# Lucy Spraggan reveals struggles with LGBTQ+ visibility and public perception after X Factor



Lucy Spraggan, a notable figure from The X Factor, has recently voiced her concerns regarding the lack of LGBTQ+ representation in the media. In an exclusive interview, the singer reflected on her experiences as an openly lesbian contestant in a predominantly heterosexual entertainment landscape. Despite feeling that she does not carry the burden of representation for the entire community, she acknowledged a distinct lack of visibility for lesbians in the UK. She opined that when a lesbian is portrayed on television, they often conform to a narrow set of expectations to be deemed "palatable" to audiences.

Spraggan's personal transformation has marked a significant moment in her life, particularly following her decision to embrace sobriety in 2020, which precipitated considerable lifestyle changes. She lost over 20 kilograms, and after undergoing cosmetic surgery—including a breast augmentation—she noted a palpable shift in public perception towards her, leading her to state, "I was much more palatable." This statement reflects not just her physical transformation but also the complex interplay between appearance and acceptance in contemporary society.

While Spraggan is enthusiastic about the progress made in recent years regarding attitudes in the music industry, she remains cautious about the challenges that persist. The industry has a reputation for its hedonistic practices, but she believes a shift towards kindness and creativity prevails. Her observations complement broader cultural trends in which many artists are increasingly vocal about their struggles and the need for a supportive community. The recent allegations against rapper Diddy serve as a stark reminder of the darker undertones still prevalent within the industry. Spraggan has also shared her own harrowing experiences, including the sexual assault she suffered in 2013, an incident she disclosed later in her autobiography. She highlighted how the trauma unfolded after her time on The X Factor, where she felt an obligation to protect her image as an aspiring musician.

In light of these revelations, her friendship with Simon Cowell has grown stronger. Cowell reached out to apologise for the treatment Spraggan endured while on the show, which she described as "healing." Such moments of reconciling past wounds often become sharing points for others who have experienced similar trauma, allowing them to connect and feel less isolated in their journeys.

Spraggan’s narrative extends beyond past pain; it also encapsulates joy and love. Recently married to Emilia Smith, her personal life has inspired her new music, including her album, Other Sides of the Moon. The title itself reflects a profound metaphor about finding love in places previously thought unattainable, as she aptly described the evolution of her relationship with Smith after a decade-long friendship. Through her music, she aims to impart a sense of empowerment to others, shedding light on themes of personal growth and self-acceptance.

Her latest single, The Lesson, embodies a reflection on loss and the teachings that come from those we love, underscoring her evolution as both an artist and an individual. As Spraggan embraces this new chapter of her life, she continues to advocate for broader representation and understanding within the LGBTQ+ community, encouraging audiences to celebrate diversity in all its forms. Her story is not just one of survival; it is a vibrant testament to the power of authenticity and self-love in the face of adversity.

As she prepares for her upcoming tour and the release of her new album, Spraggan stands poised to share her journey with a wider audience, hoping that her experiences resonate and inspire others to embrace their true selves and advocate for a more inclusive world.

## Reference Map:

* Paragraph 1 – [[1]](https://www.dailymail.co.uk/tvshowbiz/article-14757777/Lucy-Spraggan-lesbian-TV-weight-loss-boob-job-X-Factor-Simon-Cowell.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[4]](https://www.theguardian.com/tv-and-radio/2023/jul/15/lucy-spraggan-the-real-reason-i-dropped-out-of-the-x-factor)
* Paragraph 2 – [[2]](https://www.closeronline.co.uk/celebrity/news/lucy-spraggan-boob-job/), [[3]](https://www.manchestereveningnews.co.uk/news/showbiz-news/lucy-spraggan-boob-job-after-19389408)
* Paragraph 3 – [[4]](https://www.theguardian.com/tv-and-radio/2023/jul/15/lucy-spraggan-the-real-reason-i-dropped-out-of-the-x-factor), [[7]](https://www.hellomagazine.com/celebrities/499295/the-x-factor-lucy-spraggan-simon-cowell-exclusive/)
* Paragraph 4 – [[5]](https://www.metro.co.uk/2023/07/19/lucy-spraggan-gender-reassigment-surgery-max-19155795/), [[6]](https://www.thepinknews.com/2023/07/20/lucy-spraggan-trans-max-childhood-gender-affirming-surgery/)
* Paragraph 5 – [[1]](https://www.dailymail.co.uk/tvshowbiz/article-14757777/Lucy-Spraggan-lesbian-TV-weight-loss-boob-job-X-Factor-Simon-Cowell.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[3]](https://www.manchestereveningnews.co.uk/news/showbiz-news/lucy-spraggan-boob-job-after-19389408)

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## Bibliography

1. <https://www.dailymail.co.uk/tvshowbiz/article-14757777/Lucy-Spraggan-lesbian-TV-weight-loss-boob-job-X-Factor-Simon-Cowell.html?ns_mchannel=rss&ns_campaign=1490&ito=1490> - Please view link - unable to able to access data
2. <https://www.closeronline.co.uk/celebrity/news/lucy-spraggan-boob-job/> - Lucy Spraggan, the former X Factor star, has undergone a breast augmentation after losing over three stone and quitting alcohol. She felt that her breasts had become saggy due to weight loss and sought surgery to restore her confidence. Lucy expressed her satisfaction with the results, stating she feels 'absolutely incredible' post-operation. She also shared her journey of self-improvement, including becoming a fully qualified personal trainer and launching a fitness brand called Fully Rewired.
3. <https://www.manchestereveningnews.co.uk/news/showbiz-news/lucy-spraggan-boob-job-after-19389408> - Lucy Spraggan, known for her appearance on The X Factor, has had breast augmentation surgery following significant weight loss and sobriety. She shared her excitement about the procedure's success, referring to it as a 'Baywatch' moment. Lucy reflected on her life overhaul, including quitting alcohol and embracing a healthier lifestyle, which led to her weight loss. She expressed a renewed sense of self-love and confidence post-surgery.
4. <https://www.theguardian.com/tv-and-radio/2023/jul/15/lucy-spraggan-the-real-reason-i-dropped-out-of-the-x-factor> - Lucy Spraggan, former X Factor contestant, revealed she left the show due to a sexual assault by a hotel porter. She recounted her experience and the subsequent support from Simon Cowell, who reached out to apologise for the incident. Their relationship has since evolved into a close friendship, with Cowell expressing deep remorse and admiration for Spraggan's resilience. The article delves into Spraggan's journey of healing and her ongoing friendship with Cowell.
5. <https://www.metro.co.uk/2023/07/19/lucy-spraggan-gender-reassigment-surgery-max-19155795/> - Lucy Spraggan, former X Factor star, discussed her childhood identity as a boy named Max and her experiences with gender identity. She shared that if gender-affirming surgery had been an option during her youth, she would have pursued it. Lucy highlighted the support from her mother during her transition and expressed that despite her current appearance, she doesn't always feel comfortable being a woman. The article explores her complex relationship with gender identity and self-perception.
6. <https://www.thepinknews.com/2023/07/20/lucy-spraggan-trans-max-childhood-gender-affirming-surgery/> - Lucy Spraggan, former X Factor contestant, revealed she identified as a boy named Max during her youth and would have undergone gender-affirming surgery if it had been available. She discussed the challenges of reconciling her childhood identity with her current self and the support from her mother during her transition. Lucy also expressed feelings of jealousy towards trans men and the complexities of her gender identity. The article provides insight into her personal journey and ongoing self-discovery.
7. <https://www.hellomagazine.com/celebrities/499295/the-x-factor-lucy-spraggan-simon-cowell-exclusive/> - Lucy Spraggan, former X Factor contestant, shared her journey of recovery and personal growth after her departure from the show. She discussed her friendship with Simon Cowell, who has been a supportive figure in her life, and her experiences with body image and self-acceptance. Lucy also spoke about her new album, which reflects on her life experiences, and her plans for the future, including marriage and children with her partner, Evangeline.