

TW: this manifesto contains slurs, discussions of eating disorders and fatphobia, transphobia, homophobia, some depictions of gore/blood, and some topics that may make people uncomfortable. If any of these topics will upset or trigger you, please leave the classroom.

By Spencer Crines

The Ten-Step Fat Fag Guide

“EXTRA, EXTRA, READ ALL ABOUT IT! Fat fags and fat dykes and fat trannys have had enough! No more straight size oppression, the time for fat liberation is now! They want to eat without judgement, to not be forced into a diet that they don’t want to be in! No more parents and their judging glares, no more porn sites who see us as just a category, no more dating sites that have a weight limit! No more diets! Body liberation for all!”

Another manifesto? Yes, that's right. I've gone back to my roots, ladies and gents, deities and cryptids, and I've got a bone to pick with the straight sized society that holds us hostage! Tell me, how does it feel having all that blood on your hands? Our blood coats your slender wrists, your flat stomachs, your sharp jawlines, and do you feel it? Do you feel our stomachs, how warm and round and soft they are? How your kind words and concerns for our health have carved us open, left to spill our guts on the floors of gyms and food stores and bedrooms? How your diet cultures have left us starving for a body we cannot obtain, left us becoming husks that ache and growl and *hunger*, left us on the floor kneeling for the porcelain throne, covered in sweat and tears and *blood*?

Gather around, my sweet queers, and listen well. Gather around me, drag queens and kings, the lesbians who wear carabeners and work boots, the gay men who wear leather and still use hanky code, the nonbinary performer who’s glitter beard and boobs are the least confusing things about them, my elders, my doms and subs, my family, and listen well. For this is a ten-step guide on how to be your most authentic self, from a fat transmasc who is learning how to like himself in small ways.

1. Learn that your queerness is an accessory to your fatness, and that your fatness is your most powerful tool. Use it like you would pepper spray, like brass knuckles, like a baseball bat; hit them where it's an ugly truth they have to face, and laugh when they crumple to the ground.
2. More is more. Eat the fruits (and veggies. And cake. And meats) of your labor.
3. Faggotry is an ugly word. Fat is an ugly word. Become an ugly word, and redefine yourself.
4. Save the environment. This has nothing to do with fatness, but it's important nonetheless.
5. Take no shit from people who have never in their life have experienced what you have experienced. Shut the defaults up. If you must, speak to them and change the way they think.
6. Get that mullet. Get that piercing. Get that tattoo. Our avatars are ours to create, so decorate your temple with all the imagery and accessories you so desire. In this life, you are you, so do as you please.
7. Give kindness to those who need it. Some of our kin cannot fathom the idea of them being happy in their body as it is. Tell them that they do not have to love themselves, as long as they like themselves. Teach them about how BMI is bullshit, and how diets never work, and how we all can become liberated from the straight-sized straight man. And do this all with some tenderness.
8. Call out the bullshit you see on TV, in the media, in comedy specials, in real life. Protect the ones who need it most. Especially our black trans women, because they face the intersection of so much hate. Let our leaders be soft and protected.
9. We started with a few dingy warehouses and boomboxes full of music to vogue to, and now we are liberating ourselves from society. Never forget your roots.
10. Always tip your local queens and kings.

My dears, we are the liberation. We are the new gods. We are creating life as we speak. Eat the fucking cupcake.