

[Intro music]

Eliandro: Hi, uh my name is Eli, I'm lead team Peer Educator and uh, this is episode one of peer cast! What a peer cast is, is a podcast thing that we do where we talk about different topics and today we are talking about empowerment! Woowow! Victim Empowerment Program, empowerment, see that's clever! I'm pretty clever. [Nervous chuckle] Today we will be talking about empowerment and I will be joined by Christina, Youssef, and Silvia!

[...]

Eli: Nice so that's Youssef.

Youssef: Hey what's up!

Eli: I'm waiting for the other two. Hey and there they are, woowow! [chuckles] Alright so introduce yourselves, I guess Youssef you can go first!

Youssef: Oh, sure thing! So my name is Youssef _____ I'm a peer educator and I am a delegate at FIU's Model United Nations, and that's pretty much it!

Eli: Oh I guess [inaudible nonsense] Silvia can go next! [chuckles]

Silvia: Oh okay! So my name is Silvia, I'm also a peer educator and my degree is in social work I guess, or my future!

Eli: And apparently you're in just a white box also.

Silvia: Yes! A very white box! [nervous laughter]

Eli: Christina you can go.

Christina: My name is Christina _____, I'm a peer educator and I am a student athlete at FIU.

Eli: Oh a student athlete, what are you [inaudible nonsense] soccer right?

Christina: Yeah, soccer.

Eli: Um, so today we will be going over empowerment, right? So, all things empowerment. Alright so let's start off right off the bat; let's jump into it head first! What does empowerment mean to you? And I am asking that to everyone. So for example, empowerment for me means more like um... talking... for me personally it would be talking like those things that I don't like about myself and alright I have these things I don't like about myself but that doesn't define who I am, right? So, despite these flaws and negative things I have as a person or that I think about myself, I can be better. So, my vices um... I am not my vices. Vices are a part of me but I am not my vices, I am so much more. So that's me personally.

Youssef: So I guess for me, empowerment means celebrating the good and the lovable in us and forgiving ourselves for what we perceive as our shortcomings or as our failures or as our weaknesses. With the intent to work on them or redeem them later on.

Eli: Okay.

Christina: Yeah, I mean, I think positivity is a big part of empowerment too because that's the way you empower either yourself or other people. So for the way I see it, it's kind of gaining control over something that either matters in your life or matters outside of it. Because I think empowerment basically can be individual but, it can also be community empowerment, social empowerment, and different stuff like that. So it's really about gaining control and power over like resources, access, even what's in yourself. So, like you were talking about, Eliandro, within yourself like with vices, with mental health, and positivity.

Silvia: Just to piggyback off of what Christina said, it mostly is just positivity. I mean being nice to someone, giving someone a compliment, even being nice to yourself. I feel like there's a lot of power within, like, self-empowerment. Whereas you can empower so many people but how can you empower them if you don't empower yourself, you know? So, um, it's just more or less of being nice to people, giving compliments, or giving a hand, or helping someone. The smallest things count, so yeah.

Eli: So more so, like... I heard a lot of positivity there, but do you think [little bit of gibberish]. I guess Christina you kind of agreed with me, but, how do you guys feel about taking things that you feel... bad about or negative about in yourself? Instead of like, shushing it, embracing it, how do you feel about that?

Youssef: Um, I guess the great thing about taking those negative aspects about ourselves and trying to not only embrace them but also to compassionately understand why they are there, in the first place; and to forgive ourselves for them. I guess in a really great sense that can actually help us in our path towards, like, being somebody better, and towards our better and best selves. If you understand my drift?

Christina: Yeah no, like I think like within what you were saying embracing the negative; I think a big part of empowerment is also awareness. Like you can't get to a state of being empowered or empowering other people unless you know the current situation and kinda the things that may be stacked against you. Like for example, in a social sense it could be like stereotypes, different kinds of oppression, and stuff like that. So, you have to be aware of it first in order [inaudible] yourself on an individual level. Like you were talking about, for example, your vices, these are things that you struggle with being aware of them puts you in a place where you can do something about it like you said maybe embracing it is how you do that, but there's also different ways for empowerment as well, especially at the individual level.

Eli: Okay. Alright, but how do we apply that, like how do we apply, like, empowerment, like, different circumstances? So, just hit me with some, just hit me with an example, I guess.

Youssef: Okay, let's say for instance, you have professional development, right! In which you're trying to climb the ladder in your professional life, you're trying to be your best self, you're trying to put the best foot forwards. So, you can gain recognition, so you can set a large legacy for yourself and you can build an impressive repertoire. I guess that you can apply empowerment to that sect of your life is to realize that you can't exactly measure your self-worth, and you can't measure your merits according to that certain criteria. According to numbers, according to net worth, according to a resume or a degree; and in that sense recognizing the merits you have and applying them the best you can to the field that you're in.

Eli: Sooo, what are you... okay but what do you mean by personal? Okay, so you're saying not to focus on like net worth, so, essentially you're saying not to focus on the job that you have or the money that you have but, apply yourself in other ways?

Youssef: No, it's more to take the more personal aspects of yourself and try to apply...

Eli: Like what?

Youssef: For instance,

Eli: Like What?

Youssef: Okay so there are numerous personal aspects of ourselves that we tend to neglect.

For instance, we have intrinsic creativity we have resourcefulness, we have persistence, we have things like empathy, compassion, and communicativeness. And a lot of the times we tend to disregard those, when we start to focus on labels like, how long have you been here, or what degrees do you have, what have you accomplished in grad school; see what I mean? If you're looking at the big picture at the end of the day, things like degrees, things like where you were born, or where you came from starts to mean a lot less nowadays. You have for instance, high school and college dropouts who are now some of the most successful people to walk this earth and if you think about that; that's because of those personal merits, that's because of those personal characteristics that drove them through. Not because of what they had or where they came from or who they were. They recognized what they had intrinsically and made their due with it.

Christina: I think though a big part of that, like you said, individuals coming from like different circumstances [inaudible]. I think self-empowerment is important but I think a lot of those people were also empowered by their community and different things that people before them did. Yeah, so you have like, um, like, different, like, so what I see that empowerment is once you feel like you're in a place where you're self-empowered than passing that empowerment on to others so you it can be like mentorship, leading in your community, kind of providing access to the things that you feel like you didn't really have. And I think that's like a really big part of why we see this current... like what Youssef was talking about. That you can... Your circumstances don't necessarily define you, but I think a big part of that is if you have individuals around you who are working to empower you while you're trying to empower yourself as well. You do need a support system in place a lot of times in order to kinda help yourself and then kinda just feel like you're a part of a community. And that can be it doesn't necessarily have to be social; it could be like peer educator. You know, like, our little community empowers each other every day. Like if you're having a tough day, I know that whoever is working with me in a shift is gonna be there to kinda help me with that as well and be that support system. So, I think community empowerment comes into that as well, whatever, you like, identify with as your community.

Eli: I feel like we're in a unique position because, um... because, we're all peer educators, right. And we all like to get it. I personally think a support system is pretty important, but I mean without it do you think it's enough? You think someone... Do you think you need a support system? Or you think people can do... fair okay or moderately okay without a support system? I think a support system is pretty important.

Christina: I think it honestly depends on the person, like, I know there's a big... like there's a lot of people that like to claim like self-made, I came from nothing by myself, and different stuff like that. I think sometimes we don't necessarily realize the support system that we do have so some people think the support system is like, blood family. Some people don't have good blood family to depend on but you know along the way they might've had a teacher or a coach or someone else that acted as that support system and it might've been something simple but at the same time that also helped you come to where you are today. So I think in those ways you have to... and I think like a support system now, especially with like social media and stuff. There're so many people like

looking to be a part of something and there are so many communities coming together because of it. So, I think now more than ever it's kinda easier to feel a sense of belonging, connect with likeminded people because there's people all over the internet and wherever...

Eli: So, like...

Christina: That are making groups. So, like you're into anime, I'm into anime let's be friends, and like let's make a group. So, it's like stuff like that.

Eli: Yeah, I mean, with social media you have that sort of, um, groups being like born pretty much. But, before we may have not had that, without the internet. I mean without the internet we would be in a pretty interesting position right now. [nervous chuckle] None of us would have a job. What do you think about that Silvia?

Silvia: No, but I definitely agree that there's power in building your own support systems you know? You may not just rely on family members or friends, but you know making those connections is, like, really key to bringing yourself up. Because, like, the old saying you are who you hang around with. You wanna have people there who you appreciate what they're doing, their appreciating what they're doing, and also, they're giving that back to you. And there's power within, like, a community connection and support that will eventually reflect on both ends you know? Here's positivity, here's positivity, and like you know... even if there's power in like listening. I think of empowerment as well in like, it may not necessarily being like the person to stand out in the crowd and be like, oh you can do this. It can just be like you know, kinda going back to what we were saying like if you're having a rough day at work. Maybe you don't need a pep-talk, maybe you don't need Will Smith over your face like you know you can do this you know? [laughter]

Eli: Will Smith?

Silvia: You just need someone to listen. Okay I listen to Will Smith, all the time, like, die-hard Will Smith fan. You know, maybe you just need someone to listen to you at the end of the day and like that by itself it goes a long way. So...

Eli: I think that's interesting that you pointed... that you brought up, picking your support system. Because with family you can't pick that, [laughter] it's a good point to bring up. It's good Christina brought up the family part because I mean, maybe you don't get along with your sister, I mean, maybe your sister is kinda not the best person, right? So maybe you're the type of person that doesn't really... What if you're having trouble empowering someone else? How would you overcome that, you think? And that's like for the room. Question for the room. [giggle]

Christina: Or you're ready to go talk to someone about it, but even the fact that knowing that you can, let's say go to a caps event where were talking about mental health and were talking about breaking down the stigma and that's okay to be where you're at right now and it's okay..um..to eventually when you're ready to go talk about it and stuff like that, I think that's a form of empowerment is giving...is the resources and like I was talking about before like letting people know that they do have access and they do have options. Um..I think especially with mental health it's a huge thing

Eli: Maybe someone can find...um... *smacks lips* that source through therapy, right? It doesn't necessarily have to be-

Youssef: I mean therapy's definitely a good source for it however I do believe in that in an unfair society I mean a lot of people come from different circumstances. Not everybody has the largest access to therapy so I guess a good support system like Christina and Silvia have said, friends and family definitely, also a lot of people don't have the privilege of having that understanding of a family and sometimes well friends just aren't that understanding and we can't exactly blame them or criticize them for that

Eli: *unintelligible*

Youssef: So I guess a good way is that we can feel empowered through compassion and also gravitate towards people who show compassion, who show understanding, who exude positivity and I'm not exactly saying to for instance, "drop your friend group" if they're not making you feel like you're a man on top of the world-

Eli: CANCELED

Youssef: *laughs* exactly you can't just do that, but I do believe that expanding your social circle and trying to find people who make you feel more like yourself and that you are greater as your own, could definitely be a healthy response to trying to feel empowered

Silvia: I mean just like...um...being aware that like maybe your friend group or your family isn't the greatest support system, there's like a great step in that—

Eli: My mom is...my mom is..SO...negative but aha, continue *giggles*

Silvia: No, no, yeah...well that was it *laughs*

Eli: Oh okay, well, my...how bout...how can you empower a stranger? Right like...someone who- because we've been talking this whole time about about people you know and yourself, right? But what about someone on the street, right?

Christina: Like...like how he was saying like something as simple as like standing up or like supporting someone even that you don't know, but like you're agreeing with like for their bravery and stuff like that and like also the way you can like empower even random people that you've never met like random people around you or around the community, people who aren't part of your identity is just like engaging in that behavior like all the time you know what I mean let's say you're a big supporter of female empowerment Practicing that everything because yeah you're not gonna talk to every single female or female identifying person in the United States but by empowering those around you it's kind of like a chain reaction where it's like you're creating this empowerment that you see with everybody else, that positivity that validation and all that different stuff and that's I think how social movements have done it so we can do it on a more like individual level and I think that's how it turns into a movement obviously by like practicing it in like your daily life even with strangers

Eli: Okay...alright, I mean I think you said it pretty well...um...I can't really think of anything else to say to that. So...

Christina: *Laughs*

Eli: So...okay...um...so usually when we do these podcasts we have like a meeting before hand and we kind of come up with what kind of topics we're gonna talk about, but um, we hear each other's responses for the first time in this recording. So when I was coming up with topics with like little sections, these three individuals told me a good question to ask would be different techniques of empowerment...I have NO idea what they meant. So please.... Silvia you can start just please take it away, like what do you mean by like

different techniques of empowerment like I don't understand what those four words together... *laughs* ...sum up I don't—

Silvia: I mean for me like a day in my life would be like...I'm a cashier, so currently with all this I'm an essential employee.

Eli: Oh...so you love the job? You love the job...

Silvia: *Laughs* yeah...um...

Eli: Wouldn't trade it for anything else

Silvia: There's a sense of validation between me and the customer and there's a connection and I talk to everybody in the store and the small things like that

Eli: *Laughs*

Silvia: Can just really like make someone's day *giggles* so I guess they would be my technique, like have a conversation with someone, treat them, like actually look at them in their eyes and like make them feel validated.

Eli: How do you empower someone who just doesn't see themselves as a good person and doesn't see themselves—

Youssef: Honestly I think you have to empathize with them, like you have to recognize what they're saying and why they're saying it and like if they're saying for instance that "my life is terrible and I'm a horrible person" they're saying it for deeply strong reasons. And I guess if you start to dig deep and start to like pick apart those reasons

Eli: So you would say— sorry I don't mean to interrupt...

Youssef: Oh no don't sweat it

Eli: So you're more so going in the path of saying you would go ahead...you as Youssef...would go ahead and...um...take apart...like...why...like for example if they say "oh I just don't think I'm worth anything" okay so "why don't you think you're worth anything" right? And then you'd work at the parts.

Youssef: Absolutely

Eli: Yeah, elaborate on that part a little more.

Youssef: Okay, I guess the reason why I would like to delve deep and take apart those things is because we tend to develop these like perceptions of ourselves and these opinions of ourselves that we don't really consciously put too much thought into. So for instance like all the negative perceptions that we have of ourselves is because we've been treated negatively or horribly before because like the world and like society our roommates our family has treated us horribly and when you're treated horribly you feel horrible, you feel like you're not worthy of treatment better than how you were treated. And I guess if you start to delve deep into those reasons and you get those associations, you start to connect like "why do you feel like that?", "who treated you like that?", "who made you feel that?", "who drilled that into your head?"...it's a good way to open their eyes to what they're telling themselves.

Eli: That's interesting...oh? Christina?

Christina: Oh no sorry, someone was trying to come into my room...trying to quietly—

Eli: [laughs]

Youssef: You just give him the "get the hell outta here eyes"

Christina: Yeah social distancing at home

Youssef, Eli, and Silvia: [laugh]

Youssef: I like how she looked at the door like [widens eyes] SOCIAL DISTANCING

Christina: Like I think that like empowerment...like you're talking about power and stuff like that... I think that like power and control at every level in empowerment is how you like is how you kinda regain that um...your sense of self and different things like that so...um...there might not just be something you can say to a person that will make them realize that...this is how I change my life and this is how I become more happy and this is how I see um...myself in a positive light, you know what I mean? But I think a part of that can be is letting them know that they...that you can have control you can have that power and bring that power back to that person...is how you can empower them and how they can empower themselves. Because it's feeling a sense of power over your situation and over your circumstances, but I think...like a lack of control and feeling like powerless is kind of what...kinda leads to that more negative state. So I think that there might not necessarily be something you can say to them to like flip the switch on it...but I think at the same time like making them kind of realize...that there is...like empowerment is giving them back that power and control...over like I've said...over the um...no, I agree with what was Youssef was saying...because of like finding the root of something and then like empathizing...is a big thing because how many times when you're feeling bad or saying..."oh I did horrible at school" and you failed this test and you feel you're gonna fail this class and then someone's like "oh at least you have this" it's like—

Youssef: It's invalidating them

Christina: It's like...yes I still have this...but this part of my sucks right now and this is why I feel this way

Youssef: Yeah

Christina: You can do both at the same time, but I think first and foremost sometimes you just need someone to say to you "that sucks." Know what I mean?

Christina: Like empathize. You don't necessarily want someone to fix it for you right away

Youssef: Exactly

Eli: There's also empowerment in just listening. Know what I mean?

Christina: Yes.

Youssef: Of course

Eli: Like for me, personally, like if I'm venting to someone, I don't really want to hear what they have to say. I really don't, because it's like I don't, I'm not gonna listen to you anyway [chuckles] I'm gonna forget this anyway, but um...because I'm very hard-headed...anyway...uh...sometimes I just wanna have someone listen to me, you know what I mean? Just listen to what I have to say and just let me go...let me go out.

Youssef: [unintelligible]

Eli: I guess my little twist about it, because Youssef I noticed you tend to go towards the environment a lot right? So what you have...ummm...but what if it's not your environment. Let's sayyyy... you're pretty well off...not even...no one told you you're worthless...you just FEEL worthless...without anyone telling you that you are. How would you approach that then? Because then you can't really say that "you feel this way because x happened in your life" what if it's...what if it's just they feel unaccomplished right? And it's not from their parents and their parents are supportive and their friends

are supportive and their partner is supportive and they just still...it still just doesn't feel...how do you empower someone like that?

Youssef: Okay...so that's definitely a good point that you did bring up...so like when I was mentioning before that I would connect it to like circumstances...it not necessarily just the environment, but it's more of just like...what happened along the way to make you feel like that. Like simply what's the cause and effect of that because that's simply how we develop those thoughts. But I guess to address what you just said, if someone's just feeling worthless and they have, so to speak, a really good support system, then I guess the issue would really lie within their self, I don't really guess I feel that the issue would lie within their self-perception, how they think about themselves..

Eli: Perspective!

Youssef: Yeah perspective. How they have been trained to think...so here's the thing...so for instance, even if you are quote on quote "well off" even if you're in good standing in life or you have good company...there are many trains of thought that can simply lead you down a dark path. Like for instance, thinking that you have to do something that you don't have to do, feeling obligated to do something that you don't feel is your true calling, or for instance, just not feeling well off as you are. And in that very last case, like, there are studies that have proven that...thinking what makes you grateful in life or what you're grateful for over time does actually over time increase your overall satisfaction with life. Now I'm not just saying that you should sit cross legged like a guru thinking about all the things you're grateful for on a day to day basis, but it's definitely a good way to reshape how you think about yourself and about your life.

Eli: I think perspective is really powerful, and it's kind of um... almost overlooked kind of...perspective. I feel like perspective isn't really something someone gets into. Because sometimes you find yourself in a place where, you're almost only seeing the bad right? Only seeing...and there's good but it's so...so much so that like you don't notice what is good...that these bad things are so like...ugh....sometimes it's really just in your head...and those bad things about yourself really aren't true you know what I mean? So, if you think that you're unattractive that you're any number of things right? Um...it could very well be that it's just in your head you know? And by not addressing it right, by not attempting to like shift your perspective...which is a difficult thing to do.

Youssef: It is.

Eli: I'm not gonna say, and sit here in front of...in front of...

Youssef: For instance could I add onto that?

Eli: In front of my computer screen...what? Yeah go ahead

Youssef: Could I add onto that?

Eli: Yeah, yeah, yeah.

Youssef: Okay so I think I really like the fact that you brought up the fact that for instance it could be in your head, and I don't think you're minimizing what they're going through when you're saying it, but it definitely is a matter of perspective...and what I wanted to say about perspective is that people tend to look at perspective like they're shades, like they're sunglasses that you can try on and change at any point in time. But that's your entire mentality, it's how you view your world and you learn that over your entire life. It's

not something that you can just slip off and then replace with a shade of like optimism or like a shade of positivity. It takes a conscious effort to change.

Eli: It takes time man.

Youssef: It does, it really does. I can honestly personally attest to it. Like I've constantly viewed myself in the most horribly negative manner and only recently have I started to like gradually and consciously change how I think of myself into something relatively positive and it does...it's a killer it takes a lot of effort and sometimes it doesn't work. But it's just because when lots of people talk about self-care and trying to help yourself, they're just honestly far too optimistic with it. They don't realize the strength and the effort it takes to change what you've been conditioned to think.

Christina: I think for me what played a lot of in like, my journey through that as well, like what Youssef was talking about, how about like mindfulness, like being present.

Eli: Wait hold on what is mindfulness? Explain that to me.

Christina: So, for me, mindfulness, is like, being like present and being more aware of the here and now. So a lot of times like um...you can get caught up with what's going on in your head and sometimes it can be like future perceptions of like...um if you have a negative self-image then you're thinking about what other people are thinking about you, you're thinking about what other people have thought about you and how that's like kinda circulating in your head like...circulating in your head like future [unintelligible] so I think that kind of staying in the present and like allowing yourself and like...allowing yourself to be where you're at...I think is big thing too. Because like yes, you can work, like for me it was like, yeah you wanna work towards becoming a better version of yourself, seeing yourself better, but I think you have to give yourself, like give yourself the room and like...give yourself the respect of like acknowledging where I'm at and being like...it's okay being where I'm at.

Youssef: Could I also add onto that?

Christina: Yes.

Eli: Yeah, yeah, yeah...

Youssef: I think that's actually a really great perspective, Like it end to think that a lot of people, when they tend to strive towards something, I'm not saying that it's them running away from something in a way of cowardice, but they tend to run away from something, like where they are in their current stand in life, and pursue something else. I feel the first step you should change in trying to change where you are and to try and change a circumstance or change how you think is to compassionate understand why things are way they are, and to make not...not only to give it acceptance, but also to make your peace with it so you can move on forward. Because a lot of people who end up dissatisfied with their lives, they just have all this built up pain that they haven't processed, this frustration, this anger that they haven't gone through in a healthy way, and I think before you try and move on to a better place, you have to see that through, you have to address it properly, you have to process it and make something productive out of it and only then, can you move forward in a really healthy manner or else you're just trying to grow in a maladaptive way and you're just running from something when you should be pulled towards something.

Christina: I think like that too is like...we give, we give like strangers, our friends, or like our family so much like "oh no, it's okay" you know what I mean? Like we're always just responding to other people like that like "oh, it's okay don't worry, it's not a problem" but for us, we don't give ourselves that, you know what I mean? Like we don't give ourselves that like "oh no it's okay" you know what I mean? Like it's okay, let's say your mental health isn't where it's at, like we don't give ourselves the room to be like "it's okay that maybe I backtracked a little today, I'm gonna try to do better tomorrow". And I mean we give a lot more slack to other people than we do ourselves-

Youssef:: That's good point.

Christina: so I think like that it's like realizing, like I was saying, that this is all part of mindfulness as well, like being like giving yourself "okay I see what I did, I'm acknowledging that I might have backtracked, or maybe I'm not making the progress I want" like I can take.. like my example would be injuries, when it comes to like sports.

Eli: Mmm

Christina: Like it's really easy to compare yourself to other people, it's really easy to say you haven't progressed back, and I mean like back to the pace that you should've, and we don't give ourselves the room to be okay, like, we're not where we wanted to be but we're gonna get there. You know what I mean? And I think it's okay to have a goal, but don't let that goal, kind of pressure your progress either. I mean, don't let that like be a cloud over your head, and I think that's like where empowerment comes in as well. Is like empowering yourself is also sometimes giving yourself slack.

Eli: So some closing thoughts. Anyone have some closing tho..thoug...[Error 404 Eli has stopped working]

Rest of us: [laugh]

Eli: Closing THOUGHTS

Youssef: Thoughts

Eli: [laughs] Anyone has some closing thoughts? Silvia, Youssef?

Silvia: Um, I mean I kinda just add onto what both of you guys just said...asking for help too, if you find yourself like

Eli: There's empowerment in doing that! Right? And like letting yourself get help.

Silvia: Yes! And if you don't have the support systems that we mentioned previously, you know, VEP is here, CAPS is here, these resources are made for you guys. So definitely take advantage of them, you know? They're there for a reason and there's no harm in reaching out to get them.

Eli: And you're already paying for them so...

Eli: Alright, well if no one has anything else. Um...that will be it, that's this episode...kind folk for coming...doing the job you're getting paid for...thank you for that [laughs]

Christina: [Raises a fist in solidarity] Empowerment

Youssef: At least he's being appreciative

Eli: No, I appreciate it!

Christina: Empower yourself and empower others.

Eli: Yes, as always...as always? This is the first episode...as...always for the future, this is your host, my name is Eli and I'm a lead team Peer Educator and this was Silvia, Christina and Youssef.

Eli: Alright, so I think we did pretty well, um...I'm dying in this jacket dude, it's HOT, I turned off the air.

Christina: Why are you wearing a jacket?

Youssef: Why are you wearing a suit jacket, dude?

Eli: Because I think I'm gonna wear a suit jacket for all of them because I think it looks SPIFFY

Youssef: You do realize I can't even tell it's a suit jacket, right?

Christina: Like it's blending in with the background.

Youssef: It's just burgundy bro, it could've been a sweatshirt.

Eli: It's not

Youssef: Okay, you don't HAVE to wear it man it—it doesn't show up.

Christina: [gibberish]

Youssef: It doesn't show up

Eli: [laughs] That's the whole point of it.