

Feminism 101: Gender Studies Saves the World

Dr. Bernadette Barton

Lisa Hinkle

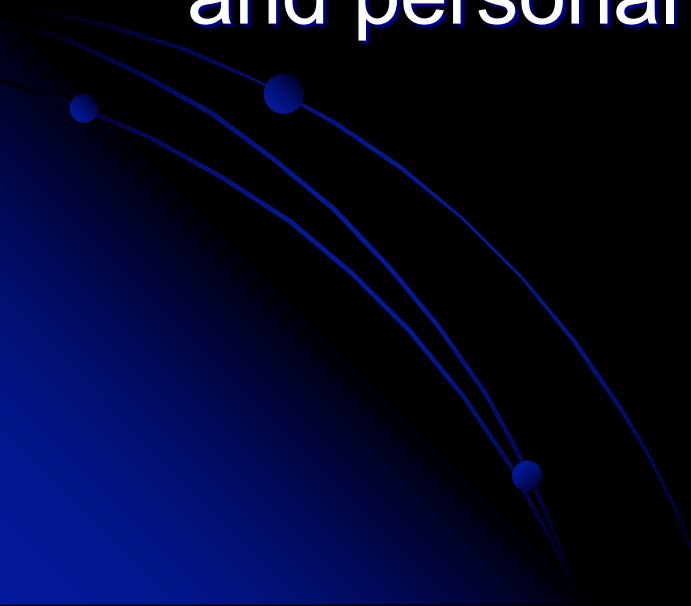
Cat Haggard

Please answer:

1. Why did you choose this workshop?
2. What is a feminist?
3. Do you identify as a feminist? Why or why not?
- 4. What have you observed about gender in the US this past year?

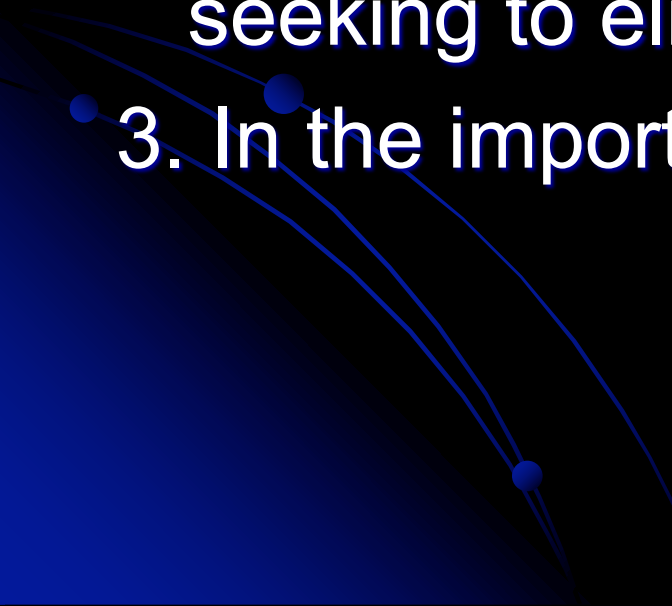
Feminism

A personal perspective, a social movement, and a set of theories that share the common goal of political, social, economic and personal equality by sex.



3 core principles

Feminists agree:

1. That patriarchy exists – male dominated social systems
 2. In equality and justice for all people, seeking to eliminate systems of inequality
 3. In the importance of bodily autonomy
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Gender Studies touches everything

- family, education, workplace, religion, economy, politics, media

- helps people make sense of their lives



Cat's journey

1. Made me care about politics
2. Made me a feminist – developed leadership skills and am a better role model for others
3. Developed character
4. Made me comfortable with myself
5. Connected with people who are like-minded and care about me
6. Gave me a career path – sparked an interest in graduate school and research

Toxic masculinity

- Hegemonic Masculinity - an idea our society puts on men to act in certain ways that are harmful
- My work explores college aged males' understanding of this type of masculinity
- -Majority of the men interviewed do not know the implications of their own, nor others, toxic masculinity

Lisa's observations

My experience in gender studies courses led me to have:

- a better understanding of the macro-level world
- more insight into my own experiences
- higher self-esteem and self-efficacy
- improved and more fulfilling relationships with friends, peers, colleagues, romantic partners
- better skills as a mental health provider

Lisa – Feminist Therapy

Therapy informed by feminist political philosophies and analysis, grounded in multicultural feminist scholarship on the psychology of women, men and gender, which leads both therapist and client toward strategies and solutions advancing feminist resistance, transformation and social change in daily personal life, and in relationships with the social, emotional and political environments.

In practice:

- Luke, a 21 year old, Caucasian male
 - Masculinity and Gender identity
- Rachel, a 46 year old Latina female
 - Emotional labor

Big Picture: Gender Equality =

- greater economic prosperity, adds billions of dollars to an economy, reduces poverty
- improves the lives of families (leave, education, child care, better work/family balance)
- -lowers chances of depression, divorce, and becoming a victim of violent death for men and women
- example 2008 recession

Transforms an institution

One = token, Two = minority, three = changes the conversation

- new ideas enliven working routines and improve quality of services
- allows employees to better use talents
- better satisfied workforce leads to fewer sick days
- higher internal and external credibility create a happier workforce and a better public image
- institution more attractive for potential job applicants
- European Institute for Gender Equality

Individual stories

“Gender and Women's Studies helped me to understand being sexually assaulted was not my fault, and more than that, it taught me that I had the ability to stand up for myself and to work for social change.”

-Carol

“Since taking those classes, I've learned to challenge the male dominated lens in my work (social worker now). I call out subtle sexism within my work and life. I also learned to break down media outside of my own personal lens

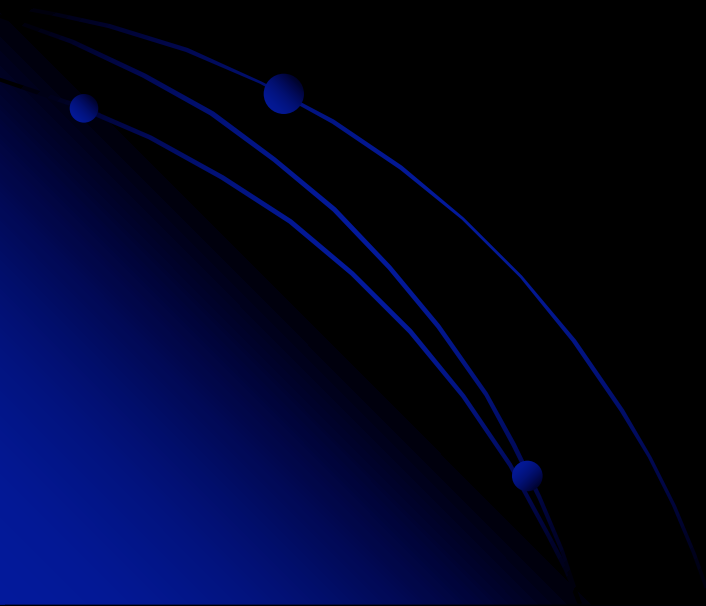
-Kevin

“Gender Studies provided intellectual and academic validity to my interests and dispositions.”

-Tom

• “It helped me find my power and be a leader.” -Katie

QUESTIONS?



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<https://docs.google.com/forms/d/1HTY6gJL3PzCH7tA8ImMIF-byxke1P5CUe4p4lc80dgY/edit>

