




*That's Just Like,
the Rules of
Feminist
Therapy*

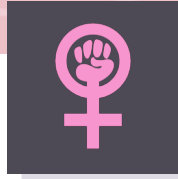
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A woman with brown, wavy hair is shown from the chest up. She is wearing a pink top and a necklace with a small square pendant. Her expression is one of slight confusion or questioning, with her eyebrows slightly furrowed and her mouth slightly open. The background is blurred, showing other people in what appears to be an office or public setting.

I mean that's just like,

WE TEACH GIRLS
THAT THEY CANNOT BE
SEXUAL BEINGS
IN THE WAY THAT
BOYS ARE



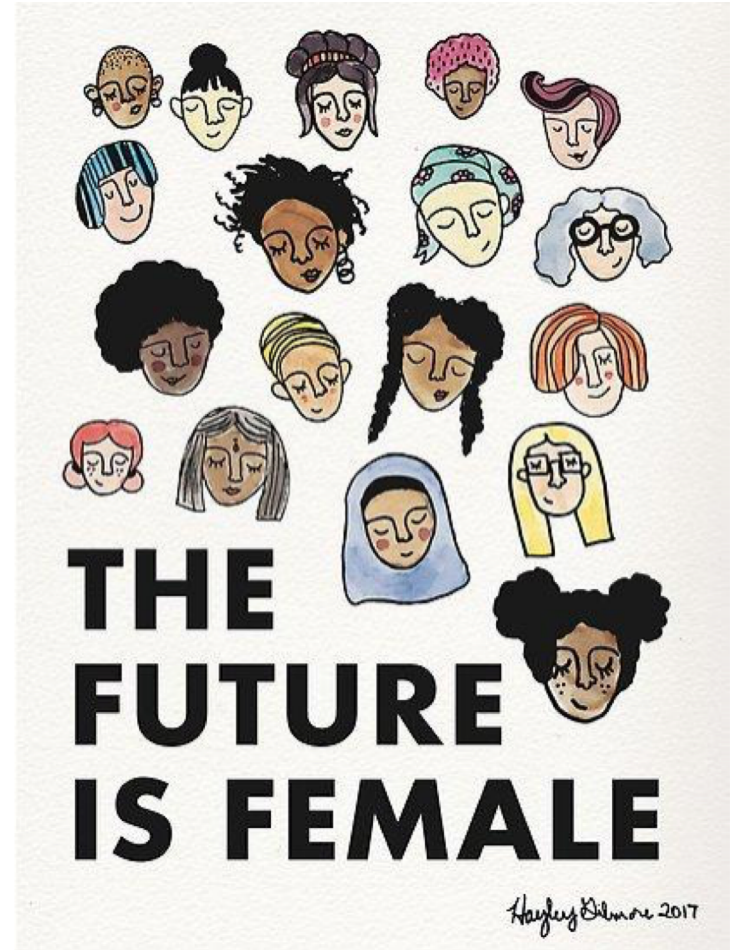


Major Theoretical Principles

Let's get acquainted, shall we?

Major Theoretical Principles

- Sex and gender powerfully affect identity
- Pathology stems from an oppressive culture
- Consciousness-raising is a part of healing and change
- Body image



Power

Types of power:

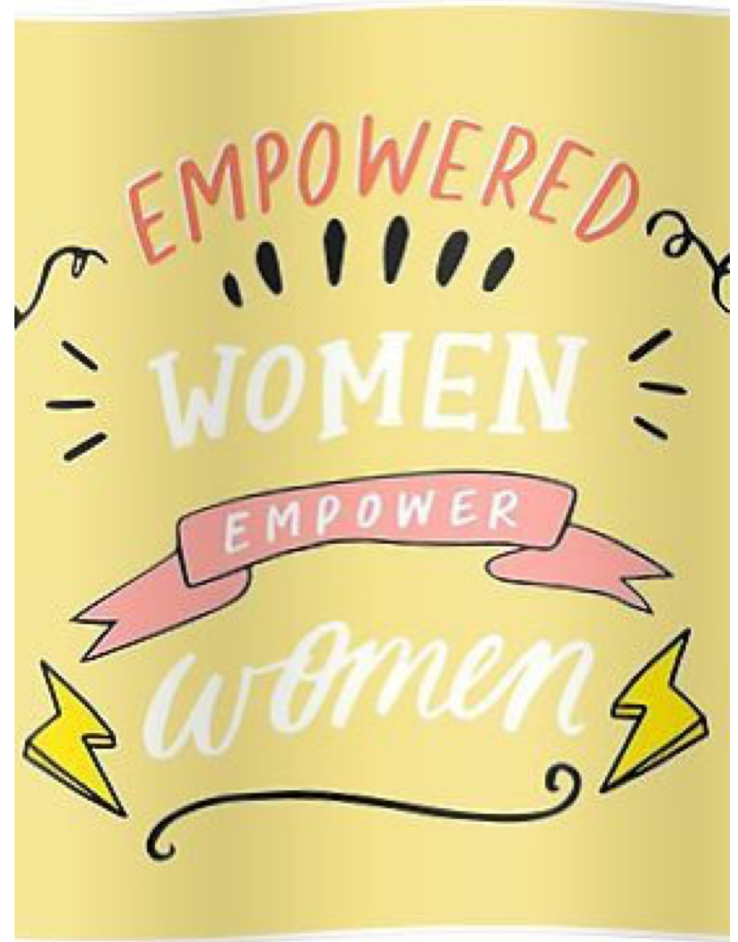
1. Somatic power
2. Intrapersonal/intrapsychic power
3. Interpersonal/social-contextual power
4. Spiritual/existential power



Why do we need feminism in schools?

Our culture is toxic to...

- ▶ Girls
- ▶ Boys
- ▶ Those who challenge the gender binary





Gillette®

GENDER

TERMINOLOGY



GENDER ATTRIBUTION

HOW YOUR GENDER IS PERCEIVED BY OTHERS



SEX ASSIGNED AT BIRTH

WHAT THE MEDICAL COMMUNITY LABELS YOU



GENDER IDENTITY

HOW YOU IDENTIFY (SEE YOURSELF)

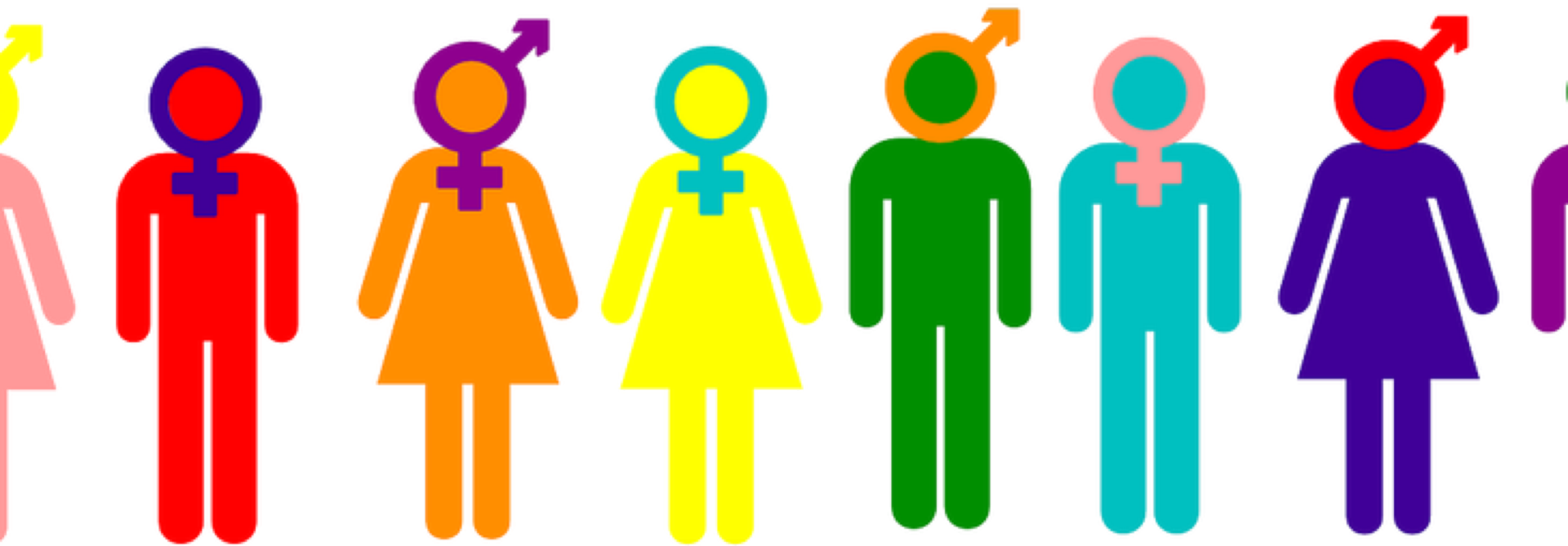


GENDER EXPRESSION

HOW YOU WANT TO DISPLAY YOUR GENDER

"To those
accustomed to privilege,
equality feels like
oppression."

-Anonymous



**IF IT ISN'T
INTERSECTIONAL
IT ISN'T
FEMINISM**

Feminism and Norms

Societal norms

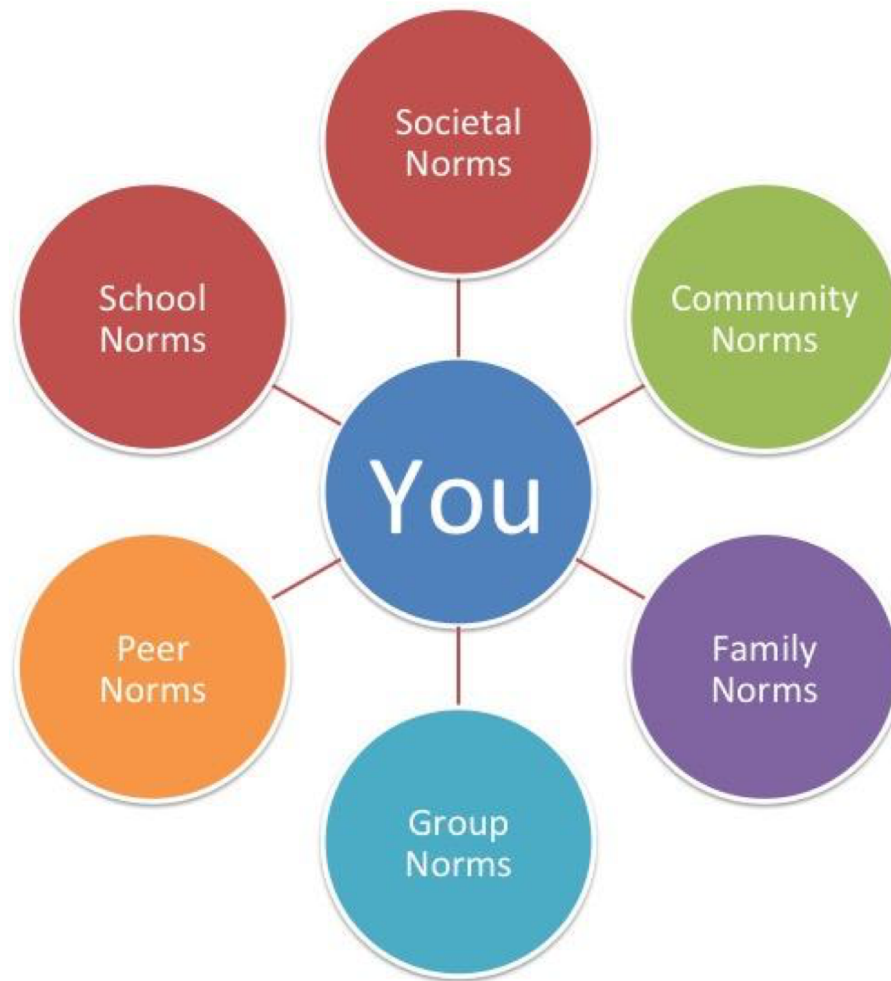
Community norms

Family norms

School norms

Group norms

Peer norms



A solid pink square with a subtle drop shadow, positioned on the left side of the image.

Boy World

A solid pink square with a subtle drop shadow, positioned on the right side of the image.

Girl World

What Does the Boy Code Dictate?

- Tough
- Distrusts adults
- Doesn't do anything "weak" or "sissy"
- Muscular
- Never cries
- Plays sports
- Doesn't talk much
- Doesn't "act like a girl"

How to be a LADY



SAY PLEASE ~~and~~ THANK YOU
HAVE GOOD POSTURE
BE CONSIDERATE OF OTHERS
DRESS ELEGANTLY
ELBOWS OFF THE TABLE ~~AND~~
NAPKIN IN YOUR LAP
BE ARTICULATE &
AVOID GOSSIP
BE A GRACIOUS GUEST
SEND HAND WRITTEN
THANK YOU NOTES
WALK IN FAITH

In Schools...

1

Help students see the patterns and social forces that have diminished their sense of power and control

2

Encouraging students to reclaim power, authority, and direction in their lives

3

Allowing students to experience this shared power in the counseling relationship

4

Honoring and facilitating female ways of being or feminist consciousness



Counseling Relationship

- ▶ Egalitarian Relationship
- ▶ Student is understood in the context of his/her culture
- ▶ Empower student

School Counselor Interventions

- Consciousness raising paired with body based awareness techniques
- Media literacy to combat self-objectification
 - Involve parents and school staff
- Challenge gendered career stereotypes
 - Career role models in nontraditional fields

School Counselor Interventions



Takeaways for School Counselors

- Can be used with any student
- Empowering identities
- Promoting healthy body image and self-esteem
- Gaining independence, personal growth and power
- Allows marginalized voices to be heard
- Increasing hope and confidence

Resources

- **Empowering students** - https://www.mindmatters.edu.au/docs/default-source/learning-module-documents/module_2-4-moduleoverview.pdf
- **Meaningful student involvement** - <https://soundout.org/student-empowerment/>
- **Teaching Tolerance** - <https://www.tolerance.org/>
- **Creating Safe and Welcoming Schools** - <http://www.welcomingschools.org/>
- **Human Rights Campaign** - <https://www.hrc.org/>
- **Gay Straight Alliance** - <https://gsanetwork.org/>
- **Million Women Mentors** - <https://www.millionwomenmentors.com>
- **A Mighty Girl** - <https://www.amightygirl.com>

we can do it!



*A woman without a
man is like a fish
without a bicycle.
-Gloria Steinem*

Thank You!



Any questions?

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