TIPS AND STRATEGIES FOR SUPPORTING WOMEN

According to research, women already do many of these things... how might you continue that effort?

- Pay it forward to a greater extent than men
- Form affinity groups
- Offer job or career advice
- Act as role models
- Open doors for each other
- Provide support beyond the job

Continually Educate yourself:

- Listen to understand and keep an open mind
- Understanding your impact on others with respect to their varied experiences
- Know the collective history of the people and space (colonialism, sexism, discrimination based on language, segregation, systemic oppression etc)
- Understand your and other people’s positions of power in the particular context you are occupying.

How to self-correct?

- Reflect on your language and behaviors
- Pause if you suspect you may be sending a micro-message
- Internally reflect and change your words or actions
- Check with the other person and try to understand their interpretation without getting defensive
- Apologize and change your words or actions
- Remember and commit to avoid the initial language or behavior going forward.

Other ways to support women:

- Mentor someone different from you
- Collaborate with other women/Strategize to amplify voices
- Notice and bring awareness to how you and others take up space, physically, emotionally, and mentally?
- Stand up for other women in meetings and in interactions
- Interrupt racist and sexist language immediately
- Talk to the men in your lives and hold them accountable

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RESOURCES:

Books

Jessica Bennett
Feminist Fight Club

Sonya Renee Taylor
The Body is not an Apology: The Power of Radical Self-Love

Catrice Jackson
The Becky Code
White Spaces Missing Faces
Antagonists, Advocates and Allies

Sara Ahmed
On Being Included: Racism and Diversity in Institutionalized Life
Living a Feminist Life

LaDonna Brave Bull Allard

Maya Angelou
I Know Why the Caged Bird Sings (Random House, 1969)
And Still I Rise (poetry) (Random House, 1978)

Gloria Anzaldúa
This Bridge Called My Back: Writings by Radical Women of Color (co-editor) (Persephone Press, 1981)
Borderlands/La Frontera: The New Mestiza (Aunt Lute Books, 1987)

Grace Lee Boggs
The Next American Revolution: Sustainable Activism for the Twenty-First Century (University of California Press, 2011)

Leslie Bow
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**Beth Brant**
Mohawk Trail (Firebrand Books, 1985)
Testimony from the Faithful (2003)

**Brené Brown**
I Thought It Was Just Me (but It Isn’t) (Gotham Books, 2007)
Braving the Wilderness: The Quest for True Belonging and the Courage to Stand Alone (Random House, 2017)

**Judith Butler**
Gender Trouble: Feminism and the Subversion of Identity (Routledge, 1990)

**Pema Chodron**
Start Where You Are: A Guide to Compassionate Living (Shambhala, 1994)
When Things Fall Apart: Heart Advice for Difficult Times (Shambhala, 1997)

**Patricia Hill Collins**
Black Feminist Thought: Knowledge, Consciousness, and the Politics of Empowerment (Routledge, 1990)
Intersectionality written with Sirma Bilge

**Angela Davis**
Women, Race and Class (Random House, 1981)
Women, Culture and Politics (Vintage Books, 1990)
Freedom Is a Constant Struggle: Ferguson, Palestine, and the Foundations of a Movement (Haymarket, 2016)

**Sarah Deer**
The Beginning and End of Rape: Confronting Sexual Violence in Native America (University of Minnesota Press, 2015)
Roxanne Dunbar-Ortiz
The Great Sioux Nation: Sitting in Judgment on America (Random House, 1977)
An Indigenous Peoples’ History of the United States (Beacon, 2014)

Susan Faludi
Backlash: The Undeclared War Against American Women (Crown, 1991)
Stiffed: The Betrayal of the American Man (William Morrow, 1999)
Sydney Freeland

Roxane Gay
Bad Feminist (HarperCollins, 2014)
Difficult Women (Grove Press, 2017)
Hunger

Stephanie E. Jones-Rogers
They Were Her Property: White Women as Slave Owners in the American South

Crystal Echo Hawk

bell hooks
Feminism Is for Everybody: Passionate Politics (Routledge, 2000)
Writing Beyond Race: Living Theory and Practice (Routledge, 2012)

Dolores Huerta
Dolores (PBS documentary about her life, http://www.pbs.org/independentlens/films/dolores-huerta/)

Mohja Kahf
“My People Are Rising,” Mizna: Prose, Poetry, and Art Exploring Arab America (April 2012)
Hagar Poems (University of Arkansas Press, 2016)

AnaLouise Keating
Women Reading Women Writing (Temple University Press, 1996)
This Bridge We Call Home: Radical Visions for Transformation

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Online Resources/Articles

Everyday Feminism,
The Root,
Bustle,
Women in the World,
United State for Women,
Global Summit for Women,
Huff Post Women,
Women in Media,
Fairygodboss,
New York Minute Mag Badass Women

Black women still need allies in the workplace

The Simple Truth about the Gender Pay Gap - American Association of University Women

Can black women and white women be true friends? - The Washington Post

Walking on Eggshells: Fear of Talking About Differences in the Workplace (Parts 1 and 2)

Asian American Feminists

Videos/Podcasts/Websites

Kimberlé Crenshaw- What is intersectionality?

Kimberlé Crenshaw- The urgency of intersectionality

T. Morgan Dixon and Vaneesa Garrison - The trauma of systematic racism is killing black women. A first step toward change...

Video Series:
MTV Decoded
iHeart Media - Stuff Mom Never Told You

Podcasts:
Battle Tactics for your Sexist Workplace

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The Double Shift: Working mothers

I share more on my social media platforms