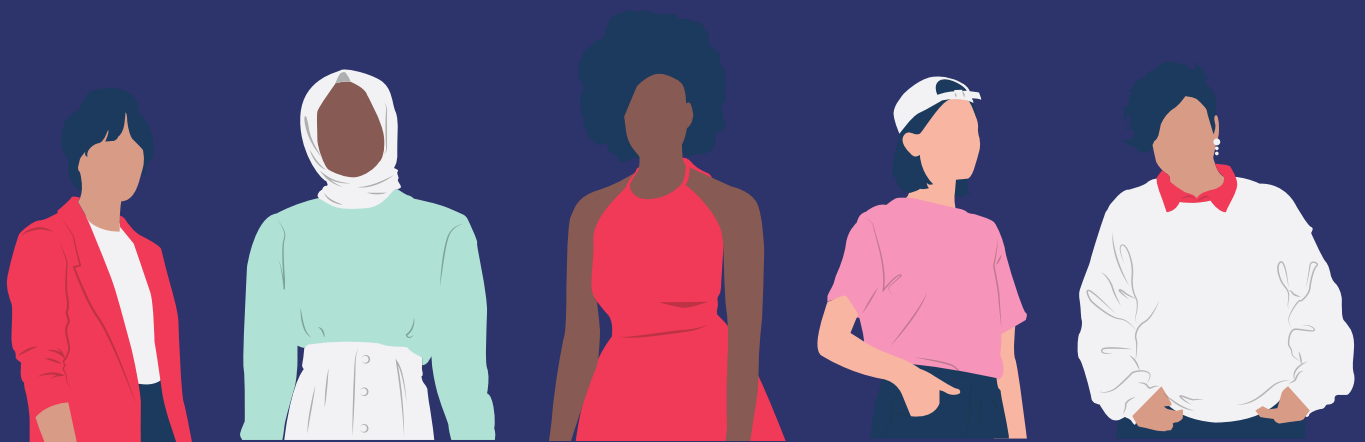


YOUTH FOCUS NW FEMINISM RESOURCE PACK

RESOURCES TO HELP YOU LEARN
ABOUT FEMINISM, GIRLS/WOMENS
RIGHTS

DEAR READER

WE AT YOUTH FOCUS NW STAND IN SOLIDARITY WITH ALL OUR YOUNG PEOPLE HOWEVER THEY IDENTIFY AS. WE REMAIN COMMITTED TO AMPLIFY THE VOICES OF THOSE WHO ARE SOMETIMES MISSED BY SOCIETY.



THIS RESOURCE PACK AIMS TO HELP YOU IN BECOMING ANTI-SEXIST AND HOW YOU CAN LEARN MORE ABOUT BEING A FEMINIST.

Resources to help
combat, challenge and
learn more about sexism
and feminism.

STANDING UP AGAINST SEXISM RESOURCES



LISTEN

Listen to podcasts, radio shows and other audio books. Amplify and make space for the female voices in our society. Inequality of the sexes effects us all, but it doesn't have to be this way.



READ

There is so much out there to read! Whether it be biographies of incredible women, issues of modern sexism or about inequality across the globe. The list is endless, and we can learn so much.



WATCH

There is wide variety of documentaries, Tv shows and films challenging and exploring sexism. Giving a space and platform for those who identify as female.



STAND AGAINST EVERYDAY SEXISM

We too often think of sexism as never impacting our daily lives, but this is the far from the truth. We are impacted daily by the effects of inequality and sexism.



UNDERSTANDING ISSUES IN THE UK

The UK has alot of work to do and we are far from equal. Whether it be period poverty or public sexual harassment learn a bit about the issues facing girls and women in the UK today.



CONTINUE

- Anyone can be a feminist, anyone can work against sexism.
- Continue



KEYWORDS/ PHRASES AND MEANINGS

Sexism- The idea that one gender is more important eg that women are inferior to men.

Gender- How a person expresses themselves eg male, female, non-binary, gender fluid etc

Feminism- The advocacy of women's rights on the ground of the equality of the sexes.

Misogyny- Hatred of women.

Patriarchy- A hierarchical-structured society in which men hold more power.

Internalised sexism- Behaviors and attitudes enacted by women toward themselves or other women and girls.

LGBTQ+ - An acronym that stands for lesbian, gay, bisexual, transgender, queer/questioning and plus. Often used to represent (LGBTQQIAA)

QUESTIONS TO THINK ABOUT/ JOURNAL/ DISCUSS WITH THOSE AROUND YOU.

DO YOU SEE YOURSELF REPRESENTED EQUALLY IN SOCIETY WHEN IT COMES TO YOUR GENDER?

HOW OFTEN DO YOU THINK ABOUT YOUR GENDER? IS IT POSITIVE THOUGHTS?

WHAT CHALLENGES HAVE YOU FACED BECAUSE OF YOUR GENDER?

WHAT ARE SOME THINGS YOU LOVE ABOUT YOURSELF?

HOW DOES YOUR GENDER EFFECT YOUR DAILY LIFE?



LISTEN

PODCAST!

'FEMINISTS DON'T WEAR PINK WITH SCARLETT CURTIS



Journalist and activist Scarlett Curtis interviews inspiring women about what feminism means to them, and why it matters. This podcast contains some strong opinions, very honest discussions and women who could change your life."

PODCAST!

'GOODNIGHT STORIES FOR REBEL GIRLS

You are never too old to enjoy these episodes and they are super easy to understand! A fairy tale podcast about the extraordinary women who inspire us. Based on the global best-selling book series inspiring millions of girls and women around the world to dream bigger, aim higher, and fight harder.



PODCAST!

'DISCUSS WITH HAYLEY ROSE DEAN

Although not specifically a feminist podcast, it encourages open and honest conversation around various topics and social issues with a different guest at each episode. Aiming to open up conversations about different societal issues, break down stigmas and consider alternative perspectives.



PODCAST!

'THE GUILTY FEMINIST

Ever felt like you should be better at feminism? You are not alone! Each week they discuss topics "all 21 first century feminists agree on" while confessing their insecurities and worries. There are over 200 episodes so lots to keep you busy! (14+)



CHECK OUT THE EPISODE WITH @OURSTREETSNOW ON PUBLIC SEXUAL HARASSMENT!

LISTEN AND THINK



Pick one of these podcast episodes or choose your own and listen to it, perhaps make notes, draw or just think about what they are saying.

HOW HAS IT CHANGED YOUR WAY OF THINKING?

HOW DID IT MAKE YOU FEEL?

DID YOU RELATE TO ANYTHING THAT WAS SAID IN THE PODCAST?

WHAT ARE THREE THINGS THAT YOU HAVE LEARNT THAT YOU DIDN'T KNOW BEFORE?

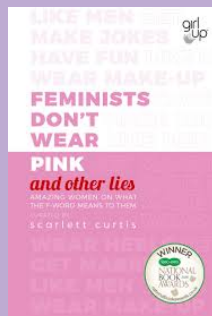
READ

Non-fiction

FEMINISTS DON'T WEAR PINK AND OTHER LIES

BY SCARLETT CURTIS

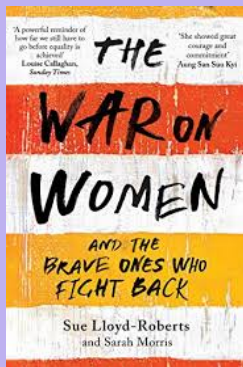
Every woman has a different story to tell. Reading them all in one book might just change your life. With contributions from women like Keira Knightley, Amika George and Jameela Jamil to name just a few this book full of mini essays illustrates the path for out future leaders and feminists . Every girl has a story to tell and here a are just a few.



WAR ON WOMEN

BY SUE LLOYD-ROBERTS

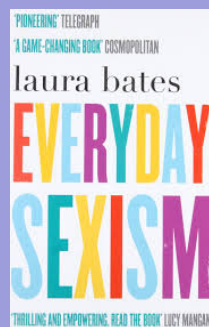
This is such a breath-taking book opening your eyes up to so many issues you didn't know existed. Over her 30-year-long career in human-rights journalism, she has traveled the globe and witnessed the worst atrocities inflicted on women. Observing first-hand the war on the female race, she's experienced and interacted with the brave ones who fight back, all across the world



EVERYDAY SEXISM

BY LAURA BATES

Laura Bates in 2012 was a sexually harassed on public transport and started a project called Everyday Sexism. Astounded by the response she received and the wide range of stories that came pouring in from all over the world, she quickly realised that the situation was far worse than she'd initially thought. Enough was enough, it was clear that sexism had been normalised. This book is full of the issues we find in our everyday life and is so useful in learning how sexism is such a big issue in the UK



SHE SPEAKS

BY YSVETTE COOPER

You may have heard of women like Malala, or Boudica but have you ever read their speeches that changed society? Over the course of history there has been countless brave and bold women who have used their voices to inspire change, transform lives and radically alter history. Not only a celebration of women's speeches throughout history, but also proof that powerful and persuasive oratory can be decidedly female.



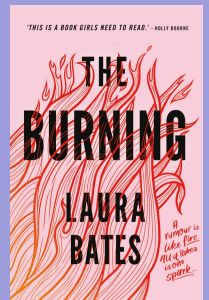
Fiction

THE BURNING

BY LAURA BATES

"Anna hopes to make a fresh start and escape the harassment she's been subjected to. But then rumors and whispers start, and Anna tries to ignore what is happening by immersing herself in learning about Maggie, a local woman accused of witchcraft in the seventeenth century. A woman who was shamed. Silenced. And whose story has unsettling parallels to Anna's own."

It's a powerful call to action, reminding all readers of the implications of sexism and the role we can each play in ending it.

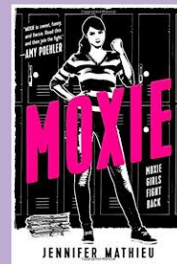


Moxie

BY JENNIFER MATHIEU

"Vivian Carter is fed up. Fed up with her small-town Texas high school that thinks the football team can do no wrong. Fed up with sexist dress codes and hallway harassment. But most of all, Viv Carter is fed up with always following the rules."

A reminder that your voice, no matter how small, no matter how many people you stand against or how powerless you may feel, your voice is stronger.

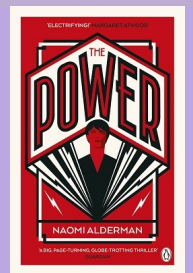


THE POWER

BY NAOMI ALDERMAN

A fiction about a world that is dominated by female power. Exploring the concepts of gender, hierarchy and power, It starts with a tingling in the fingers, a feeling of focus, of a change in the rhythm of the world, a pricking of the thumbs. It then leads to a revolution.

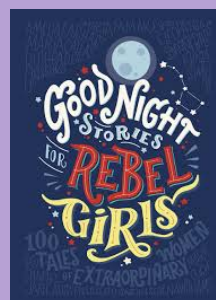
If you like this try VOX by Christina Dalcher in which the roles are reversed.....



GOODNIGHT STORIES FOR REBEL GIRLS

BY ELENA FAVILLI AND, FRANCESCA CAVALLO

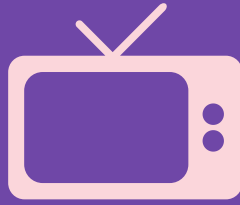
An inspiring collection of potted lives of strong women, from iconic world leaders to little-known pioneers it presents an alternate history of progress and achievement. Adorned with vibrant, imaginative illustrations from a range of female artists, this is required reading for all those keen to make a difference and wanting a good starting point learning about feminism and anti-sexism.



Articles, blogs etc

There are articles and blogs published daily about sexism and what is going in the world. Be sure to have a read and follow blog posts and people that you like. Perhaps if you are not a fan of reading you could listen to a book in an Audio form!

When finding books have a look at independent bookshops, secondhand shops, libraries or ask your friends if you could borrow a copy!



WATCH

WHEN WATCHING THINK ABOUT FOLLOWING, WRITE/ TALK/ DISCUSS THEM

HOW HAS YOUR THINKING CHANGED?

IS THERE SOMETHING YOU'RE GOING TO CHANGE IN YOUR OWN LIFE?

WHAT MESSAGE WAS THE FILM SENDING?

WHY DO YOU THINK THE MESSAGE WAS SO IMPORTANT?



ON THE BASIS OF SEX (NETFLIX/AMAZON PRIME)

The film tells an inspiring and lively true story that follows young lawyer Ruth Bader Ginsburg as she teams with her husband Marty to bring a groundbreaking case before the U.S. Court of Appeals and overturn a century of gender discrimination.

SUFFRAGETTE

A historical drama, Suffragette focuses on the women who were willing to lose everything in their fight for equality in early-20th-century Britain. Inspired by true events, it tells the story with grace and compassion. Looking back, it can be difficult to believe that women earning the right to vote took so much blood and effort. But it's important to remember.

WE SHOULD ALL BE FEMINISTS CHIMAMANDA NGOZI ADICHIE

A 30 minute speech given at TEDx Euston Chimamanda explores feminism, privilege, culture and so much more. With powerful lines such as "We say to girls, "You can have ambition, but not too much. You should aim to be successful but not too successful," and "When you're accustomed to privilege, equality feels like oppression." This is an extremely powerful talk.

FEMINISTS WHAT WERE THEY THINKING?

Women of different ages and backgrounds are interviewed by Demetrakas and a team of assistants on the subject of feminism. Interviewing extraordinary women whilst tackling topics such as identity, abortion, race, childhood and motherhood. This film takes aim at our current culture revealing all too vividly the urgent need for continued change

STAND AGAINST EVERYDAY SEXISM



GRAB A PEN AND SOME PAPER AND GET READY TO CHALLENGE YOURSELF AND YOUR OWN BELIEFS

"CRY LIKE A GIRL," "RUN LIKE A GIRL," "FIGHT LIKE A GIRL." WHAT DOES 'LIKE A GIRL' MEAN TO YOU? HAVE YOU HEARD OF THESE PHRASES BEFORE?

WOMEN IN PUBLIC SPACES

"IF YOU DON'T SEE YOURSELF REPRESENTED IN THE SPACE, YOU ARE LESS LIKELY TO WANT TO BECOME IN THAT SPACE"

ONLY 34% OF MP'S ARE FEMALES, ALTHOUGH THIS HAS GROWN IT IS STILL NOT ENOUGH.

WOMEN CURRENTLY HOLD JUST 4.4 PERCENT OF FORTUNE 500 CEO ROLES

WANT TO KNOW MORE ABOUT GENDER DATA BIAS THIS BOOK IS REALLY GOOD!

"INVISIBLE WOMEN. EXPOSING DATA BIAS IN A WORLD DESIGNED FOR MEN BY CAROLINE CRIADO PEREZ"

THE DEFAULT MALE

THIS IS REFERRING TO MALE AS THE "NORMAL" FORM OF HUMANITY, WHILE FEMALE IS A SPECIAL SUBCATEGORY. IT CAN BE SEEN ON TRAFFIC LIGHTS, SIGNS AND MORE.

THE PROBLEM IS WHEN WE USE THE DEFAULT MALE WE LEAVE BEHIND HALF OF THE POPULATION

LOOK AT THE LANGUAGE YOU USE

HOW OFTEN DO YOU USE GENDERED PHRASES? POSTMAN, FIREMAN, POLICEMAN. CAN YOU THINK OF ANYMORE? WHAT KIND OF EFFECT DOES THIS HAVE?

"MAN UP" "GROW A PAIR" "MAN FLU"
"TO WEAR THE TROUSERS IN A RELATIONSHIP"
"BOYS WILL BE BOYS"
"TO GET YOUR KNICKERS IN A TWIST"

WHAT KIND OF MESSAGING IS THIS PHRASING SENDING?



EQUALITY

CHALLENGE OTHERS



THERE IS A LOT FOR US ALL TO LEARN AND CONTINUOUSLY DISCUSS WITH THOSE AROUND US. TO CALL OUT LANGUAGE AND SYSTEMS THAT CAN BE IMPROVED AND HOLD US ALL ACCOUNTABLE. CHALLENGE YOURSELF TO LISTEN AND TO LEARN SEXISM IS ALL AROUND US, INGRAINED IN OUR SOCIETY SO FIND IT, FIND IT AND CHANGE IT.

THE POWER IS IN YOUR HANDS

EQUALITY FOR WOMEN

UNDERSTANDING SEXISM IN THE UK

WHAT ELSE CAN YOU FIND OUT ABOUT SEXISM IN THE UK? HAVE YOU EVER EXPERIENCED IT?

PERIOD POVERTY

-1 IN 10 PEOPLE WHO MENSTRUATE SAID THEY WERE UNABLE TO AFFORD MENSTRUAL PRODUCTS

-49% OF PEOPLE MISSED AN ENTIRE DAY OF SCHOOL BECAUSE OF THEIR PERIOD

LAST SPRING, THE GOVERNMENT ANNOUNCED GIRLS AT PRIMARY AND SECONDARY SCHOOLS IN ENGLAND AND WALES WOULD BE PROVIDED WITH FREE SANITARY PRODUCTS FROM EARLY 2020.

IT EVEN GOES SO FAR TO IMPACT SCHOOL UNIFORM AND THE EXPRESSION OF GIRLS

THIS WAS SPEARHEADED BY AMIKA GEORGE WHO LAUNCHED "FREE PERIODS" IN 2017. SHOWS THAT CAMPAIGNING WORKS!

BREAKING PERIOD TABOO

ACROSS THE UK AND AROUND THE WORLD, GIRLS' STORIES SHOW THAT PERIODS HAVE BEEN STIGMATISED FOR TOO LONG



THERE IS NOW A PERIOD EMOJI TO HELP BREAK THE TABOO

BODY IMAGE

GIRLGUIDING FOUND THAT 41% OF GIRLS AGED 17-21 ARE NOT HAPPY WITH THE WAY THEY LOOK AND 1/3 WOULD CONSIDER PLASTIC SURGERY.

UNREALISTIC PICTURES ONLINE, SOCIAL MEDIA AND MORE PLAY INTO THIS

SCHOOL UNIFORM

DAILY UNIFORM CHECKS IN SOME SCHOOLS ACT AS A WAY OF MICROMANAGING GIRLS' LIVES. UNIQUE IMPACT ON BLACK GIRLS BY LIMITING THE EXPRESSION OF 'BLACKNESS', AND IN PARTICULAR WHEN IT COMES TO BLACK HAIR, THERE ARE MANY INSTANCES WHERE YOUNG PEOPLE HAVE HAD THEIR HAIR CUT OR SUFFERED PUNISHMENTS FOR COMING TO SCHOOL WITH THEIR NATURAL HAIR

LACK OF PUBLIC SAFE SPACES FOR GIRLS

GIRLS FEEL THAT BOYS HAVE FREE-TO-USE PUBLIC SPACES, SUCH AS FOOTBALL PITCHES, BUT THEY ARE OFTEN FORCED TO USE LOCAL SHOPPING CENTRES TO GET TOGETHER, AS OTHER LOCAL FACILITIES ARE EITHER NOT SUITABLE OR TOO EXPENSIVE TO USE.

CHECK OUT HOW BARCELONA DESIGNED A SAFE CITY FOR WOMEN!



PUBLIC SEXUAL HARASSMENT

It is defined as the unwanted comments, gestures or noises that strangers face because of their gender in public space.

-2/3 girls have been sexually harassed in public (PLAN UK)

-1/3 of girls have been sexually harassed whilst wearing school uniform (PLAN UK)

<https://youtu.be/bGZbyUGm3vs>

This TEDx talk by Jess Leigh explains why PSH is such a problem. (Just type into Youtube Jess Leigh TEDx talk into youtube)

LGBTQ +, BIPOC and disabled girls talked about the dual discrimination of being harassed both for their ethnicity or sexual orientation, as well as their gender.



PUBLIC SEXUAL HARASSMENT

ALSO COMMONLY KNOWN AS STREET HARASSMENT

SO WHAT'S THE ISSUE?

Public Sexual Harassment changes the way that girls live their lives. They stop doing the things that they love to do, whether that's in sports, in school or in public spaces.

It is never 'just a comment.' It is a power move and the impact of that comment or action that takes place lasts longer than just in that moment and should not be just a part of "growing up." Anger, fear, shame and guilt are just some of the emotions that girls experience when subjected to public sexual harassment.

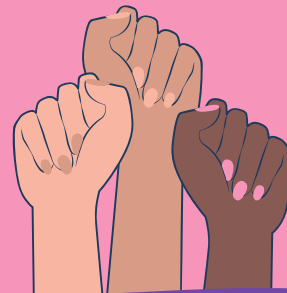
The ask is very simple, for girls to be safe in Public Spaces.

HAVE A LOOK ONLINE, WHAT ELSE CAN YOU LEARN ABOUT SEXISM IN THE UK



CHECK OUT @OURSTREETSNOW WHO ARE CAMPAIGNING TO MAKE PSH A CRIMINAL OFFENCE AND PUBLISH STORIES, TESTIMONIES AND MORE OVER ON THEIR INSTAGRAM

CONTINUE



THIS IS JUST THE BEGINNING!



REALLY THE HARD WORK BEGINS HERE
HAVE CONVERSATIONS WITH THOSE AROUND YOU, SEXISM EFFECTS US ALL. WITH MEN AND WOMEN BOTH BEING DIFFERENTLY NEGATIVELY EFFECTED BY SEXISM.
WE HAVE TO INVOLVE BOYS AND MEN TO BE RID OF SEXISM BOTH IN THE UK AND ABROAD.
THE FUTURE IS IN OUR HANDS.
TO LISTEN UP. TO SPEAK UP

Have a conversation with your youth council, what can you do to challenge sexism in your local area?

HOW TO CONTINUE THE WORK?



ASK YOUR LOCAL COUNCIL TO PLEDGE TO TAKE MEASURES TO END PUBLIC SEXUAL HARASSMENT

CHECK, DOES YOUR SCHOOL PROVIDE FREE PERIOD PRODUCTS?

RUN A SESSION WITH YOUR YOUTH COUNCIL OR SCHOOL ON AN ISSUE THAT MATTERS MOST TO YOU.

SHOW UP, WHEN YOU HEAR SOMEONE USE SEXIST LANGUAGE, ASK THEM WHY, LISTEN AND THEN HAVE A CONVERSATION ABOUT IT

SHARE, SHARE WHAT YOU HAVE LEARNT. YOU COULD WRITE A BLOG, FILM A VIDEO OR DISCUSS WITH FRIENDS.

CONTINUE

WHERE TO GO FROM HERE?



PLAN INTERNATIONAL UK

Plan International UK is a children's charity. Who strive to advance children's rights and equality for girls all over the world.

Main website link [HERE](#)

If you are interested in reading their full UK girls rights report which has lots of stats, stories and more in, [click here](#)



GINA MARTIN

On January 14th 2019, the House of Lords in the UK approved a law that made upskirting illegal across the country and this was thanks to Gina Martin.

She now discusses all sorts of issues over on her Instagram and has published her book "Be the Change" which is a toolkit for activists.

ONLINE ABUSE

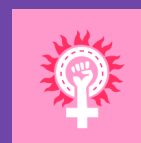
Receiving online abuse is never okay. **Childline** offers support and advice to those under 18 on online abuse and harassment. **0808 1111** Open 9am-12:00am.

Victim Support offers advice (not support) for victims of online abuse and harassment on understanding your rights as a victim. **0808 1689 111** Open 24/7.

OUR STREETS NOW

A campaign demanding the right of women and girls to feel and be safe in public space.

Link to petition;
<https://www.change.org/p/make-street-harassment-a-criminal-offence-in-the-uk>



MENTAL HEALTH SUPPORT

If you are in immediate danger to yourself or others call **999** or **Samaritans** on **116 123**.

Anxiety UK offers tailored support for those with anxiety **03444 775 774**
Open 9:00am-10:00pm Monday to Friday, and 10:00am-8:00pm Saturday and Sunday.

Mind operates as an initial space to discuss mental health and can signpost relevant services for an individual. **0300 123 3393** Open 9:00am-6:00pm Monday to Friday.

CONTINUE

- Anyone can be a feminist, anyone can work against sexism.
- Continue

