



Pocket Guide to Feminism

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Our Mission Statement:

"The point is not for women simply to take power out of men's hands since that wouldn't change anything about the world. It's a question precisely of destroying that notion of power."—Simone de Beauvoir

We believe that feminism is for everyone. No matter who you identify as, the equality of people is an issue that is at the center of our society. We aim to educate others and help bring these issues to the forefront.

Feminism is an intersectional issue- this term is often used in many different ways. To help clarify how we use this words, we have included a definition below.

Join us on our feminist journey:

Once you have completed this zine, please take a picture of/with your zine in a location of your choice (having your face in the picture is optional). Email Myfeminismzine@gmail.com with

1. The picture
2. A blurb on **what feminism means to you**
3. Who you will challenge to read the zine and perform the task
4. The Instagrams of both you and your friend
5. Your consent to Pocket Guide to Feminism posting your picture/blurb and tagging you and your friend.

Follow our Instagram page, [@pocketguidetofeminism](https://www.instagram.com/pocketguidetofeminism) -- we will use this page to share your voice.

Intersectionality: (Coined by Kimberle Crenshaw)
The theory that the overlap of various social identities, like race, gender, sexuality, and socioeconomic class, contributes to the specific type of systemic oppression and discrimination experienced by an individual.

Frequently Asked Questions:

Why is Feminism necessary in today's world?

Although several laws that advance the success of women exist, cultural change must be made. We are yet to have a female president, and women are still denied rights to their bodies. Institutional progress does not automatically ensure the respect of women as powerful, vocal, and capable people.

Why is Feminism a Radical Notion?

Even in 2019 America, the word "feminist" can be daunting. Many associate it with violent protests and hatred of men, otherwise known as "misandry." Thus, people who technically are feminists, who believe in the equality of all genders, are not proud to call themselves feminists. Consequently, the feminist movement is weaker as is an empowering sisterhood. By fearing the word "feminist," one assumes that it is a radical notion to ask for equal treatment to men. We all must combat such a notion by proudly calling ourselves feminists.

Feminist Glossary

Formal Terms

Feminist: a person who believes in the social, political, and economic equality of the sexes.

Gender: socially constructed roles and behaviors that people assume.

Sex: the biological and physiological components that define men and women, used for scientific purposes.

Privilege: having an advantage over somebody else. Recognizing that advantage and using it to help others characterizes feminism.

Cisgender: a person whose identity corresponds to assigned sex at birth

Misogyny: hatred of women

Misandry: hatred of men

Oppression: being subject to unfair treatment

Institutional Oppression: mistreatment of a particular social group, enforced by an institution/society.



Informal Terms

TERF: trans-exclusionary radical feminists; Women who identify as feminists but discriminate against transgender people

SWERF: sex worker exclusionary radical feminists; belief that the sex industry harms all women, and sex workers cannot be feminists.

Mansplaining: when a man explains something to a woman in which she is already an expert

Sex Positive: viewing sexual expression and pleasure as a good thing, as long as it is healthy and consensual

Gender Fluidity: not identifying with a single, fixed gender

Male Gaze: looking at the world through a lens that views women as sexual objects: constantly evaluating their worth by appearance and sex life.

Gender Binary: belief that there are only two genders.

Respect: deep admiration for others' achievements and strengths, rooted in regard for their rights and feelings.

"A Brief Look into the History of Feminism":

First Wave

- 1800s-early 1900s
- **Goals:** women's suffrage and women's autonomy outside the home
- **Effects:** Seneca Falls Convention and Congress ratified the 19th amendment
- **Important People:** Elizabeth Cady Stanton, Lucretia Mott

Second Wave

- 1960's-1990s
- **Goals:** equality in the workplace and challenging societal ideals of passiveness and submissiveness, Equal Rights Amendment
- **Effects:** The Feminine Mystique is written, and housewives are inspired, women increase support environmental causes, inclusivity is prominent
- **Important people:** Betty Friedan, Ruth Bader Ginsburg, Gloria Steinem
 - *It is important to note that the first and second waves were racially exclusive.

Third Wave

- 1990s to 2011
- **Goals:** intersectionality, representation of women of color, queer and trans rights, and removing the threatening stigma of the sexual body
- **Effect:** inclusivity and variety in feminist language
- **Important people:** Yavilah McCoy, Kimberle Crenshaw, Tarana Burke

Fourth Wave

- 2012 to now
- Focus on the intertwining of power and marginalization of groups
- “Call out culture” – tendency for people to point out oppressive behavior
- Usage of media for activism and information, and young people claiming the term “feminist” for themselves, not a “hand-me-down from Grandma”(Pacific University.)
- **Important People:** Christine Blasey Ford, Alexandria Ocasio Cortez, King Princess, Michelle Obama, Tig Notaro



Image from Hidden Figures Movie: Depicts the women of NASA in the 1960's

girls can.



Phenomenal Woman- Maya Angelou (1928-2014)

Pretty women wonder where my secret lies.
I'm not cute of built to suit a fashion model's size
But when I start to tell them,
They think I'm telling lies.
I say,
It's in the reach of my arms,
The span of my hips,
The stride of my step,
The curl of my lips.
I'm a woman
Phenomenally.
Phenomenal woman,
That's me.

I walk into a room.
Just as cool as you please,
And to a man,
The fellows stand or
Fall down on their knees.
Then they swarm around me,

A hive of honey bees.
I say,
It's the fire in my eyes,
And the flash of my teeth,
The swing in my waist,
And the joy in my feet.
I'm a women
Phenomenally.

Phenomenal woman,
That's me.

Men themselves have wondered.
What they see in me.
They try so much
But they can't touch
My inner mystery.
When I try to show them,
They say they can't see.
I say,
It's the arch of my back,
The sun of my smile,
The ride of my breasts,
The grace of my style.
I'm a woman
Phenomenally.
Phenomenal woman,
That's me.

Now you understand
Just why my head's not bowed.
I don't shout or jump about
Or have to talk real loud.
When you see me passing,
It ought to make you proud.
I say,
It's in the click of my heels,
The bend of my hair,

The palm of my hand,
The need for my care.
'Cause I'm a woman
Phenomenally.
Phenomenal woman,
That's me.

Progress- Rupi Kaur (1992- Present)

Our work should equip

The next generation of women

To outdo us in every field

This is the legacy we'll leave behind

Our Favorite Feminist Art



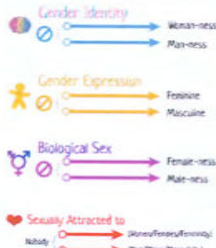
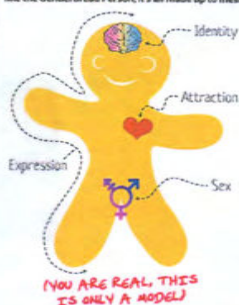
Australian trans artist, Astro Twitch



Artfully Alexa

The Genderbread Person

Gender is one of those things everyone thinks they understand, but like the Genderbread Person, it's all made up to mess with your head



WORK IN PROGRESS

#satiria

as pronounced metrosexual

These are made up. Dress & act as you like. You can call yourself whatever you like, but no-one else ever has to do anything more than be polite about your "identity"

This is real. You are male, or female (or some of you may be intersex). This does not change with your "identity". It's never anything to be ashamed of or worried about.

This is who you oggle at the beach. Don't be ashamed of your sexuality - it's part of who you are.



Tyler Feder



Pinterest art



"My feminism playlist"

"Rise Up" - Andra Day
"Woman" - Kesha
"The Future is Female" - Madame Gandhi
"Ain't Your Mama" - Jennifer Lopez
"PYNK" - Janelle Monae
"Hijabi" - Mona Haydar
"Tears Dry on Their Own" - Amy Winehouse
"Run the World" - Beyonce
"I'm Every Woman" - Chaka Khan
"Truth Hurts" - Lizzo
"Respect" - Aretha Franklin
"Pussy Is God" - King Princess
"God is a Woman" - Ariana Grande
"Man! I Feel Like a Woman" - Shania Twain
"Big Girls Don't Cry" - Fergie
"Girls Just Wanna Have Fun" - Cyndi Lauper
AND MORE!!! (email or dm us with suggestions)

find us on Spotify
@ Pocket Guide to feminism!

Our Feminist "Sheroes":

Marsha P. Johnson
Shirley Chisholm
Hillary Clinton
Michelle Obama
Barack Obama
Gloria Steinem
Tarana Burke
Chimamanda Ngozi Adichie
Maya Angelou
Beyoncé
Emma Watson
Justice Ruth Bader Ginsburg

Justice Sandra Day O'Connor
Malala Yousafzai
Angela Davis
Elizabeth Warren
Susan B Anthony
Marjory Stoneman Douglas
Sojourner Truth
Captain Beverly Bass
Katherine Johnson
Hedwig Kohn
Anna Julia Cooper
Kimberle Crenshaw

Personal Essays by The Authors

"Feminism as an Intersectional Issue"

By Maddie Hartog

Feminism has challenged me; it has also shaped me. The Women's March organization epitomizes this for me -- it both inspires me and pushes me. I feel empowered by much of the work that they partake in. Standing up for my beliefs, marching for the rights of all people, and unity are principles that this organization are founded on; principles that I believe in greatly.

As a progressive Jewish woman, when I originally heard the words of Linda Sarsour, I was conflicted. She believed in many aspects of the Boycott, Divestment and Sanctions movement. Something that contradicted my originally positive opinions of this organization. How did I choose to stand with an organization whose leaders said these things? Where do my priorities lie? Israel? Feminism? These were just a few, of the many questions, that I asked myself when hearing Sarsour's anti-Israel rhetoric for the first time. The Israeli Palestinian conflict is complex. It is not an issue that I have a defined opinion on, I am very conflicted on many levels. Although I often disagree with the Israeli government's actions, I do not believe that Israel is completely to blame. I am also against the Boycott, Divestment, and Sanctions movement that Linda Sarsour strongly supports.

When discussing the intersectionality of my Judaism and my feminism, I find a place where there are many similarities and differences. One of the most influential organizations that has inspired my ideas and beliefs, also supports a leader that I disagree with in many respects. My feminism, and belief that all people are deserving of the same right, has helped me push back against all that I find confusing and corrupt with the March.

This year, I chose to partake in the National Women's March for the third year in a row. This choice was one I made with great difficulty; however, I made the choice that no matter what word we are living in, all the injustices and inequality, I would stand up for my beliefs. I marched with and stand with much confusion, but overall, a great sense in pride in my beliefs in both Israel and my intersectional feminism.

"Dissecting Feminist Ideas"

By Rachel Gorman-Cooper

Because I am a lesbian, I constantly walk the tightrope between "lipstick lesbian" and "butch lesbian." Do I identify more strongly with conventionally feminine features or with more masculine features? The answer is both.

Feminism has taught me that femininity and masculinity intersect. I have reduced both terms to a series of colors, textures, and schemas. A dress is a piece of fabric, shaped a certain way. A lip gloss is a pop of color, sometimes used to moisturize.

By furthering my dissection of femininity and masculinity, I found that many points of criticism are arbitrary. When men cry, they are not weak. They are producing tears and expressing emotional tension. It's chemical, primitive, not something to avoid at all costs. I also found that as a Jew, male power is just a word, not a reality. The matriarchs whom I look up to are just as powerfully depicted as the patriarchs. Miriam, Lilith, and Dinah have laid the foundation for me to break the glass ceiling. Everyday I picture this visceral image, and I help my peers act on their desires to break free from oppression.

Feminism bleeds through every issue no matter how small. By learning about why all genders are created equal, I've discovered that I, a lesbian, can be a mixture of femininity and masculinity. I have discovered that boys cry too. I have discovered that gender is a helpful guideline, but not an absolute. In fact, nothing is.

From the Friends of Glory Mayreis:

Portrait series "Monarchs"

By Julia Farley



find her on
instagram
@crownjulz_

In the Night We Come Alive
By Carrie Aubin

the clock strikes at midnight; the witching hour.
we race toward the wood
reckless abandon on full display.
clothing unnecessary, we arrive the way that She
delivered us.
we dance and sing in the moonlight, letting Her
pale yellow pigment bathe our bare skin.
we sin with delight; praising Her for our feminine
alliance.
wicked flames flicker back and forth in our pit
full of fire;
sparks dance upwards towards Her glowing face.
by day we are forced to hide away, but in the night
we come alive!

sisters, hear our call, gather here on this night!
rejoice, for under light of Her moon we are free!
free to celebrate, free to practice our prayers, free
to be!
they want to see us burn in Hell, so we'll spark the
fire.
they want us to drown, so we'll wait for them in
the shallows.
they want us hanged, so let us climb the hanging
tree with nooses 'round our necks!

for we know nothing is stronger than our dark
sisterhood,
blood beyond death.
we must gather our strength during their time of
rest, join hands and cast a spell.
by morn the battle will at long last be over--a
dark victory.
join hands and chant, sisters,
"in the night we come alive

STRONGER
TOGETHER

Teach
girls to be
somebodies
instead of
somebody's

YES, I AM
A FEMINIST.



STRONG

NO, I DON'T
HATE MEN.

ANYTHING
I CAN DO,
YOU CAN
DO, TOO.

Empowered
Women
Empower
Women

WE HAVE
THE RIGHT
TO BE
HEARD

COURAGE
ABOVE
FEAR

WE
ARE IN
THIS
TOGETHER

Do not ever let anyone
make you feel like you don't matter.
or like you don't have a place in our
American story—because you do.
And you have a right to be
exactly who you are.

—MICHELLE OBAMA



Four Ways you can activate your inner feminist:

★ Take Space, Make Space

If you have privilege in any sector of your identity, be cognizant of it. Take space to act on issues that you personally relate to, but make space for people of other identities to cover issues that directly affect them. For instance, as a white woman, I listen to people of color when they talk about their own struggle. However, when it comes to Judaism, I speak up on behalf of my own community.

★ Converse

Educate your peers. Correct the things that they say, and enhance to their conversations.

★ Apologize Less

Women apologize a lot, especially to men- when asking a question, walking past them, or stalling when they hold a door. Even if it is subconscious, we seek approval of men in our everyday lives. Simply being aware of this fact and changing it can increase your confidence as a person and as an activist.

★ Diversify your friend group

Just starting there can have a butterfly effect, pushing people of all backgrounds to feel welcome in positions of power.

Conclusion:

Thank you so much for reading our zine, and welcome to your feminist journey! Our goal from the get-go has been to make feminism digestible and accessible to all people. We hope that you have learned at least one valuable thing about *what feminism means to you*. Refer to page one for your task, and share this zine with a friend of your choice.





soirart.tumblr

FOR ALL WORKING

This zine was produced as part of the
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UNION *for*
REFORM
JUDAISM



Moving
Traditions