

THE FLOOR IS YOURS

Reflections from Brendan:

• To me, the key component of our conversations throughout this podcast has been our guests' ability to unveil ideas and truths that are culturally masked or misunderstood from our immediate conscious understanding. I see *The Floor Is Yours* as a refreshing and freeing opportunity to shine a light on the personal and societal topics we hold so dear and yet often unintentionally leave in the dark. I'm grateful to Barb and our guests, for so many compelling conversations that have reminded me of the importance of recognizing another's humanity, as well as more fully recognizing my own.

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"Joy always connects to the things that make life worth living, and it reminds us of why we fight, when we fight, because hopefully we're fighting for a better world..."
-Todd Gibbs

"To dare to see the world as it is. See the pain, see the suffering... and have the courage to smell the sh*t. Which to me means to own my participation in the status quo. If I dare to do that, I can see the urgency for change."
-Pati Hernández

"People might take offense at being mistaken for gay. I decided I was going to take offense at being mistaken for straight. And that has served me well... in how I see the world and how I educate others."
-Bill McNett

"People assume everyone else is having a great sex life. People assume everyone else is able to talk about sex with their kids better. They're so busy hiding what they don't know... if they could just put it out there – 'Need a little help here!'"
-Cindy Peirce

"I know myself. I know you. I know the difference. I know the emotions that I experience and how to manage them to the point where I can either adapt, or ask you to adapt in bridging the fact that you are different than I am."
-Josiah Rule Randazzo

2020 was far from "normal". Many faced difficulty, from the changes as a result of COVID-19, to grappling with the ongoing racial injustices facing our country. In the wake of these challenges, Barb and Brendan discuss the role joy plays as a form of resilience with their guest from Dartmouth College's Student Wellness Center, Todd Gibbs, and with voices from across the country.

Pati Hernández uses the phrase *smelling the sh*t* to emphasize the importance of approaching the world with humility, as well as being honest with ourselves about our own imperfections, and the imperfections of the world around us.

Dr. William (Bill) McNett, Clinical Associate Professor at Jefferson University in Philadelphia, describes his experience as a gay man growing up in a conservative Christian household, in the navy, and as a pediatrician today. We'll touch on the themes of bullying, honesty, and courage.

Sex is something that pervades our society in a variety of ways, but it seems we're often not very good at talking about it... Cindy Peirce, a leading social sexuality educator, touches on the influences of culture, social media, and porn on young adults' perceptions and understandings around sex, as well as the importance of creating conversations about sex early on in home and family environments.

As society progresses to embrace gender on a spectrum scale, we also continue to make sense of our similarities and our differences across gender identities. What does it mean to practice healthy masculinity or femininity? Are there stark differences, or are we really all the same? Josiah Rule Randazzo, a passionate podcaster and Men and Masculinities Coach, offers an approach to difference as a means of better understanding gender.

