oh my gosh yes. Well, it's like anything. I feel like getting rid of my penis was the most research I had ever done in my entire life, because it could go wrong and it could go tragically wrong. I don't want to go wrong to the point where I won't be able to pee out of it so, there was a lot of things I had to think about before surgery. One of the biggest things was, will I be able to have sex again? Will I be able to have an orgasm? Will I be able to go to the restroom normally? So, I did tons of research. But there's not enough research you can do besides knowing somebody that went to a doctor. So, for me, I had another friend that I had met throughout the years that actually was looking to get sex reassignment surgery as well. And she had read about a story of another transgender influencer, who was humongous at the time, her name is Janet Mock and she had gone to Dr. Cheddowut and shared her story publicly and we're like, let's go to her doctor, I guess. So, my best friend went first and as soon as she got back from that. It took about a week for me to run to her house, I said open your legs, lay on the bed, show me everything, let me see. And I had seen many different, many people would say, "real" vaginas, female vaginas, and I was like oh my God, this thing even though it was out of surgery, this looks pretty close. So, then I worked, worked, worked, saved money and then I went and did mine.

VC: OK so, you got the money, you went there, you went to Thailand. So, take us through the surgery, what did you do pre-surgical, post-op, immediately post-op, recovery, take us through that?

KK: Did they give you a blow by blow of what they were going to do before they did it so you knew?

NN: They did give me a rundown of what, everything would happen. So, after you decide to get surgery, you go reach out to the doctor and you have to go through a process. Throughout my journey there was many times when I did contemplate suicide. I contemplated suicide because unfortunately there was just so much bullying that happened, there were so many things I was going through like my immigration status, I'm never going to be able to work and stay in this country, what if I get deported, all these different things on top of the bullying. It came so close for me to say, I don't want to be here anymore, like this is just going to be so hard, like I just want to give up. So, I had to seek out like mental help. So, I was seeing a psychologist for months and months and then eventually went to see a psychiatrist. This is before I even decided to get surgery because of what was going on in my head of me wanting to end my life. I had already started that journey because before surgery they tell you, right after you reach out to the doctor, they tell you, OK, do you have your two letters from your psychologist or therapist. They're like yeah, you have to pretty much get approved to get surgery saying that they clear you, you're not just making this rash decision and going into surgery because you think it's gonna be a fun thing to do because you can't just go back. So, at that time I went back and talked to my therapist and my psychiatrist and said Hey guys, can you write me a letter? And they charged me money to write me these letters. But they were able to write them up, sent them to the surgeon. And then right off of that they said OK, it's going to be \$22,000, send it here. That did not include the flight. All total I believe it was \$26,000, something like that. But yeah, they give you a whole rundown. You're gonna get to this hotel, you're gonna stay there. On your second day of being here you're going to have another appointment with your doctor, this is how the surgery is gonna go, I don't remember, I think it was a six-hour surgery and then they're gonna close you up like this, when you wake up, you're gonna feel like this, they're gonna give you these kinds of medications. After the third day you're going to go ahead and get up out of bed and start doing your first steps as a female and you're just hearing all of this and it just seems so surreal until you actually just go for surgery. I flew to Thailand and I went with one of my exes and terrible idea, don't do that, don't ever have an ex take care of you of you're going to have surgery, just don't do that, take a best friend. He ended up leaving me there by myself and I had to go through this whole journey on my own. And it's a very hard journey to go through even though you have all this medical support. It's a really hard thing, you're gonna cry, you're gonna get depressed. What did I do? I went into surgery and when I woke up, they said sure enough, when. You wake up you're going to be throwing up because of all of the anesthesia. So, I woke up, I was throwing up all over the place. I felt like I had a big Pamper on and all I remember; I didn't feel anything below my waist because they put an epidural. So, I woke up, I couldn't feel my legs, and I was like, what if I can't walk again? And I'm thinking all this creepy stuff, but sure enough, three days later, they're like all right, honey, time to get up. When I got up, I started feeling that rush of like tingles, I'm finally getting all that blood flow back there, oh my God, it was just terrible. But I got up and they were like be careful, you have a catheter in there, and I was like, a catheter? OK, I've never had one of those before either. About five days later they remove your pamper thing. You're not allowed to look down there. The inside of it is all packed with gauze and they keep changing the stuff, and you can't see until they take you to your hotel. They take you to your hotel about five to seven days later. You're sitting in the hotel and they're like okay, we're going to change your dressings every single day twice a day and you're like OK, great, and you're not able to eat normal food because you have this Pamper thing so you have to drink only liquids. But finally, when they were able to take

out all the packing which is like a bunch of gauze inside of your new vagina, they're pulling all the gauze and I kid you not, I felt like I was a circus act. They were like pulling and pulling and pulling. Yeah. And I was like OK, where does it end, and then the nurses go OK, we're all done here. You're going to wash yourself with this stuff and then you're gonna do this, and I'm like OK. And then she brings out this really nice pretty bag—they make this look so pretty, like it's gonna be so fun—I'm like, what's that? And she's like oh, these are your dilators. I'm like, dilators, what is that? She's like well, you're gonna have to stretch your new vagina, you know, so it doesn't close up. It's a brand-new wound so you have to keep it open until it heals. Once it heals then you just have to do it this many times. So first you'll start with three times a day with this small, skinny long thing, and it's if you can imagine like an acrylic rod, tall, about nine inches long and in diameter it's probably like four inches around so it's skinny, you get five or six of them and they get thicker and thicker and they're all the same length. So, she's like, you're gonna start with the smallest one and you're going to stretch out and stretch out after a course of two weeks and then after the second week you should be much more healed and you're going to start with the big thick one. It might hurt. Everything was numb so that was good.

KK: Oh, that was interesting, it didn't hurt you when you tried to do that?

NN: It didn't hurt initially until everything starts wearing off. All your nerves start reconnecting and now you're like OK, I'm starting to feel a lot of pain. I'm starting to feel pain here and there, in weird spots. Now this surgery, there's many different types of surgeries you can get. There's like a penis, when they turn it inside out. Many people believe that that's the only surgery because that's the way they used to do it in the past. They used to just invert the penis and then just pull it inside and then that's just your new vagina. This doctor does not do it in that way. This doctor actually takes the scrotal tissue, some tissues from inside of you and the penis, like, shaft tissues and reconstructs all of this into a new vagina. And then they give you a clitoris, they give you a clitoris hood, the labia minora, the labia majora, they give you literally like a female vagina, at least it looks like one. For that first month of healing, you are bleeding a lot, and after that it stops bleeding, it heals up and then you just have to take care of your new vagina by inserting these dilators at least three times a day. This is what they tell you that you should do. For me, I did not have that experience. They tell you that after three months you should be healed enough to have sex. Well, you know, as being an excited new woman, I was like, I have to break this baby in, let's go, let's take her for a ride!

KK: That was before three months?

NN: As soon as the three months were up, I called my ex that left me stranded over there. Ladies, we are toxic. I called my ex to come and check it out. You know what it was, the reason why, it made me feel comfortable to call him was because I couldn't imagine using it with somebody else, and then being in a position where somebody's gonna like not know that I'm trans and then have sex with me and be like, oh, what the hell is this? So, I was like, let me first have sex with him and see if he doesn't break it or what happens.

VC: So that worked well, did it?

NN: Oh, yes!

VC: This is like one big six-hour surgery, right, it's just one surgery?

NN: Correct. With this surgeon, Dr. Cheddowut, it is only a one-step surgery. Many surgeons do a two-step and I think that's probably a lot to go through. After three months you're completely healed up and now you just have to worry about dilating it. Which for me, like I said, I used my baby right away after three months so after that happened, I said OK, let's just keep using it and then eventually I was dating boyfriends, and they were just stretching me out.

VC: There you go. So, do you take any medications, hormones, anything like that?

NN: Great question. So, prior to surgery, you're supposed to be on hormones in order to be approved to get the surgery which is like a huge debate that goes on right now. For me, I have always been afraid of taking meds because when I was younger and I started my transition I took illegal street drugs, like drag queens and other transgender women were giving me that they got from Mexico or who knows where, they were like, take this, and I ended up taking those drugs and they made me sick. After having that happen to me, I was like, there's no way I'm taking hormones ever in my life. After I had surgery, I was questioning myself. Okay, now that I don't really develop testosterone and I don't have estrogen because I'm not taking any, what's going to happen to my health? So, I went to go see a regular doctor, I went to see an endocrinologist and I said, do I need to take hormones? Or am I gonna die? And he's like well, you look feminine, you don't have to take hormones if you don't want to. Are you sure? In his opinion I didn't have to. Now I have a best friend who works in esthetics and she told me, listen honey, if you don't take hormones to level out, at least you can have female hormone levels, then you're going to get old really fast, your skin is going to go bad, you're going to get osteoporosis and there's so many health issues that go with not having a regular hormone level whether you're a male or a female, so that's very important so I do take hormones now because of being scared of getting osteoporosis. But if it was up to me, I wouldn't take anything.

VC: That makes sense.

KK: It just occurred to me, when you want to go to the doctor to make sure the hormone level is good, do you go to a gynecologist?

NN: Oh my God, I love this question. This is so funny, because my sister, I went to a gynecologist with her because I told her, like hey, can I come to your appointment? And she, this was post having a baby so he didn't have to check her or anything, it was just more like having a conversation and I went with her and I asked by gynecologist, I said Hey, can I ask you a question, I know I'm not your patient but you know I could be your patient but I'm post-op transgender and he did not even blink. Which normally when I tell people I'm trans, I feel like I don't look trans, people don't know, so when I say it and I blurt it out they're kind of like shocked but this doctor wasn't. So, I said so, can you see me as your patient, I have a post-op vagina and if I ever have any issues can you see me? He's like of course. But I've never gone to the gynecologist. Never, never, because I just feel like my vagina, it's like a pocket of skin that goes deep inside and there's nothing going on in there. Like if I keep it clean then I don't need a gynecologist to go in there and look.

KK: That's good (VC: Yeah) because at least you know someone that's willing to see you if you need.

VC: Exactly. I imagine it must have been quite reassuring.

NN: I mean yeah, medical care here in the United States for transgender people definitely is getting better. It's getting better but you know with laws passing left and right preventing people from getting the health care that they need it's very unfair. It sucks, you know. But I feel like doctors nowadays are getting the training possible needed to treat transgender patients like myself.

VC: Earlier, when we were talking, you said something to the effect of that it was a physical impossibility for someone to go from male to female. So, could you explain what you mean by that?

NN: Yes, of course. I believe that, and I know, that a male could never become a female. It will never happen, it cannot happen. I'm not a female. I am a male. No matter what, I was born a male, I will die a male. But in my documents, it says female everything. It took me a very long time for me to accept myself for being a male transsexual. Like I am a male transsexual. Like transsexual is a person who gets surgical operation or goes through hormonal changes to actually turn into a woman. When I was transitioning, I was like, I want to be confused as a female, I wanted to be treated as a female, I want no one to know that I am a transsexual. I would be embarrassed if anyone ever found out. So, if the world was a better place for us transsexuals, if we were accepted and we were given our right place in society to say, look at that person. That person is a transsexual. She is beautiful and if you like to date transsexuals then great. Many transsexuals do not go around telling people that they're transsexual. They just change and they stay quiet and they don't tell anyone about it. And you know what that causes? That causes extreme hardship in our lives, especially in our dating lives. Because imagine what happens when a male turns into a female, quote unquote, into a transsexual woman, now what happens? Nobody knows they're trans so when they go out in public, they live their life, men are attracted to this person because that is a woman, that is a female, a beautiful, stunning, transsexual most of the time, or gorgeous. Why? Because we will spend all of our time trying to make ourselves appear as feminine, as beautiful as we can be so we can be admired for who we want to be. We spend a lot of time on that. The problem that causes with men is that we meet them, we go on dates with them and now we're like, at what point, is this gonna be like one minute into the coffee, first date, to say oh, by the way, I was born a male. Or is this gonna be on date two, or date three, like there's no book. And now that puts us in a place where if you do go on a date with a guy or a guy met us with our friend and we're like the guy is really crushing on me and if I tell him now, he's going to beat me up, he's going to think I tricked him into something. It's a very, very hard place to be and I think that's where, everyone listening, if you want to make the world a better place, then accept people for what they are. You don't have to be truly okay with the way other people live. You just have to be respectful.

KK: You're amazing, you're strong.

NN: Thank you. It just took a long time. It took a very long time because I didn't feel like this all the way through my transition. I didn't feel like this until I started dating my husband.

VC: Speaking of your husband, so OK, you're married. Are you guys thinking of having kids?

NN: Yes, so, great question. We are actually in the process of having our son. Me and my husband met back in 2022. One of the things that I truly believe that life is, is that life is full of commitments. And it's all of those small little commitments that you make that make what your life is today. And for me and my husband, when we first met, we went on a date, I didn't tell him that I was trans when I first met him and I just poured my heart out to him without telling him I was trans. I said I want kids, I can't have my own kids, but I want to go through a surrogacy program and if you can't have kids then I want to adopt them. So, in the process of me dating him and getting married now, we went through a surrogacy journey. We started back in 2023, like in August of 2023. And here we are, nine months later and we are expecting to have a child, a little boy in January of... January 24, 2025.

VC: Congratulations! That's awesome!

NN: Thank you so much. It's definitely been a dream come true. It's something that I didn't ever think would be possible for me. I didn't think that little boy that grew up wanting to become a woman back when I was five or six years old getting in trouble for being feminine, never thought the life where I'm sitting today, that I would be given this gift. It's just been so beautiful.

KK: It's interesting that you bring up, he's a little boy and you were a little boy. Are you, let's say your little boy or little girl—but you're having a boy—says mommy, I don't feel right. Would you give them hormones at that time? I know you feel strongly about this so tell us.

NN: Yeah, so, absolutely. So, one of the things... First and foremost, I hope that my son is healthy, I hope that he's healthy mentally as well as physically and if he's not I will accept him and love him however, but one of the things that I don't want, that I wish and pray upon is that he does not end up being gay, trans, bi, any of this because, I know this is going to be terrible for a lot of people listening to this but why not, why not be part of the LGBT community and stuff, but because the world that we live in today is so hard that I don't want my son growing up in a world that we live in today and get bullied. So if my son came, when he's five or six and said mommy, started flailing his arms the way that I was when I was his age and said I'm a girl, I would try my best to support him while not completely giving in to the fact he wants to play with femininity, I would still try to push him into being male and try to show him boy stuff and take him hunting and be like, Dad, you got to get involved, take him to baseball, do all these things to see if that could be something that we could draw him away from, because I don't think there's anything wrong with exploring your femininity. I'm sure there's many men probably listening to this that, there was times with them growing up where they felt a little feminine, and maybe they dressed up a couple of times. And today they might be married to a woman that she doesn't even know that he dressed up when he was younger. He didn't grow up to be a transsexual. It was just a phase in life.

KK: You're against the hormones in general for children, aren't you?

NN: Oh yes, absolutely. I would let my son dress up and express himself but I would never give him hormones until he's 18 and he could make that decision for himself.

VC: Right, so now what advice would you give for those out there who are considering transitioning?

NN: My biggest advice is follow the path. Like follow the path that feels good to yourself. The first step to transition is making the commitment to transition, and saying to yourself, is this what I really want? And if it's really what you want the first step is dress up, put on makeup, don't buy the ugly wig that I bought for myself, they have front lace wigs and all these beautiful wigs that you can go buy at the store, save some money, dress up, go in public and see how you feel. Do that for a year. If after a year of you dressing up, fitting into this role, you say yes, I can see myself living through this, then take hormones. Then go see a psychologist or psychiatrist and then take your hormones. Don't just go and, this is how I feel right now and I've been feeling like this for a month or two, or even like six months, I'm gonna take hormones and I'm gonna go get surgery. Don't do that because once you take hormones, hormones can do so many things and one of those things is you're going to become infertile and sometimes that's irreversible. That's number one. You're going to get breast tissue that if you go back, you're going to need surgery to remove that. It just causes so many complications. And this goes the same way if you're a female to male, it happens the same way. You're gonna take male testosterone, you're gonna grow facial hair. To get that lasered off, to get that removed, it's going to be such a hard time, so that's why I feel that for kids or even adults transitioning, express your way of feeling by dressing and wearing makeup for a year at least and then start seeking, you know, a psychologist or psychiatrist to help you through your journey and taking the right medications, go to the right doctors and then slowly incorporate your surgical procedures because if you start getting things way too soon there is a high probability that you'll become a de-transitioner.

KK: That is great advice. (VC: Yes, absolutely). It's not something you do immediately, what you're saying is absolutely correct.

NN: I mean that's the way I did it. And I did it that way because I didn't have all of the resources but I really truly believe that it was the best thing that happened to me. I think that if I would have had all of the resources that exist today, I would have probably not turned my back and turned into a boy still but this is what's happening today and it's causing a huge issue with kids wanting to explore their femininity or their masculinity and they're given these hormones and now parents are finding themselves with legal battles, kids are being taken away, it's just such a mess. So, my biggest advice is just don't do it, don't give your kids any hormones. Let them make this decision when they're 18. This is not to be confused with don't let your child be who they are. Yes, let them be who they are because I'm going to tell you one thing. You can try to stop them and the only thing it's gonna cause is a wedge between you and your child. And at that point, you don't want your child to leave home like I did when they're 16 and end up in really terrible situations and you're not going to be able to protect them.

VC: This was fantastic, absolutely, this is great. So informative. Where can people go to learn more about you and can you suggest any other resources where people can go to learn more about this whole process?

NN: Yeah, of course. You guys can go check me out at, on YouTube, it's N-A-I-A-H N-I-K-O-L-E, Naiah Nikole, or you can go ahead and follow me on Instagram. I'm always open to anyone who has any questions. Send me a message. Find me on Instagram or on YouTube and I will be your resource. Now other resources that might be around you, you are just this lucky person that knows someone who might be feeling trans, or you might be feeling trans, and you somehow are listening to this, go find an ally, whether that's on the Internet as far as someone like me or find yourself someone somewhere on the Internet from the LGBT centers, usually every single city has an LGBT center and usually they do STD testing there, all of that great stuff, there's so much support. Now in the case that you don't have that kind of support in your small city then I do urge you to move out. Because unfortunately you're going to have to find these resources in bigger cities and there's also going to be a higher level of acceptance going into a bigger city where you're going to be able to find that. And transitioning alone, is not something you want to do. You want an ally, whether it's your friend, whether it's the doctor that's treating you, or your medical providers but you need allies in your transition journey.

VC: Absolutely. We need allies in every aspect of our lives. I think that's so important, that human connection, right? Naiah, thank you so much.

NN: Always welcome, my door is always open if you guys continue to be curious through this podcast reach out to me. I would be happy to give some answers, help you get through some mental blocks that you might have about transgender people and just remember life is all about the commitments that you make and the tight little commitments will become your life, and if you want to be accepted, accept other people, share love and it's really all I have to give. I'm sending everyone tons of kisses and hugs.

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