



That's Just Like, the Rules of Feminist Therapy

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I mean that's just like,

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



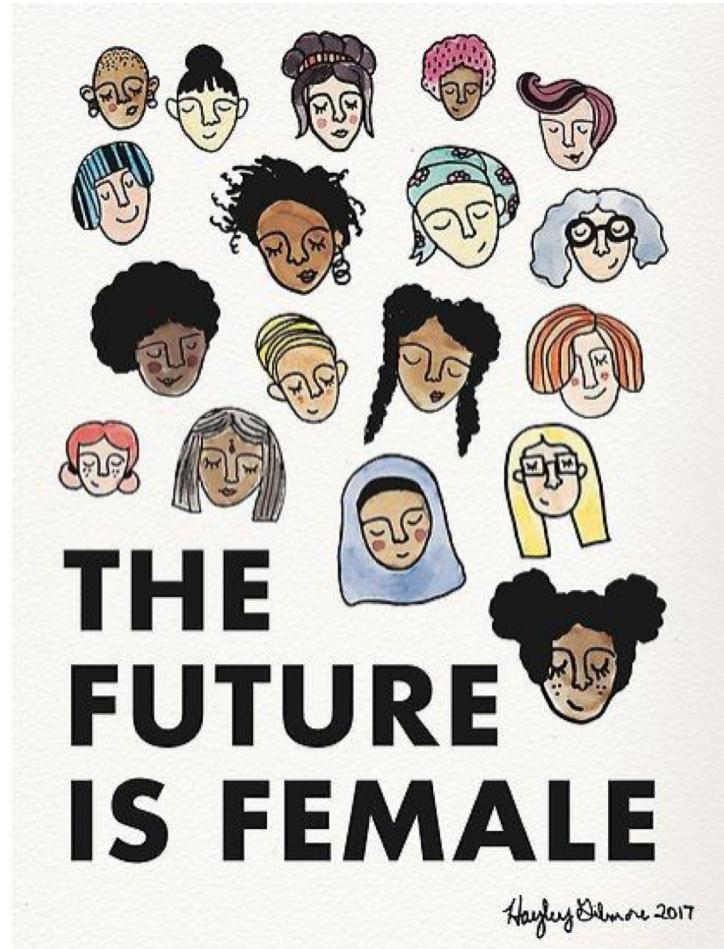


Major Theoretical Principles

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:

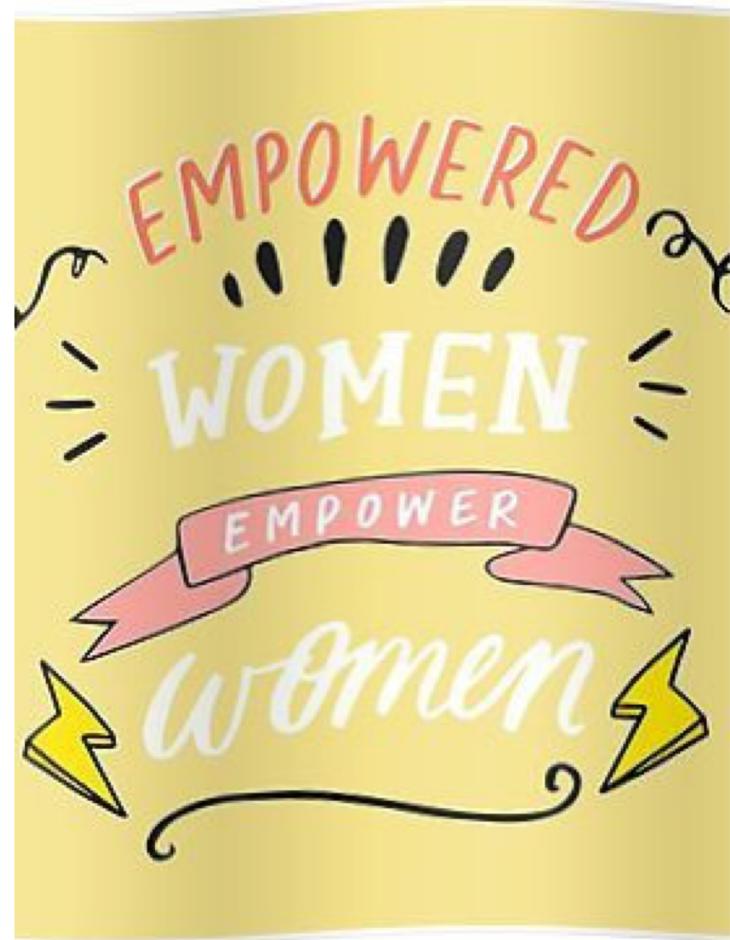
1. Somatic power
2. Intrapersonal/intrapsychic power
3. Interpersonal/social-contextual power
4. Spiritual/existential power



Why do we need feminism in schools?

Our culture is toxic to...

- Girls
- Boys
- Those who challenge the gender binary





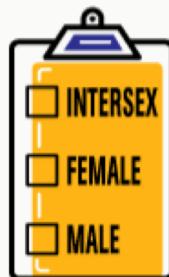
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GENDER TERMINOLOGY



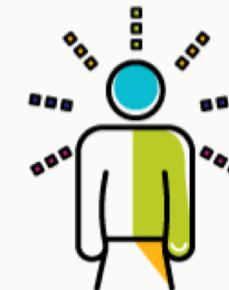
GENDER ATTRIBUTION

HOW YOUR GENDER IS PERCEIVED BY OTHERS



GENDER IDENTITY

HOW YOU IDENTIFY (SEE YOURSELF)



SEX ASSIGNED AT BIRTH

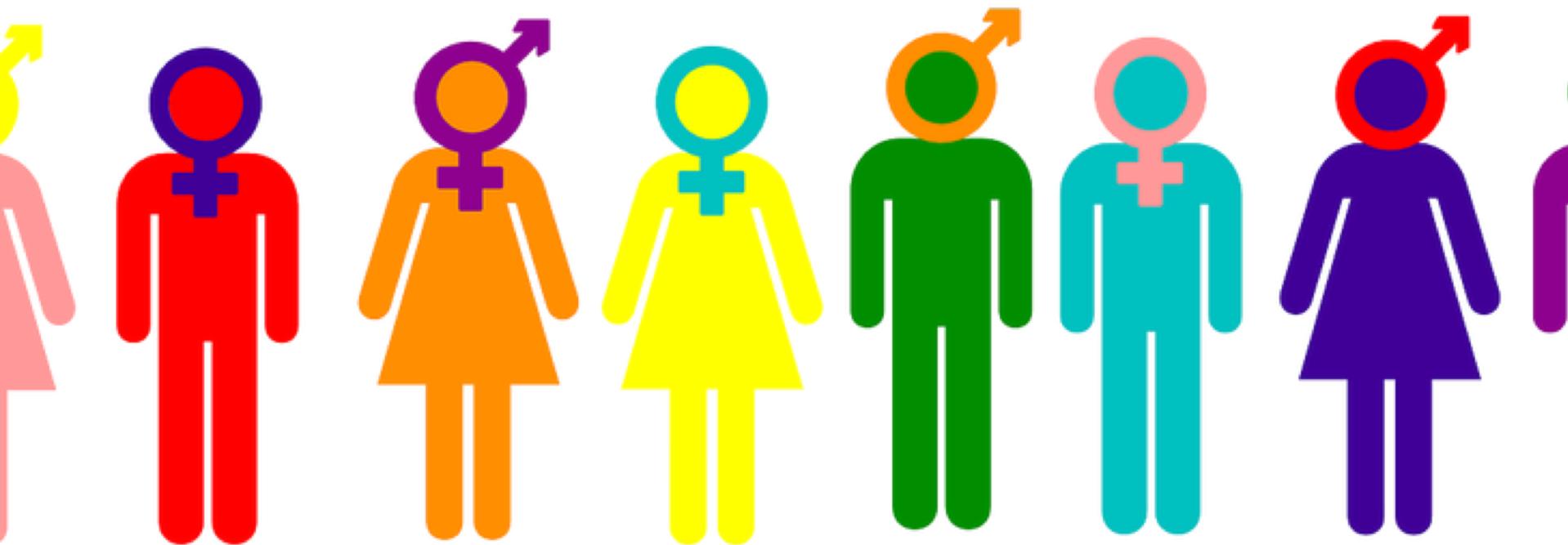
WHAT THE MEDICAL COMMUNITY LABELS YOU

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

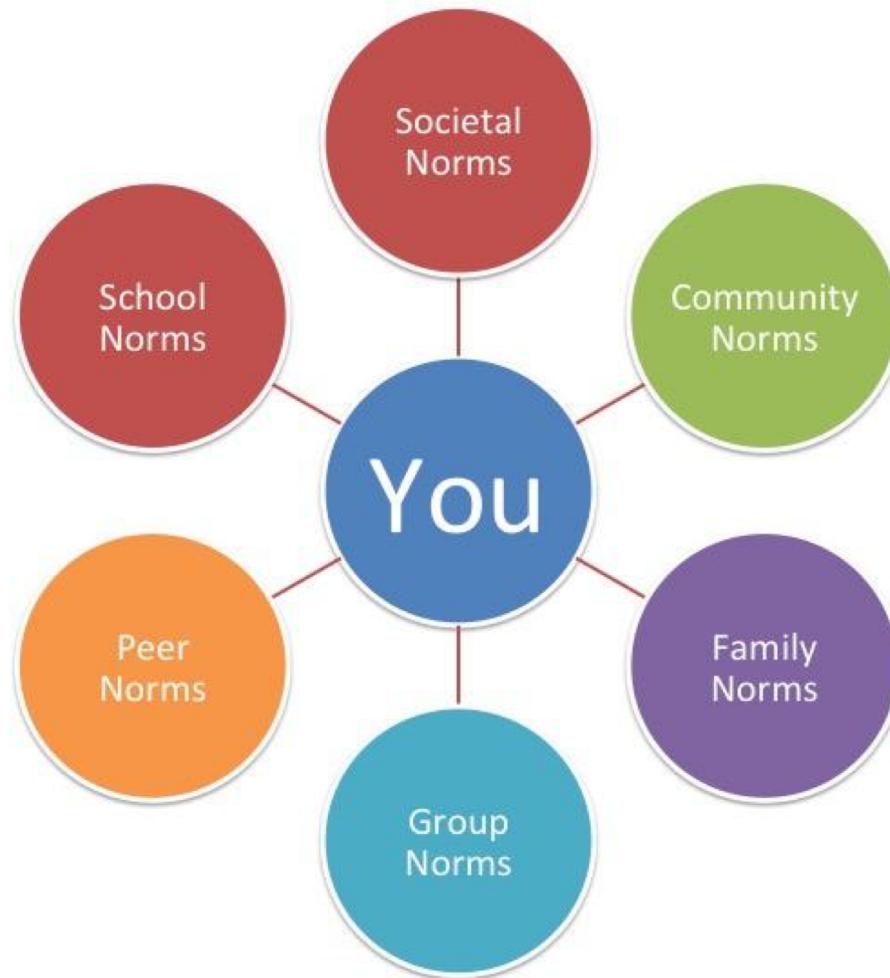
Community norms

Family norms

School norms

Group norms

Peer norms



Boy World

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"



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

A colorful illustration of several stylized human figures of different skin tones and clothing colors (purple, yellow, green, blue, pink, orange) standing on a light pink background. They are holding each other's hands, forming a circle that allows some figures to stand on the shoulders of others, creating a sense of support and lifting. Confetti in various colors (yellow, green, pink, blue) is scattered throughout the scene, suggesting a celebratory or positive atmosphere.

Counseling Relationship

WE RISE
BY LIFTING
OTHERS.

- ▷ 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.ameightygirl.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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References

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