



# This Little Book Is For You



# Table of Contents

## POWER AND PATRIARCHY

10 WORDS TO KNOW ABOUT POWER,  
PATRIARCHY, AND VIOLENCE

P. 2-3

FEMINISMS AND  
INTERSECTIONALITY  
FEMINISM [QUESTION MARK]? WAIT,  
THERE'S MORE THAN ONE?

P. 4-8

OPPRESSIONS  
INTERNALIZING POWER INEQUALITIES

P. 9-11

RECLAIMED WORDS  
A LETTER TO MY BROTHER

P. 12

SEX AND GENDER  
OF COURSE WE'RE DISCUSSING  
THESE CONSTRUCTS

P. 13

SEXUALITY AND  
GENDER IDENTITY  
MAYBE, PERHAPS, AT LEAST A LITTLE  
BIT QUEER

P. 14-15

PRONOUNS  
WHY ARE PRONOUNS IMPORTANT?

P. 16

RESOURCES  
SO WHAT DO I DO NOW?

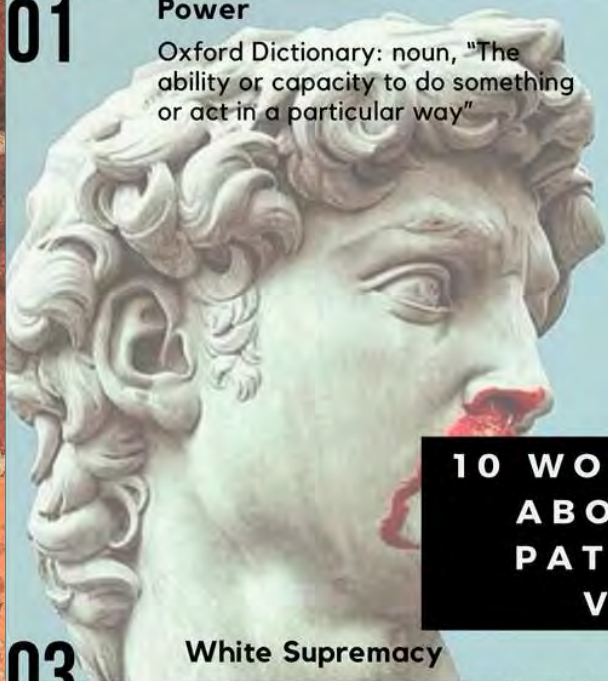
P. 17-18



01

**Power**

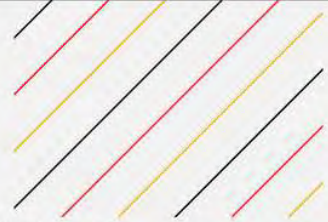
Oxford Dictionary: noun, "The ability or capacity to do something or act in a particular way"



02

**Patriarchy**

Oxford Dictionary: noun, "a system of society or government in which the father or eldest male is head of the family and descent is traced through the male line"



**10 WORDS TO KNOW ABOUT POWER, PATRIARCHY, & VIOLENCE**

03

**White Supremacy**

Oxford Dictionary : noun, "the belief that white people are superior to those of all other races, especially the black race, and should therefore dominate society"



DAVID IMAGE:

<https://www.pinterest.com/pin/123919427227297573>

04

**Heteronormativity**

Oxford Dictionary: adjective, "Denoting or relating to a world view that promotes heterosexuality as the normal or preferred sexual orientation"





05

### Male Gaze

Oxford Dictionary: noun, "The perspective of a notionally typical heterosexual man considered as embodied in the audience or intended audience for films and other visual media, characterized by a tendency to objectify or sexualize women"

07

### Eurocentric

Merriam-Webster: adjective, "centered on Europe or the Europeans"

"Especially reflecting a tendency to interpret the world in terms of European or Anglo-American values and experiences"

09

### Appropriate

Oxford Dictionary: verb, "Take (something) for one's own use, typically without the owner's permission"

06

### Androcentric

Merriam-Webster: adjective, "dominated by or emphasizing masculine interests or a masculine point of view"

Man is the standard and the normal, all that deviates from this is the 'other'

08

### Microaggression

Oxford Dictionary: noun, "A statement, action, or incident regarded as an indirect, subtle, or unintentional discrimination against members of a marginalized group such as a racial or ethnic minority"

10

### Other-izing

Oxford Dictionary: verb, "view or treat (a person or group of people) as intrinsically different from and alien to oneself"





# Feminism Question Mark?

## HEGEMONIC FEMINISMS

IGNORES THAT THE POWER OF THE STATE IS ENACTED THROUGH SOCIAL INSTITUTIONS AND OUR COMPLIANCE WITH THEM. MAINSTREAM, MIDDLE CLASS FEMINISM, HOLDS ASSIMILATIONIST VALUES

**LIBERAL FEMINISM: FOCUSES ON INDIVIDUAL RIGHTS WITHIN THE EXISTING POLITICAL SYSTEM AND CENTERS "EQUALITY WITH MEN".**

**CORPORATE FEMINISM: ASSERTS THAT WOMEN'S ISSUES WILL BE SOLVED BY WOMEN'S ASSIMILATION INTO MALE-DOMINATED CORPORATE SPACES.**

**ELECTORAL FEMINISM: ASSERTS WOMEN'S ISSUES WILL BE SOLVED THROUGH POLITICAL REPRESENTATION AND THAT VOTING FOR WOMEN IS THE SOLUTION TO GENDER INEQUALITY.**





## **ANTI-CARCERAL FEMINISM:**

OPPOSES MAINSTREAM FEMINIST RELIANCE ON THE CARCERAL SYSTEM AS A METHOD OF RESISTING PATRIARCHY.

## **SOCIALIST FEMINISM:**

ASSERTS THAT CLASS AND GENDER ARE CONSTRUCTED IN RELATION TO EACH OTHER AND THAT CAPITALISM INHERENTLY HARMS WOMEN

## **SEPARATIST FEMINISM:**

PUSHES FOR WOMEN-ONLY SPACES AND LIFESTYLES AS A METHOD FOR ESCAPING OPPRESSION FROM MEN

## **RADICAL FEMINISM:**

SEEKS TO CHANGE THE ROOT STRUCTURAL AND HISTORICAL CAUSES OF PATRIARCHY



**INTERSECTIONAL FEMINISM:** a stance which asserts that various forms of oppression exist and intersect, making the experiences of people who experience more than one form of oppression at a time *qualitatively* different than experiencing only one form. A legal theory, framework, and lens proposed by Kimberlé Crenshaw

**BLACK FEMINISM:** also known as Womanism, a term coined by author Alice Walker, holds that patriarchy cannot be fully or accurately addressed without also seeking to undo all other forms of oppression

**MULTIRACIAL FEMINISM:** feminism which takes on an international and intersectional perspective, centers solidarity with women of the Global South, and coalition building

**TRANS FEMINISM:** approach to feminism informed by trans politics, understands that oppression of trans women is caused by patriarchy, seeks to propose new ways of theorizing and understanding both the gender binary and also alternative sex-gender systems



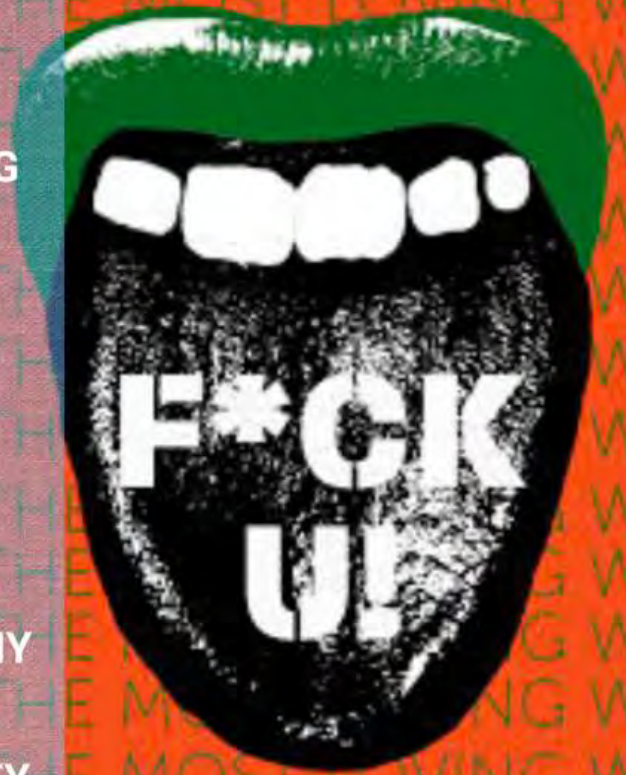


# INTERSECTIONALITY

A LEGAL THEORY, FRAMEWORK, AND LENS COINED BY KIMBERLÉ CRENSHAW IN 1989 WHICH ASSERTS THAT VARIOUS FORMS OF OPPRESSION EXIST AND INTERSECT, MAKING THE EXPERIENCES OF PEOPLE WHO ARE AFFECTED BY MORE THAN ONE FORM OF OPPRESSION AT A TIME QUALITATIVELY DIFFERENT THAN THE EXPERIENCES OF PEOPLE WHO ARE AFFECTED BY JUST ONE.

NAMELY, THE EXPERIENCES OF WOMEN OF COLOR ARE THE PRODUCT OF THE INTERSECTING PATTERNS OF RACISM AND SEXISM. INTERSECTIONALITY SEEKS TO UNCOVER WHITE SUPREMACIST-PATRIARCHY AS ONE SINGLE ENTITY.

INCLUDES: STRUCTURAL INTERSECTIONALITY, POLITICAL INTERSECTIONALITY, AND REPRESENTATIONAL INTERSECTIONALITY





NO  
MORE  
PRISONS.  
NO  
MORE  
BORDERS.  
NO  
MORE  
WALLS.

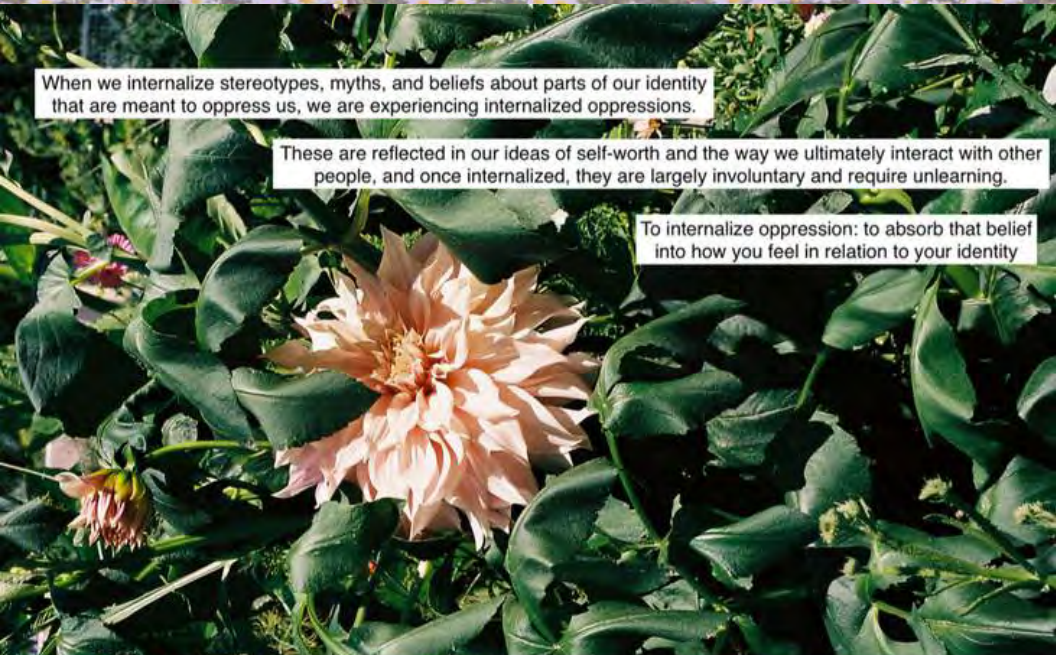



## REPRODUCTIVE JUSTICE = SOCIAL JUSTICE + REPRODUCTIVE RIGHTS

“The human right to maintain personal bodily autonomy, have children, not have children, and parent the children we have in safe and sustainable communities,” according to SisterSong Women of Color Reproductive Justice Collective

- **A HUMAN RIGHT. RJ IS BASED ON THE UNITED NATIONS' INTERNATIONALLY-ACCEPTED UNIVERSAL DECLARATION OF HUMAN RIGHTS**
- **ABOUT ACCESS, NOT CHOICE. MAINSTREAM MOVEMENTS HAVE FOCUSED ON KEEPING ABORTION LEGAL AS AN INDIVIDUAL CHOICE. THAT IS NECESSARY, BUT NOT ENOUGH. THERE IS NO CHOICE WHERE THERE IS NO ACCESS**
- **NOT JUST ABOUT ABORTION. ABORTION ACCESS IS CRITICAL, AND WOMEN OF COLOR AND OTHER MARGINALIZED WOMEN ALSO OFTEN HAVE DIFFICULTY ACCESSING OTHER CRITICAL HEALTHCARE NEEDS**






When we internalize stereotypes, myths, and beliefs about parts of our identity that are meant to oppress us, we are experiencing internalized oppressions.

These are reflected in our ideas of self-worth and the way we ultimately interact with other people, and once internalized, they are largely involuntary and require unlearning.

To internalize oppression: to absorb that belief into how you feel in relation to your identity



### Internalized Racism

associated with colorism; privilege/preferential treatment for lighter skinned individuals

eurocentric standards for beauty and behavior


affects self esteem, contributes to imposter syndrome

rewards folks for not working to dismantle white supremacy (remaining silent)

believing false and manufactured stereotypes about communities of color

source: <https://www.racialequitytools.org/resourcefiles/bivens.pdf>





## Internalized Homophobia

Instills shame about who we are attracted to

Can be experienced by people of any sexual identity

Makes it hard for people to feel comfortable with their relationship to their sexuality

Can lead us to judging others in the LGBT+ community for their identities if they resist heteronormative ways of presenting oneself



## Internalized Misogyny/Internalized Sexism

believing

- harmful, patriarchal stereotypes that position women as inferior to men
- prescribed notions of acceptable, normative behavior for your gender

judging yourself and others when they deviate from gender norms and resist oppressive ideologies about gender


May look like:

women distancing themselves from feminism

women holding a "boys will be boys" mentality

white women's solidarity with white men across race rather than solidarity with women of color, queer folks, poor folks





### Compulsory Heterosexuality

defaulting to and assuming heterosexuality is what is acceptable and expected in a patriarchal and heteronormative\* society

(\*heteronormativity: defaulting to straight, cis, binaried relationships and sexual relationships as normal, and anything that falls outside of "normal" and heterosexual as abnormal and bad)

### Compulsory Monogamy

defaulting to monogamy (having one partner who is also not seeing anyone else) as the normal and acceptable framework for relationships

other types of relationship frameworks can look like non-monogamy, polyamory, relationship anarchy



Dear Brother,

Don't call me faggot. You mean it as a joke, but you don't know how deep that word cuts. How they scream that at me when I walk down the street holding hands with my girlfriend. "Dyke" "Bitch" "Faggots". It rolls off their tongues with malice. People have no problem calling me a faggot, but when I tell people what I actually am (queer) they refuse to use it. I love the word queer. Not queers, or a queer. No those have the same cutting sound then as faggot. Just queer. Though that word used to be an insult, and people do still use it as one, when I say it it rolls off my tongue with boundless love. It evades definition, and I love that about it. When I say I am queer people don't know if I mean gender queer or sexually queer and ask me my pronouns sometimes after I tell them, and I love that. That word holds power and meaning to me, just like faggot does to some.

My friend has a necklace that has 'faggot' strung across it in those little toy letter beads we had when we were little. When I first saw it, I recoiled. How could someone call themselves a faggot so openly? But then I thought of my word. Queer. And I realized he felt the same power and love using that word for himself that I did with my own. When he wore that necklace he was positively beaming. We both had reclaimed the words that had been used to hurt us.

What I am trying to tell you is that word isn't yours to use, not yours to decide if you can use it as a joke or not against me. It's mine. By taking our words back, people and communities find healing. The power is returned to its rightful owners and we use it to describe ourselves with love and compassion rather than hate. So my request to you is to not call me a faggot. If I want to call myself that I can, because it is mine to take back. Call me queer. And hopefully someday you'll see it with as much love as I do.

I love you endlessly,  
your sister

# Sex and Gender

**Gender:** The set of social and psychological characteristics that a society considers proper for Men and Women.

## Gender and Sex are social constructs.

The categories built by society ultimately come with the need to have gender roles that complement each other. However, gender is much more fluid and a spectrum that surpasses two categories. The norms that differentiate "men" and "women" does not necessarily encapsulate someone's identity or their experiences.

**Sex:** The anatomical and physiological traits we are born with that society uses to differentiate "men" and "women". We use reproductive organs, sex chromosomes and external genitalia to categorize sex. Usually, our sex is assigned at birth and determined by our external genitalia.

**Gender Binary:** The idea that there are only two genders (Man or Woman) and every person is either one or the other.

The characteristics that technically define who we are anatomically are constantly overlapping. For example, hormones don't fall under a binary. People have varying levels of estrogen and testosterone regardless of sex. Overall, the physical and genetic makeup that creates a person is more complicated than the binary that currently exists today. This is why people that are intersex are often left out of conversations.

**Gender Expression:** How one demonstrates their gender through the ways they dress, behave and interact.

**Gender Identity:** How one experiences and defines their own gender. Refer to next section for examples!

**Gender Performance:** Our gender is crafted through repetitive gendered acts such as "women" crossing their legs when they sit vs. how "men" "man-spread" or how "men" wear pants vs. how "women" wear skirts.

This term was created by the Gender Theorist, Judith Butler





So what does  
**QUEER** mean  
 anyway?  
 Defining LGBTQ+



\*\*\*\*Defining queerness or trans\*ness is difficult because it can mean something different to anyone who identifies as such. This is by no means "defining" as much as it is a sneak peek\*\*\*\*

## heteronormative

adj. • het-ero-nor-ma-tive • \hē-tə-rō-nōr-mə-tiv\

of, relating to, or based on the attitude that heterosexuality is the only normal and natural expression of sexuality

You  
 Are  
 Enough

Asexuality = Because we just don't give a fuck

IF sex without love exists,

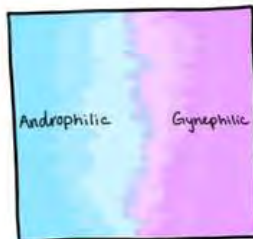
Why can't people understand.

that love without sex exists.

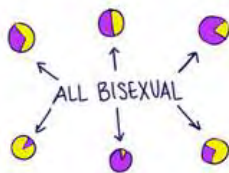


**HOMOSEXUALITY**  
 You don't have to identify as a man or a woman to be lesbian or gay. ♡

**Pansexuality** ♡  
 \*gender is not relevant to attraction\*



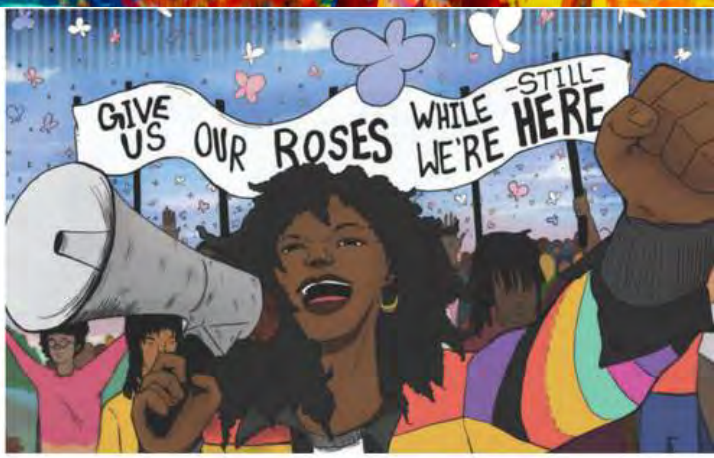
■ Attraction to the same gender    ■ Attraction to not your gender



**QUEER**

When a person classifies themselves as anti-heteronormative.  
 \*Also it means anything you want it to.\*





We Love

TRANS

Non-Binary

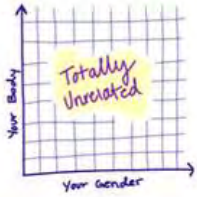
- Black Trans Women
- Disabled Trans Folx
- Non-passing Trans Folx
- Passing Trans Folx
- Two-spirit Folx
- Masculine Trans Women
- Feminine Trans Men
- Masculine Trans Women
- Feminine Trans Men
- Trans Folx wanting to Transition
- Trans Folx who don't want to Transition
- Trans sex workers
- Trans-identifying & Non-Binary
- Non-trans identifying & Non-Binary
- ALL TRANS PEOPLE

My Body Transcends Your Taxonomies



Myth-Busting

- ↳ don't need to use gender-neutral pronouns (NBS can use He/Him or She/Her)
- ↳ don't need to be androgynous (NBS can be feminine or masculine)
- ↳ may or may not identify as trans\*
- ↳ can mean → no gender
  - mix of male/female
  - outside gender binary
  - many/all genders
  - anything they define as such





# Why are pronouns important? \*

- A person's gender expression does not always indicate preferred pronouns \*
- A way to be respectful by using preferred pronouns
- Using a persons preferred pronoun helps by not misgendering
- Acknowledges that there are pronouns beyond the binary (she/him)

**Psst...Folks can use more than one pronoun, or none at all! \***

## Pronouns

she/her/hers

he/him/his

they/them/theirs

ze/zie/hir/hirs

**BTW: These are a few of many pronouns that are used**

### YES!

These pronouns are grammatically correct!  
Let's practice!

She went to the park to meet with her friend, Alex, who was waiting for her by the lake.

They went to the park to meet with their friend, Alex, who was waiting for them by the lake.

Hi. My name is:

My pronouns are:

**Mess up someone's pronouns? \***

Correct yourself and continue the conversation

**Non-Binary, Transgender and Queer folks! There are various gender identities that fall under this! Go to p. 15 to learn more!**

## How to be an ALLY to NBTQ+ folks! \*

- Give space and listen to NGTQ+ folks
- Avoid backhanded comments, for example telling someone you could not tell they were trans just by looking at them
- Support gender neutral bathrooms; everyone has to pee!
- Use gender inclusive language in group settings

**\*Thank you to anonymous for your insight and help!**



# RESOURCES

## **ON CAMPUS INVOLVEMENT**

CENTER FOR INCLUSION & SOCIAL CHANGE - (303)492-0272 - C4C N320

CENTER FOR STUDENT INVOLVEMENT - (303)492-6366 UMC 330

STUDENT GOVERNMENT - (303)492-7473 - UMC 125

VOLUNTEER RESOURCE CENTER - (303)492-4496 - UMC 458

ENVIRONMENTAL CENTER - (303)492-8308

STUDENT ORGANIZATIONS - [BUFFCONNECTDIRECTORY.ORGSYNC.COM](http://BUFFCONNECTDIRECTORY.ORGSYNC.COM)

## **OFF CAMPUS INVOLVEMENT/ ORGANIZATIONS YOU CAN SUPPORT THAT YOU MIGHT NOT HAVE HEARD OF**

CASA DE PAZ - [CASADEPAZCOLORADO.ORG](http://CASADEPAZCOLORADO.ORG)

NATIVE AMERICAN RIGHTS FUND - [NARF.ORG](http://NARF.ORG)

COMMUNITY FOOD SHARE - [COMMUNITYFOODSHARE.ORG](http://COMMUNITYFOODSHARE.ORG)

BOULDER SHELTER FOR THE HOMELESS - [BOULDERSHELTER.ORG](http://BOULDERSHELTER.ORG)

COLORADO IMMIGRANT RIGHTS COALITION - [COLORADOIMMIGRANT.ORG](http://COLORADOIMMIGRANT.ORG)

9TO5 COLORADO - [9TO5.ORG/CHAPTERS/COLORADO/](http://9TO5.ORG/CHAPTERS/COLORADO/)

COLORADO ORGANIZATION FOR LATINA OPPORTUNITY AND REPRODUCTIVE RIGHTS - [COLORLATINA.ORG](http://COLORLATINA.ORG)

SOUL2SOUL SISTERS - [SOUL2SOULSISTERS.ORG](http://SOUL2SOULSISTERS.ORG)

COLORADO CRIMINAL JUSTICE REFORM COALITION - [CCJRC.ORG](http://CCJRC.ORG)

OUTBOULDER - [OUTBOULDER.ORG](http://OUTBOULDER.ORG)

NEW ERA COLORADO - [NEWERACOLORADO.ORG](http://NEWERACOLORADO.ORG)



# RESOURCES

*Continued*

## **ON CAMPUS SUPPORT**

COUNSELING & PSYCHIATRIC SERVICES - (303)492-2277 - C4C N352

OFFICE OF VICTIMS ASSISTANCE - (303)492-8855 - C4C N450

STUDENT SUPPORT & CASE MANAGEMENT - (303)492-7348 - C4C N46

OFFICE OF INSTITUTIONAL EQUITY & COMPLIANCE - COLORADO.EDU/OIEC/

CU NIGHTRIDE - (303)492-SAFE (7233)

DISABILITY SERVICES - (303)492-8671 - C4C N200

GET AN EMERGENCY FOOD BOX - NO QUESTIONS ASKED - WITH YOUR  
BUFF ONE CARD AT PICKUP LOCATIONS:

C4C N352 - C4C N320 - UMC 355 - CASE E380 - UMC 313 - WARDENBURG  
1ST FLOOR - UMC 458 - ASAP WILLVILL

## **OFF CAMPUS SUPPORT**

TRANS LIFELINE PEER SUPPORT HOTLINE - (877)565-8860

THE TREVOR PROJECT - 1(866)488-7386

NATIONAL SUICIDE HOTLINE - (800)273-TALK (8255)

NATIONAL DOMESTIC VIOLENCE HOTLINE - (800)799-7233

SAFEHOUSE PROGRESSIVE ALLIANCE FOR NONVIOLENCE (SPAN) -  
(303)449-8623

MOVING TO END SEXUAL ASSAULT (MESA) - (303)442-7300

COLORADO COALITION AGAINST SEXUAL ASSAULT (CCASE) - (303)322-7273  
- ESPAÑOL (303)329-0031

BOULDER VALLEY WOMEN'S HEALTH CENTER - (303)416-4112





BROUGHT TO  
YOU BY THE  
GENDER JUSTICE  
LEAGUE

FALL 2019

out to  
altho  
al ws  
an Rat  
ne of ye  
somethi  
blackth  
ay.  
watch tic  
night  
ating,  
or all i  
g-plac  
f big-c  
me ye  
rich le  
herwe  
tensio  
n par  
mer  
y w  
ng c  
ond