

# 'Being Peng & Political' with Adele Walton

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## SUMMARY KEYWORDS

people, politics, peng, terms, political, books, adele, read, bit, curriculum, speak, women, tweets, engaged, humanitarian, podcast, feel, distraction, question, global inequality

## SPEAKERS

Adele Walton, Isabelle Gray (Iszy), Charlotte 'Fozz' Forrester

### Isabelle Gray (Iszy) 00:00

Welcome to Bite My Tongue, the podcast where we invite our fave people from the creative industries to tell on the topics we're so used to biting our tongue on.

### Charlotte 'Fozz' Forrester 00:08

Today on the podcast, we are joined by Adele Walton, aka humanitarian hot girl. And you can find her on all social media like through that name. But yeah, also the founder of Adele's notes and a journalist that talks about, you know, socio political topics. I mean, she'll give her intro in a bit. But yeah, we chatted about being peng and political and women's access to conversations around politics. And I adored this conversation.

### Adele Walton 00:46

It was iconic, like, I'm gonna, I'm gonna put I'm gonna put icon status on it. t was so fun. We had a ball. Yeah, Adele's just great. Because she's just able to, like, speak so eloquently about such a range of topics, but like, like, do it in such a blase, like, chill way. And then, as you know, mention being hot later on, you know, I mean, it was just like, it was just amazing.

### Charlotte 'Fozz' Forrester 01:11

She is truly the duality of women. But, yeah, and it was the thing of that. I was, I was sort of ready for it to be a deeper chat a bit heavier. Which, you know, I'm up for, but I think that can also be a feeling for a lot of people when it comes to politics. And it was so nice to actually have a very light conversation about politics in terms of lots of sort of giggles and, you know, jokes going on, but at the same time, feel like you're putting the world to rights sort of thing.

### Isabelle Gray (Iszy) 01:51

Yeah, exactly. Yeah, she's just great.

### Charlotte 'Fozz' Forrester 01:55

Yeah, big fans.

**Adele Walton** 01:56

So I think this will be a very enjoyable episode to listen to. And you'll learn without even learning. Wait, what?

**Charlotte 'Fozz' Forrester** 02:09

No, no, I know what you mean.

**Isabelle Gray (Iszy)** 02:11

I meant you'll learn without realising. Yes, she says it in such a chill manner.

**Charlotte 'Fozz' Forrester** 02:18

You think it's just like having a pint at the pub with your mate just having a real like girls catch up in the bathroom?

**Isabelle Gray (Iszy)** 02:26

Yeah.

**Charlotte 'Fozz' Forrester** 02:26

And then it's like, actually, let's overthrow capitalism while we're here. So, which is the best sort of girls talk to have?

**Isabelle Gray (Iszy)** 02:36

Yeah, yeah, it's so true. It really did feel like we were having pres.

**Charlotte 'Fozz' Forrester** 02:41

Yeah, I was surprised I didn't have a glass of rose a with a sparkly highlighter kit on my face. You know, talking about who's gonna pull who, as well, as you know why the government is fucking op their policies sort of thing, you know?

**Adele Walton** 02:57

Yeah and then you would like, a deny do manifestations the next day when you're hung over together? You know.

**Charlotte 'Fozz' Forrester** 03:04

Yeah, exactly. You order that sort of Mcdelivery, to help the hangover. And also do some grassroots organisation, sort of thing. It's just yeah, I really enjoy the tone and approach. So yeah, we hope that you guys do as well. Hi, lovely listeners. And welcome back to the Bite My Tongue podcast. It is Fozz and lovely to have you back with us and I am joined by the wonderful Iszy. Hi, Iszy.

**Isabelle Gray (Iszy)** 03:38

Hi, everyone. It is hot.

**Charlotte 'Fozz' Forrester** 03:41

Yes, we are in the midst of the heatwave. We are boiling. So yeah, sorry if you hear me panting during this episode, basically.

**Isabelle Gray (Iszy) 03:53**

That's cute.

**Charlotte 'Fozz' Forrester 03:54**

Yeah, little treat for your ears. You're welcome. Another person that you might hear panting on the mic today is the lovely Adele Walton. Hi, Adele.

**Adele Walton 04:06**

Hello. I'm so excited to be here. Thanks for inviting me on.

**Isabelle Gray (Iszy) 04:13**

Lovely to have you.

**Adele Walton 04:14**

I'll try not to I'll try not to pan but we'll see. We'll see how it goes.

**Isabelle Gray (Iszy) 04:19**

No promises.

**Charlotte 'Fozz' Forrester 04:20**

No promises, we'll all see how we go. But yeah, for any of our listeners who don't know who you are, would you mind introducing yourself, please.

**Adele Walton 04:30**

And so my name is Adele. I also go by the humanitarian hotgirl online and on my platform. I am a writer and editor. And I also study international development. So that's Yeah, my main thing I like to talk a lot about politics, capitalism and all of the perils that come with capitalism. But yeah, that's that's me.

**Charlotte 'Fozz' Forrester 04:57**

Yeah, I love the term humanitarian hotgirl, where did that sort of come about? How did that happen?

**Adele Walton 05:04**

It's a weird story like, but essentially my mum and I were walking through a park, where we live and in the park, there's like a graveyard. So we weren't, like, you know, paying respects anyone, we were just walking through it, like passing through. And I was looking at all of the tombstones, and I was just like, every like, woman is just like, Mom, daughter, like wife. And it's always like, kind of defined as their like proximity to a man. Do you know what I mean? Like, I was like, how would I want to be remembered? Like, on my tombstone, like, and I just thought, humanitarian hotgirl. And it just came to me literally, I was just like, humanitarian hot girl. That's me, sums me up, rolls off the tongue. Nice and easy, it was a bit morbid, but it works. You know? I mean. For a second, I thought you were gonna say that you saw a grave that said humanitarian hotgirl on it? No, no, I didn't steal it. I didn't.

**Isabelle Gray (Iszy)** 06:01

Yeah, I just did. No, no, I did not know where that was going. But that is fantastic. I love that.

**Charlotte 'Fozz' Forrester** 06:07

That's also made me question of what I want to be on my tombstone and whether I could go for something like, yeah, audacious like that.

**Adele Walton** 06:17

As outrageous as that. Exactly, yeah. I'm all for it. Like, let's, you know, let's be remembered a bit outrageously, like, why not?

**Charlotte 'Fozz' Forrester** 06:27

What what a mantra to live by. I love it. But yeah, it comes from you talking about politics, online and on your different platforms. And I was wondering, what was your entry into becoming politically engaged in the first place?

**Adele Walton** 06:44

Yeah, I mean, I've always had an interest in politics, like, I remember, in year five, like I was in debating society, and we'd like visited the House of Commons. And I was just like, Oh, my God, this is so cool. Like, and I bought one of those little postcards you can get in the gift shop, and I've still got it in my memory box tucked away somewhere. So you know, when I'm an MP, I'm going to put that on my wall and be like, I manifested it, but like, you know, the politics is personal. And I think growing up in a, in a house, that's multicultural, my mom's of Muslim background, she's Turkish, that impacted me a lot. And in terms of going through school, and kind of seeing things like xenophobia, racism, discrimination towards other people, for whatever reason, always kind of knowing that that was wrong, and feeling very passionate about that. And also, I would say, like, you know, being a woman and your own experiences, in education, and in the workplace, that has influenced my politics and my kind of outspoken nature and just kind of always wanting to prove people wrong, who might, you know, underestimate us, for whatever reason, whether that's because we're confident, or whether it's because we're less confident and more shy, just kind of that's how I kind of have gone about my politics. But I would say, you know, a lot of it is the kind of environment that you grow up in and how that shapes you. And I was lucky enough to be raised by a very passionate woman, like my mom herself. So I think that influenced me a lot in my politics. But yeah, yeah, I think that's definitely true where your environment can affect how you look at politics because growing up, I like the schools, the schools I went to, were just really politically engaged, quite like, left leaning, I guess. And then, when I went to uni, I realised that that's not a lot of people's experience in politics isn't something that they think that they have to think about, for whatever reason. So yeah, I think that's definitely true. And also, you said, a little thing about being an MP in the future, is that something we should be looking out for your little campaign video in the next ten years? Definitely, definitely. Yeah. In the next, yeah, in the next 10 years, I would say like, I don't want to go into that straight away. I think, unfortunately, people seem to assume that young people aren't as politically informed, and they don't have local experience to navigate politics. And I think that's rubbish, as we can see with the amazing Zarah Sultana. And Nadia as well, and what they're doing in terms of kind of paving the way for other young people to get into politics, especially

young women. So yeah, I want to kind of put it on hold for a little bit, but that's definitely something I've always been drawn to and always had an interest in for sure.

**Isabelle Gray (Iszy)** 09:02

That's very exciting. And you said a bit earlier about how you've become quite outspoken about politics. What's your experience been of that? And has that changed? You know, have you learned to kind of hold back on some issues or to speak louder about things? What is the kind of, I can never say this word I don't know. I gonna say it. trajectory, how do you say it? Yeah.

**Adele Walton** 10:09

So like, in terms of like being outspoken, and online, I think it's quite different to being outspoken in real life. And I would say that sometimes being outspoken online can feel like we're just shouting into the void. And when I first started to get more engaged in like political literature, like when I was going to university, I think sometimes I wasn't very intentional with what I was posting. And like, you know, sometimes you get dragged into Twitter beef and stuff like this, and it's just not worth your energy. And I think that's where I've kind of learned to sit back a little bit and withdraw and be intentional with what I am putting out. And also, where I'm channelling my energy, because I think Twitter is just a kind of void of just everyone's just shouting, and it doesn't really do anything productive. And I think we can spend a lot of time wasted, beefing trolls online, when we could actually be building networks with like minded individuals and strengthening the movement. And I think that's where I've kind of made a change in terms of before reactionary and maybe that was, you know, quite impulsive and like, more emotion driven, whereas now I'm kind of sit back and I'm like, Is it worth my energy? Maybe I should just channel my energy towards something else. But in terms of being outspoken on matters of injustice like that, I'm. You know, that's something I will stand for regardless. But in terms of getting dragged down on social media and feeling like you have to be present at every single point. I think it can cause fatigue and burnout. And a lot of activists and a lot of speakers. And a lot of political people have this problem, especially left wing people more so I think because we kind of internalise these things emotionally. But yeah, I would say just kind of like, taking the time to step back is really important for me. But yeah, I'm fairly consistent. I mean, I'm going to cuss out the Tories whenever I get a chance, you know?

**Isabelle Gray (Iszy)** 12:14

Absolutely.

**Charlotte 'Fozz' Forrester** 12:16

Too right. We've just revealed to the listeners, yeah, this is an anti Tory podcast. What a surprise.

**Isabelle Gray (Iszy)** 12:27

Yeah if you couldn't tell already. And you said about like, Twitter, beef and stuff. Have you ever had like, really intense experiences of it? Like, you know, like getting trolled and experiencing hate and stuff. And has that ever kind of, you know, impacted you in? Because, you know, obviously, it's not a nice thing. Yeah. Yeah. Like, has it ever made you like, Oh, God, like? I don't know. Yeah, step back a bit. And like, doubt yourself, maybe?

**Adele Walton** 12:55

Yeah, definitely. I've experienced trolling and like online hate and it funnily enough, it's normally from people, it's, it's been from people that I know. So like, people from where I grew up, who might necessarily not have known my politics, and their politics was so different when we were, you know, kids in school together, but now it's becoming more clear in that way. And it definitely knocks your confidence and it makes you question yourself and think, Oh, my God, like, is this a reflection of what other people think? Because I think sometimes, you know, likes are quite passive, whereas tweets dedicated to you that are hateful is very, you know, it's very blatant. Like, it's hard to ignore. But at the end of the day, I try and think about why, what the end goal is, and why I do speak up on these issues and think about the bigger picture and you know, me getting a couple of hate tweets, or, you know, however many that might end up in the future may grow or may not grow. It's nothing in the grand scheme of things in terms of speaking out against real injustice in the world. Do you know what I mean? And I think that is a moral duty for me personally. And, you know, like, this has shaped my kind of confidence in I've bounced back slightly. I mean, my recent collaboration that I did with good girl gang, with peng and political phrase, on T shirts and totes was my kind of way of reclaiming my online space and also getting other women who are involved in politics and who do speak out on whatever issues to do the same thing. So I think if you can kind of, you know, flip the script and you know, challenge channel that negative energy into putting something out into the world that might uplift other people, then that's a great thing.

**Charlotte 'Fozz' Forrester** 14:46

This is where I come in with a confession. I actually have a peng and political t-shirt. I got one

**Adele Walton** 14:58

We love that, we love that.

**Charlotte 'Fozz' Forrester** 15:00

Don't worry, um, I didn't wear it for this.

**Isabelle Gray (Iszy)** 15:03

We were joking like should you put it on?

**Charlotte 'Fozz' Forrester** 15:04

Like that would have been too much.

**Adele Walton** 15:07

You should have, it would have been so cute.

**Charlotte 'Fozz' Forrester** 15:12

But it's a risk. You could have found a cute, you could have found a creepy like, it was one or the other sort of thing. But the T shirt actually came to me at a perfect time when I think I had become a bit more apathetic with politics, I think. To be honest University didn't help me as much, which seems odd with like the student activist sort of stereotype. But yeah, and also the pandemic had been overwhelming. And I had dropped out in terms of staying informed. And then I've had this recent like upsurge. And

yeah, as you say, the T shirt is a sort of reclaiming of like, the like political labels and stuff. So yeah, thank you, to you. And good girl gang for that collaboration. I think

**Isabelle Gray (Iszy) 16:04**

it's so iconic.

**Charlotte 'Fozz' Forrester 16:05**

We love it. We love it.

**Adele Walton 16:06**

Oh, thank you. No, I'm glad so many. So many people enjoyed it. And it was just a very spur of the moment thing. So it was great to see that what it's all about so we love to see it,

**Charlotte 'Fozz' Forrester 16:18**

of course, and sort of linking back to what you were saying about like, bigger picture sort of idea, because I think we can get sort of bogged down in like, tweets, which, in the grand scheme of things. Yeah, exactly. It's, it's the itty bitty, it's not the larger movement, sort of thing. And, as I just mentioned, I've been sort of apathetic at times, because I felt like I've been discouraged, you know, like societally or like institutionally sort of thing. And I was wondering what sort of like structural changes are needed in order for more marginalised people to get involved in things like political literature and politics more generally, because I do think it's a thing of like, women, marginalised genders, marginalised people, there is a sort of active campaign to make sure that they're not engaged.

**Adele Walton 17:11**

Definitely. And I think, you know, for those people who might not necessarily have the privilege of growing up in a household, where politics is something that is really spoken about, you know, I think we do have to remember that that is a privilege in itself. And also, you know, being able to go to university and read, you know, from amazing scholars that talk about politics is a great thing. But I think where there needs to be significant change in that regard, is in the school curriculum, because that is the kind of first level of exposure that someone could be, you know, getting involved in politics outside of the home, if it's not something that is talked about in the home, and the absence of political subjects in the school curriculum is a massive barrier for people getting politically engaged. And I think it's really important to remember that politics is for everyone and from people that I've spoken to personally, who don't engage in politics whatsoever. You know, I always try and say to them, that you have just as much of a right and entitlement to have your say in how you live your life. And that is not from an individual standpoint, that's from everything around us, like everything around us is involved in the decisions that get made at the top. So I think, definitely changing the school curriculum is one of the first steps to ensuring that politics is made less elitist. But I do think that's a massive challenge, because obviously, that gets decided the school curriculum gets decided by those in power, and we continually are having the Conservatives winning majorities. So it's not in their favour for people to be being informed in a way that is actually, you know, giving them more information so that they can make decisions because, essentially, I think they would lose votes, you know what I mean, so I definitely think that's a massive problem. And it is a challenge for us. But I think that's why I become so passionate about books and you know, promoting political books to other people on my Instagram and trying to put

people on because I luckily read about that in uni but not you know, most people don't. Yeah, it's so true. The importance of the curriculum, like I just finished my master's and I did some research into like, the state of sexual violence in the UK, basically, and like something that came up so much was the curriculum and how we're taught gender stereotypes so soon into our school life, even not even in curriculum just like the coded languages used during school and stuff and like it's just so funny to think how in so many different issues, this comes up where the curriculum is negatively impacting us. And I think you're definitely right that it's an intentional move not to address these things. Because once you're informed, then you're not happy about it. And then people start saying, No, I don't think we should do this anymore. So yeah, I think that is definitely a key issue.

**Charlotte 'Fozz' Forrester** 20:21

Yeah, I think I, I was involved in like, a lot of campaigning for PSHE when I was younger, which involved, like, making sure that young people as you know, had access to high quality political education. And I think something that really frustrated me was the fact that like, we had lots of MPs sort of, you know, chatting and being a talking shop, saying, Oh, yeah, what a great cause. Look at these young people campaigning for other young people sort of thing. But there wasn't follow through from MPs sort of thing. So what you were saying about, like, you know, governments and it not working in their favour sort of thing. I think they're very good at sort of having a face of like, Oh, yeah, we support this progress. But there isn't actually that institutional change there isn't actually the legal changes.

**Isabelle Gray (Iszy)** 21:14

It's so funny, because I thought them, do you ever feel like, sometimes they act, like, things that aren't their business when they absolutely are, like, Oh, yeah, that's really cute for you guys. Like, but that's not my business, like you carry on campaigning. But there's nothing I can do about that, even though it's like, well, yes you can.

**Adele Walton** 21:29

Yeah. Exactly.

**Charlotte 'Fozz' Forrester** 21:31

So condescending.

**Adele Walton** 21:32

And yeah, like, I think a lot of the changes that we do see are very tokenistic, and they're very surface level. But there is no real desire to make systemic change. And yet, obviously, that is just to maintain the status quo and keep things in the Conservative majority's favour. But it is really frustrating when, you know, people who genuinely want to see change are met with that kind of approach. And like you said, about apathy. I think it also breeds apathy, and can make us just be like, what's the point? Do you know what I mean, like, I'm just banging my head against a brick wall. You know, politics does feel that way, a lot of the time. And I think that personally, for me, and I think a lot of people on an individual level is just that kind of feeling of We're getting nowhere, like, because the government is not going to change but collective, you know, action is the answer. So we have to kind of bridge these links and work together in that way.

**Isabelle Gray (Iszy) 22:34**

What do you do when you're feeling like apathetic and kind of over it? Like do you have any things any things you say to yourself like to like, motivate yourself to kind of keep going and all?

**Adele Walton 22:46**

God, do I? I've not really found like, my, my What? My escape? Yeah, I'm a bit of a workaholic. And I'm a bit of a I'm a Cancer. So I internalise like the world's problems as my own. Like I just absorb it all up. So one thing that I have kind of practiced more so over lockdown is Tarot and my spiritual practice become more strong in that way of just kind of trying to keep my peace of mind and keep my mental health in check. And journaling and Tarot, for me has been a kind of like, guiding light, which is really nice to like, have grown that kind of relationship with my own spirituality. And but in terms of like, how I switch off, I don't really know like, I'm still trying to find that. So yeah.

**Charlotte 'Fozz' Forrester 23:31**

I love that you've mentioned tarot reading, I have a deck myself.

**Adele Walton 23:38**

Do you? That's sick.

**Charlotte 'Fozz' Forrester 23:40**

I do. My friends at uni, gifted it to me, and yeah, it's actually a thing of when I'm feeling like mentally better than when I'm more politically engaged, because I have that energy to be. And I actually do tend to do more tarot reading. I think it's really, yeah, what you said. Yeah, I think what you said about like, sort of practising spiritual energy that also works with like, you know, things of the idea of self care. And I mean, by self care of like, the political sense in terms of being able to go on and fight sort of thing.

**Adele Walton 24:16**

Yeah, yeah. Cuz I do think one of the biggest challenges is like burnout. And, you know, the way I think of it to myself is like, I mean, it's very easy to be selfless in the in the kind of regard of being like, Oh, it's fine. It doesn't matter if I burn out. But the way I think of it is, well, I'm not going to be any use to anyone else. If I am burn burned out. Do you know what I mean? And I think that's a really good reminder of like, don't burn yourself out. Because this is a marathon and not a sprint like this has been an ongoing battle for years. And those who have come before us have paved the way for us to actually have this space and engage in politics in a way that is much safer for not all of us, but for some of us. And I feel that that's a really important reminder for me to push through, do you know what I mean, look back to those also who have come before me and have inspiration in that way to go on.

**Isabelle Gray (Iszy) 25:10**

Yeah, definitely.

**Charlotte 'Fozz' Forrester 25:11**

Yeah. And what you were saying about also tokenistic change, and like pushing on and moving on, I think it's a real thing that with burnout, it can really marry into the idea of like, when there is a tokenistic change, and you are exhausted, you can sort of settle for that. And my lecturer is gonna hate that I

have forgotten who said this quote, but I remember he used to say this quote to me of like, throw them a couple of books, and they weren't put up the barricade sort of thing, you know, like, a small surface level change will act as a sort of pacifier. But and you know, when you're burnt out, it's really easy to sort of give into that. But it's the idea of like, No, you got to keep the foot on that neck sort of thing, you got to keep on that thing.

**Adele Walton** 25:59

And, like, you say, like, that is just a distraction. Like, that's just a distractions to keep us kind of like to make us settle and just, like, make us complacent. But it's interesting, because I think Twitter beef is another distraction on the opposite end. So it's like how when we see kind of media companies like Good Morning Britain, putting out these questions that are just completely pointless like, is, does racism still exist? And, you know, they'll get us caught in this loop of arguing with completely ignorant people about whether or not racism exists. We know racism exists. We know systemic racism exists. But it's just one another distraction tool that is used to suppress dissent. And also just make us not make any progress. Because bickering gets us distracted from the bigger picture, again, like we said, and I think that's something that's really sad that social media has played into this, because it's also instantaneous, and we just want to respond or we just want to put out another tweet, and we just want to, you know, win another argument, when really and truly that's doing nothing for the bigger cause.

**Isabelle Gray (Iszy)** 27:10

Yeah, I agree. There's definitely an issue of like, instant gratification. Yeah. And like, yeah, wanting to like tweet about an issue, and then like it being resolved the next day kind of thing. That's not really how things work. Like, if things are institutional and like, have been around for however long, it's gonna take maybe as long to unlearn those things and get rid of those ways of thinking and policies around that thinking.

**Adele Walton** 27:38

Yeah, definitely.

**Charlotte 'Fozz' Forrester** 27:39

And I think what you were saying about distraction is really interesting in terms of also peng and political and humanitarian hot girl as like phrases and concepts. I think we've sort of been taught this idea that vanity and beauty are like distraction tools to like, keep us, you know, off the ball with being politically engaged.

**Adele Walton** 28:03

Yeah.

**Charlotte 'Fozz' Forrester** 28:04

When, actually, that's not the case. And you're sort of proving that by like, embodying that idea. So I was wondering whether you could like, talk a bit more about, like, how those two work together, and also like, what your advice would be for someone who wants to be, you know, peng and political?

**Adele Walton** 28:26

I think, yeah, you're completely right. Like, I think early feminists kind of highlighted this. I don't know exactly who but I recently read the Visibility Trap by Mary McGill, who actually interviewed me for a very small section. And it was really cool to talk to her about being online and being visible in these spaces. But the way I see it is that women are hyper visible in society to different extents, and I know that I have the privilege of you know, being a white woman in an online space, and maybe being perceived as peng you know what I mean? So like, I do have a fairly large following like, the more I funnily speaking up, speak about politics, the more the follower count goes down, and then it regains itself, but, you know, there's been like, people just going because they're like, oh, you're not just going to be a silent woman, you know, posting selfies, no, that's not me. So you can leave. But in terms of Yeah, being peng and political, and, you know, using that visibility, I think that's something that women should do. Like if, if they feel comfortable and confident enough to do so. Then why not? Because if men are gonna look at me, then they should listen to me too do you know what I mean? That's how I see it. And yeah, we may as well use that. But in terms of like being peng and political, it's a state of mind like no one person is peng in my eyes like, people everyone's peng like people are peng in their own ways. So what I've also found is that my confidence in myself and my body image, because I've gone through like experiences with body dysmorphia like for for a long period of my life. And I found that my body confidence has actually grown alongside my political education, like the more informed I become, and the more I read, and the more I kind of learn about the world around me, the more empowered I feel when I go out into the world. And the more I kind of feel that I'm owning my space in the world, because I know how shit goes, do you know what I mean, like, I know the set up here, and I want to change it. So at least I'm now informed so I can go on and do so. And yeah, I just genuinely like I think there's great empowerment that comes with knowledge. So my advice would be, keep serving looks, and keep reading books. Just Just made that up on the spot, she's got bars, she's got bars.

**Charlotte 'Fozz' Forrester** 30:58

Oh my days, that wrecked me.

**Adele Walton** 31:01

Just wait for the T-shirt. That's an exclusive.

**Isabelle Gray (Iszy)** 31:04

I was gonna say.

**Adele Walton** 31:05

T-shirt.

**Charlotte 'Fozz' Forrester** 31:06

My whole wardrobe is gonna be full of just like your quips, on like different t-shirts. Jeez, I rate it. I rate it.

**Isabelle Gray (Iszy)** 31:13

It's so true, though. I think it's such a good way to put it. And I think I agree, actually, like, I think, obviously, that there's been like this body positive movement in the last five or 10 years or whatever. But I think at the moment, I've actually been trying to like, think of it as more like body neutrality, and

like, just thinking like, I have more to think about than the way that I look. And that, I don't know, as you say, like, as I've learned more about the world, and the issues going on in there that I just, I just don't care like about how I look. Like I just, I just don't have time. And I just think there's, I think there's better things I can do with my day, then worry about that. So yeah, hopefully, that's that continues.

**Charlotte 'Fozz' Forrester** 32:06

Yeah. And I think what you brought up there about, like, body positive and neutrality movements, and yeah, I think we still talk about them as those separate things. But I really appreciated recently through things of like, the fat zine of like, how body positive movements, which have sort of been like, gobbled up by like, neoliberal, girlboss, you know, feminism sort of thing. Actually, they have so radical roots within like fat liberation, and like, led by like, Black women and women of colour, and how they were so radically political, and therefore the two can be married up sort of thing. They don't have to be separate spheres, because they weren't in origin. So

**Adele Walton** 32:54

Yeah, definitely.

**Isabelle Gray (Iszy)** 32:57

One of the great things about your platform is how you encourage reading and like and do recommendations and stuff. And I feel like I mean, correct me if I'm wrong, but it seems like your political literacy has come with like, yeah, reading books. And that's great way of how you've been able to engage and learn more.

**Adele Walton** 33:18

Yeah, definitely.

**Isabelle Gray (Iszy)** 33:20

So I wanted to know, what are the three most important books you've read? Like? What have been like the, the mind blown moments and stuff that you'll reread and keep forever? And, etc?

**Adele Walton** 33:33

Yeah, the game changers.

**Isabelle Gray (Iszy)** 33:35

Exactly.

**Adele Walton** 33:35

So like I do get asked quite often, like, I need two book recommendations, like, just go at me. And number one would be The Divide by Jason Hickel. He is an anthropologist and he, that book was a game changer for me, because it starts off with, like Christopher Columbus, and the Enlightenment thinkers in Europe. And then it goes all the way to current day and global inequality and how it exists and how it is manifested throughout time. And kind of the historical trajectory of global inequality and studying international development, I would say, that is my course. But in a book, so if you're interested in global inequality, and the history and its legacy, then that's number one. Number two is Natives by

Akala brilliant book about race and the British Empire and manifested itself into the modern day in Britain, whether that's in the education system, whether that's in kind of health inequalities, it touches on a multitude of topics. And Akala is just brilliant, and it's easy to read. It's easy to digest. So I would say that that's a great starting point as well. And my last one would probably be Chavs by Owen Jones, just because when I read that book, I was like eighteen. So I had a kind of glimpse and a brief understanding about politics in Britain, but that equips you with such a mass of knowledge when it comes to the establishment in the UK and how kind of perceptions of the working class are reinforced by the media. And, yeah, inequality in the UK. So I would say that Chavs by Owen Jones is another excellent one. He's a brilliant political journalist. So he writes really well.

**Charlotte 'Fozz' Forrester** 35:29

I love those. Do you mind if I also ask another question that completely flattens and reduces conversation to like tidbits? Because I love you saying about like, you know, becoming an MP is an aspiration. And so like, if you were sort of like, I already hate myself for asking this. If you were like, Prime Minister for the day, you could like rule by decree, what would be like three laws that you would bring in to make change?

**Isabelle Gray (Iszy)** 36:02

Oh, my God.

**Adele Walton** 36:05

That's heavy, policy changes slash laws?

**Charlotte 'Fozz' Forrester** 36:08

Yeah. Yeah, I'm just like, you could just say it, and it's sort of happens.

**Adele Walton** 36:13

Three changes? Yeah. Okay. So number one that comes to mind. And this is because of the brilliant work that Mikaela Loach has recently been doing around environmental justice and climate justice, would be divesting from fossil fuels. And, you know, getting rid of the subsidies that the UK Government currently put into the fossil fuel industry. I think that is real urgent action that is deeply necessary. And, you know, kind of everything else is kind of pointless if we don't address the number one issue that is on our humanity's agenda, and that is climate change and climate degradation. So yeah, that'd be number one. Number two. Okay, number two, would be getting the education system changing and changing the British curriculum, so that it includes the history of the British Empire, because I think an honest history and an honest account of British colonialism, because I think that a lot of White British people who haven't understood that and don't come out of school with that understanding, because we don't let's be real, I think it would change our perceptions on race, as a collective. And as a country. And I think that would be really, really beneficial when it comes to other issues, such as, you know, asylum seeking, and how we kind of look at the nation and how we look at nationality and race. And I think it would be a lot less divisive if we actually had an accurate understanding of the fact that borders and, you know, race and ethnicity and all of these kinds of things have been created. And these are actually new concepts and new constructs, and they have massive implications for people's lives, but we really need to address those and kind of look at them more holistically and with a historical

understanding. Number three, Hmm, okay. I don't know I'm like, should I go for a fun one? Or should I just like stick to the serious. Number three would be I would get Marcus Rashford in my cabinet. I need Marcus Rashford as my my right hand man I'm sorry. Like, I know he's you know, busy with his football but I need him by my side like that would be number three.

**Isabelle Gray (Iszy)** 38:48

An iconic duo waiting to happen, honestly, imagine in ten years, people relisten to this clip of you.

**Adele Walton** 38:58

And me and him are there together?

**Isabelle Gray (Iszy)** 39:00

Yeah. And you've done it. Tick tick tick. Like I'm waiting.

**Charlotte 'Fozz' Forrester** 39:04

Rate it. And I'm listening back to this podcast with my husband, Jack Grealish.

**Isabelle Gray (Iszy)** 39:11

Can't wait.

**Charlotte 'Fozz' Forrester** 39:12

Yeah, thanks for entertaining my completely, you know, reductive question there.

**Adele Walton** 39:18

No, that's a good question. It's like, Is it like Prime Minister's question time kind of question, it was tough, it's on the spot.

**Isabelle Gray (Iszy)** 39:27

Yeah, gotta start practising those hard questions. And speaking of questions. We've got one more.

**Charlotte 'Fozz' Forrester** 39:36

Wow.

**Isabelle Gray (Iszy)** 39:36

We ask this. Yeah, thanks. We asked this to all our guests, and it's in line with our podcast name. So is there a time where you've regretted biting your tongue in the past? And what would you like to bite your tongue on less in the future?

**Adele Walton** 39:55

So personally, I never really bite my tongue like that's just how I am, like, if I see something, and I feel the need to speak on it, I'm going to speak on it. And I'm not kind of afraid of the potential confrontation that can come with speaking out on certain things. But I would say that when it comes to speaking out online, social media makes us feel that we have to know an issue inside out. And feel like there has to be no possibility of anyone challenging us at any any given time. But that's impossible. And I think it's

really important to remember that this is all part of learning, and there's no shame in learning, we all start somewhere. So I would say, it's also important to remember that social media is not real. And being present in real life situations. And using your voice in that way is much more important. But yeah, you know, speak up. But yeah, like, we all do start somewhere, like I'm sure me reading back the blogs that I wrote two years ago, I'd be like, Oh, my God, I'm chatting so much rubbish here. But I was doing my bit at the time, you know, that's what matters. So yeah.

**Isabelle Gray (Iszy)** 41:07

Yeah, definitely, I think it's especially good point about, we're not all experts and stuff, but it doesn't mean we can't speak on it. And give it a go.

**Adele Walton** 41:16

Yeah, like, we all have our part, we all have our part to play in terms of making a positive change in the world. And I think that's like a really good reminder to just remember you don't have to be the confident loud person that's always you know, being the centre of the conversation. So you don't need to be the one that's writing articles and like, all of that stuff like we all can kind of channel and deliver positive change in different ways. And you should focus on your own kind of passions, but also your own skills and just make the most of those ones.

**Isabelle Gray (Iszy)** 41:54

Definitely.

**Charlotte 'Fozz' Forrester** 41:55

What a lovely note to end on. Thank you so much. And thank you for chatting to us all about politics I feel really riled up now I'm ready to go out and make the change

**Adele Walton** 42:06

Me too I'm ready to get out on the street. Go canvassing

**Charlotte 'Fozz' Forrester** 42:11

With Marcus by your side. @ Marcus next campaign Adele for PM and you as deputy, gotta happen. I'm hoping and praying.

**Isabelle Gray (Iszy)** 42:26

Do you know what? Stranger things have happened.

**Adele Walton** 42:28

That is true. We've got Boris. We've got Boris. So.

**Charlotte 'Fozz' Forrester** 42:35

You would be a massive upgrade. So yeah, but thank you so much for joining us. And t

**Adele Walton** 42:42

Thank you. I've loved it.

**Isabelle Gray (Iszy) 42:45**

Oh my God, what a fun episode. That was brilliant. Thank you so much Adele for coming on. How much did you enjoy that Fozz?

**Charlotte 'Fozz' Forrester 42:53**

I enjoyed that so much. And I've been waiting to get the England football lads into a conversation. I have everyone I meet in the street. Every person I see and have conversation with I'm just like, Yeah, but when can we talk about the England lads? So you know, I love that it came up on our podcast finally.

**Isabelle Gray (Iszy) 43:16**

Absolutely. And yeah, I'm just ready to start leafleting for her in ten years.

**Charlotte 'Fozz' Forrester 43:22**

Yeah. Let's, let's get Adele into office sort of thing into office? This isn't American. Who am I?

**Isabelle Gray (Iszy) 43:31**

Adele, When would, trying to think when the election would be like in 10 years, like what year. When's our next election?

**Charlotte 'Fozz' Forrester 43:40**

It is 2024. Right? Oh, no. 2023 because every four years and the last one was December 2019 which which was a dark day.

**Isabelle Gray (Iszy) 43:51**

Seven. One, so 31, shall we say that?

**Charlotte 'Fozz' Forrester 43:56**

Yeah, unless some snap elections are called. Okay, can you tell the listeners how inaccessible politics is and the the voting system and all of that jazz?

**Isabelle Gray (Iszy) 44:11**

Well, yeah, 2031 is for Adele.

**Charlotte 'Fozz' Forrester 44:14**

For Adele and Marcus Rushford.

**Isabelle Gray (Iszy) 44:17**

Oh, yeah, of course.

**Charlotte 'Fozz' Forrester 44:18**

The ultimate combo.

**Isabelle Gray (Iszy) 44:19**

'Cause he would probably be retired by then so it would actually probably work.

**Charlotte 'Fozz' Forrester 44:24**

It's a bit too perfect.

**Isabelle Gray (Iszy) 44:26**

Wow. Um, yeah, getting too into it. Thinking about like logistics.

**Charlotte 'Fozz' Forrester 44:31**

Yeah. But we hope that like listeners are feeling really energised and invigorated to sort of, you know, think about the movement at large sort of idea and to you know, not feel apathetic and downhearted and instead

**Isabelle Gray (Iszy) 44:54**

I wanna go buy that book, yeah. Anthropology one that sounds sick.

**Charlotte 'Fozz' Forrester 44:58**

Yeah. It really sort of feels like it gave me the bounce back in my political step sort of thing. Yeah. And also reminding me more of not the sort of bogged down in like, oh, what's the latest headline about the Tories? But a bit more of a wider conversation of like, Yeah, what, what movements are happening, what organisation is being done? How are we going to look at this institutionally systemically sort of thing? I think it made me feel camaraderie and solidarity that's a bit bigger. And I really appreciated Adele for bringing that to the convo.

**Isabelle Gray (Iszy) 45:44**

Wow, well what what a sell.

**Charlotte 'Fozz' Forrester 45:47**

What a sell what a sell.

**Isabelle Gray (Iszy) 45:50**

But yeah, go check her out, go read her articles.

**Charlotte 'Fozz' Forrester 45:53**

Follow her on Instagram and Twitter,

**Isabelle Gray (Iszy) 45:56**

and just inject that hot in looks and books energy enjoy life because I sure will be.

**Charlotte 'Fozz' Forrester 46:03**

This episode was brought to you by Gals in journalism and you can find us on Instagram and Facebook. Our transcriptions are available on our website. This episode was produced by Isabelle and edited by Fozz. Our music is an instrumental version of 'Sertraline Gang' by Trannieboi. Trannieboi is

the abolitionist queer Afro futurist hyper pop brainchild of Jolliffe Seville. As Trannieboi, he celebrates the multiplicity of Black, queer disabled existence by transforming what is frightening - mania, trans homelessness, trauma, the immense difficulty of being a Black working artist - and making it an expression of joy. Our logo was designed by Megan Shepherd, who also designed the Gals in Journalism logo. We'd also like to shout out to City Ventures for supporting this podcast.