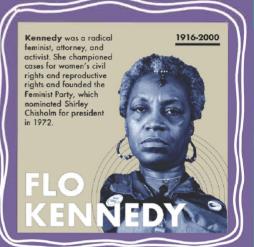
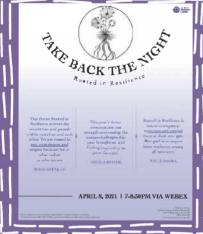
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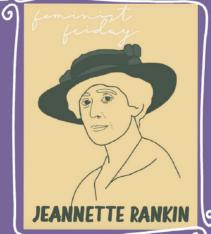
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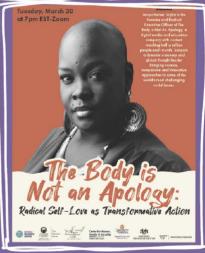




















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# Letter from the Editor

I'd like to keep this short and sweet—mainly because this year's been anything but. This week, I have had so many lasts—my last Women's Center staff meeting, my last college essay, my last time walking through Fairfield Way. This last moment was to take my senior pictures. In them, my friends and I are smiling, made up and perching precariously on heels, almost sinking into our billowing robes. The photos show us together through various parts of campus—the seal, the Jonathan statue, Gampel Pavilion—and yet, we have not truly been together, let alone been near these different campus landmarks, in over a year.

I'm due for my second vaccine in less than a week. I cannot wait for the security it will give me and for the promise of a more hopeful future it provides. I have no idea what this will look like. There's no way to know anything. I generally consider myself a more go-with-the-flow kind of person, but I've had enough. We all have.

There are so many firsts I've had at UConn and through the Women's Center, and it is so very bittersweet to be experiencing all of these lasts in this way. My senior year has been quiet. The landmarks that have defined this last year have been my desk, my couch, and different virtual conferencing platforms. It has been one of the most difficult and challenging years of my life. Because of this, it's been the year that I've grown the most.

Working with the Women's Center has taught me that so much that I aspire to do and be is a lifelong journey. I will never be a perfect feminist, or a perfect writer, or even a perfect Newsletter Editor. There are so many issues that call my attention—Caitlin writes beautifully about the concerning influx of hatred towards Asian Americans, which has been occurring in tandem with all the other issues our society faces. Don't people ever get tired?

The answer is yes. As we spoke to in our last edition, this year has been an exercise in acknowledging our exhaustion, addressing it, and finding the strength to continue working against all the horrible things this world has to offer in order to strengthen and contribute to the good. In one of the most dystopic years imaginable (I'm reluctant to say *the* most—why chance that karma?), the Center has shown myself and others our capacity to adapt, to change, and to grow. Our cover showcases the different events we've held this year, in spite of everything. It is a testament to the commitment and passion of the people I've been so lucky to work with that we've been able to do so much. I firmly believe that the community I'm leaving behind is resilient beyond all imagination.

I never dreamed I'd be able to overcome any of the obstacles this year has thrown at me. Somehow, I'm graduating. I cannot wait to see what the next year holds for myself, the Center, and UConn. I have faith in all of us. In spite of everything—or perhaps, because of everything—I believe it will be extraordinary.

I hope you enjoy this year's last edition of *Voices*. Here's hoping there's never a year like this again.

—Daniella Angulo

# Letter from the Director

A year and one day ago, I wrote the following in our May 2020 newsletter:

"This week marks the 8th week of UConn's telecommuting policy, as well as finals week which is wrapping up the semester's remote education. There are few words to truly encapsulate what this experience has been like. The one thing that seems to hold true is that while we are all experiencing the impact of the pandemic, how we experience that impact holds some similarities and many differences."

We are now in week 60 of working remotely, and in some ways things have seemed frozen in time. I've been back to the Women's Center space twice in the past two months, and it was an eerie experience. All of the calendars and the flyers on the bulletin board outside of the Center are for appointments and events in March of 2020. The 4th floor of the Student Union was empty. And the above statement about how we have been impacted is as true today as it was one year ago.

However, our traditions help to mark the passing of another year. We did mail out those purple and teal graduation cords to both the class of 2020 and of 2021. We recognized our graduating seniors in our last staff meeting of the semester. Although this year there was no dancing, there was again laughter, tears, and lots of affirmations. We knew we would not be able to hold an in person ceremony, so we were able to plan ahead for the virtual gallery to recognize the recipients of the 100 Years of Women Scholarship and the Outstanding Senior Women Academic Achievement Awards, which can be found at https://womenscenter.uconn.edu/2021-outstanding-senior-women-academic-achievement-awards/. As always, we are impressed and humbled by their accomplishments in their disciplines and their service to their communities.

Finally, I want to reiterate my thanks to our student staff and extend it to the full-time staff as well: "I am so proud to be able to work with you all. The ways you have shown up for the Center and for each other during this past year has been inspiring... We are so grateful that you chose to share your time, your talent, and your passion in the service of our community of practice and for the larger project of making UConn a more welcoming and inclusive place." As I said to them, I offer to you—I hope you all have a safe and joyful summer.

—Kathleen Holgerson



# Letter from the Writing Intern

Before college, I thought I received a decent education on racism. It was not until I started taking classes in my current major—women's, gender, and sexuality studies—that I realized how much I did not know. Before, I automatically thought of racism as existing on a white and Black binary. I never thought about the intersectionality of race and gender, or how much discrimination and hate occurs at these intersections. This year has absolutely made the ugliness of white patriarchal supremacy visible. Recently, students and staff have drawn attention to the rapid increase in anti-Asian and Asian American hatred and violence that has occurred during the pandemic. In addition to writing a <u>statement</u> on anti-Asian violence, the Asian American Cultural Center hosted two events this semester to raise campus awareness.

The first event was moderated by Terrence Cheng, the Director of UConn's Stamford Campus, and featured a panel of Asian and Asian American staff and students including Na-Rae Kim, Mike Keo, Glenn Mitoma, Aubrey Tang, and Shaina Selvaraju. They talked about the intersectional violence Asian American women experience and reflected on the murder of six Asian women in the Atlanta mass shootings. Professor Kim talked about Georgia's existing racial diversity, with many Asian refugees having settled in Georgia during the 1980s. The panelists then discussed invisibility, microaggressions, the model minority myth, self-care, and how Asian and Asian Americans can create solidarity with other minorities. This panel event was particularly difficult to attend, as students and staff shared deeply personal experiences. But it would be even more difficult to try to tune any of these out.

The second event hosted by AsACC was "Racism as a Public Health Crisis," with Dr. Esther Choo. She cited many articles and statistics that call attention to the health disparities Asian and Asian American communities have experienced during the pandemic. One I was unaware of is that the hospitalization rate for Pacific Islanders in Washington was ten times higher than that white Americans. She also discussed how the "cascade" of disparity starts when people of color are denied treatment by hospitals, which occurs because darker skin decreases the accuracy of pulse oximeters. Pulse oximeters detect blood oxygen levels, and hospitals decide who to send home based on a few point differences in pulse oximetry. Something that struck one of our Violence Against Women Prevention Program students, Julia Carangelo, was how "in clinical studies, trials are never truly diverse." Asians are usually lumped together as one ethnic group in clinical studies, making all ethnic specificity invisible. For Asian communities, and other marginalized groups excluded in these studies, these practices significantly decreases confidence in getting the vaccine.

Events and practices such as these are extremely important for all students and staff to engage with. For one, they educate us on the consequences of institutionalized racism that is not often visible to those outside of the community. Furthermore, they localize a larger societal issue to our campus while centering Asian voices and experiences. As students who seek to be allies, we need to make a consistent effort to tune into what marginalized students say they need from our campus. Although forms of oppression are different in their histories and manifestations, the institutions and social systems that let hate slide by are the same. We can remember this as we create a community of accountability and move towards a vision of gender equity and antiracism.

# Meet Our New Staff!

Even as our new staff introductions are coming at the end of the academic year, we're so very grateful to our new staffers for the work they have done and will continue to do. If you're interested in joining our team, keep an eye JobX and our website!



# RODE BATAILLE, Class of 2021 Violence Against Women Prevention Program (VAWPP) Ambassador

Double major in philosophy and sociology

"A VAWPP Ambassador at the Women's Center facilitates Sexual Assault Awareness not only during the month of April, but throughout everything we do. We collaborate with other organizations and groups that focus on empowering survivors. I applied to work for the Center this semester because I have an intense passion for women's rights and sexual assault survivors. I knew this was the best way to work within the field and to grow as an individual and as an activist. I look forward to continuing to work with the other VAWPP Ambassadors to uplift other women and survivors through conversations, events, and simply by showcasing support."

SARAH FARNEY, Class of 2022

Greeks Against Sexual Assault (GASA) Facilitator

Double major in communication and women's gender and s

Double major in communication and women's, gender, and sexuality studies

"I have been so excited to work at the Women's Center as the new GASA Facilitator! This position allows me to express my passion for feminsim and social justice with my love for the Greek community here at UConn. As a previous GASA member, I know firsthand how important this program is in the Greek community in order to continue to spread awareness about important topics such as intersectionality, consent, and bystander intervention. I hope to continue to make this program great and find new ways to educate my Greek peers!"



# Welcoming Elise Delacruz

Meet Elise Delacruz! Elise joined our team in April as our new Assistant Director/VAWPP Director, and we're so excited to have her on board. We took the liberty of asking her a few getting to know you questions. If you're interested in Elise's work, or would like to learn more about the VAWPP program, please reach out to elise.delacruz@uconn.edu.

# What made you interested in joining the UConn Women's Center?

"I used to work at the Connecticut Alliance to End Sexual Violence, and I actually interacted with the Women's Center a lot. In years past, I've even presented in the VAWPP class. I've only heard great things about the Center, so of course I applied when I saw an opening! I've been doing things like this for a while—I used to be an LGBT advocate at the Women and Family Center in Meriden. This was my first big professional experience. I'd done volunteering at different organizations, then went on to the Alliance as a coordinator."



### What are the responsibilities of your position and what are you most looking forward to about it?

"Currently, I'm the VAWPP Coordinator. Eventually, I'll also work on Greeks Against Sexual Assault and the Men's Project, really focusing on advocacy against gender-based violence through the Center. I'm excited to engage in all the other gender equity projects the Center has going on—that's something I'm looking forward to, as the Center has so many amazing projects going on! I'm a big talker and always have been. I love engaging and talking with people—this is one requirement in whatever position I'm in, and, honestly, why this one was so interesting to me in the first place. I really enjoy working with college students. In my own personal life, I had such transformations when I was in college myself."

# Did you see this path for yourself when you were an undergraduate?

"Oh no—I had a million different ideas of what I wanted to do! At college, I did psychology and planned to be a therapist, but that wasn't a fit. Closer to graduation, I took my remaining classes in Afro diaspora studies. This was when I also began taking more classes in women's, gender, and sexuality studies. I ended up getting my Master's in Pan-African studies; I was convinced I would get a Ph.D. and be a professor—I wanted people to call me Dr. Delacruz! And then I sort of fell into where I'm at. I graduated from Kentucky with my master's at the height of recession. There were no jobs, but one day, my mom ended up seeing an LGBTQIA+ advocate job. This wasn't at all what I thought I'd do, but as I looked at the things I've done, it was all very much in line. Looking back, everything has always come around to this kind of work—I even used to organize screenings of educational documentaries about sexual assault during my undergrad and graduate school. It wasn't part of my plan, but things fall into place!"

# **Graduate Spotlights**

It's with reluctance and a great amount of pride that we say a hearty congratulations to our graduating seniors. Thank you for all of your contributions to the Center—we are so grateful for all of you!

### **DANIELLA ANGULO**, Newsletter Editor

"Hi, I'm Daniella! I'm double majoring in human rights and English with minors in political science and Latino studies. Next year, I plan to teach English in Spain. I've been involved with the Center since my sophomore year, first as a Violence Against Women Prevention Program peer facilitator and now as the Newsletter Editor. Working at the Center has meant so much to me. It's through here that I've learned about and put the values of intersectional feminism in practice, and it's thanks to the lessons that I've learned here that I am confident to go forth in my future advocacy and work to create a safer, more equitable world for everyone. I'm so excited for my next steps and look forward to furthering the work I've done at the Center in my future efforts!"



# ISABEL ALVAREZ-DIAZ, In-Power Co-Facilitator

"Hi, I'm Isabel, and I'm double majoring in human and development family studies and women's, gender, and sexuality studies! I'm the Co-Facilitator for In-Power, our gender inclusive group for victim-survivors. I'll be attending Southern Connecticut State University in the fall, where I'll begin a dual degree program of social work and women's, gender, and sexuality studies (MSW/MA). I'm truly thankful for the time I've spent here at the Center, as it was here where I met a very special friend who unknowingly became the very reason I applied for this graduate program. Through my time at the Center, I was able to work closely with other students who felt just as passionate as I did about many intersecting issues happening on and off campus. I'll cherish this learning experience and be grateful for the leadership skills and restorative practices I've picked up here at the Center."



BRUNA BASSO, Greeks Against Sexual Assault Co-Facilitator

"Hi all! My name is Bruna Basso (she, her, hers), and I am a senior graduating with a major in allied health sciences and a minor in molecular and cell biology. My current position at the Center is the GASA Co-Facilitator. I also represent the UConn Women's Center on the Vice President for Student Affairs (VPSA) Student Leadership Council. I have been involved at the Center since my first year, working with the Violence Against Women Prevention Program, GASA, and the VPSA Student Leadership Council. I can honestly say it has been my favorite part of my UConn experience and the memories that I cherish the most. The Center taught me how to be a perfectly imperfect strong woman and leader; I grew so much over the past four years under the guidance of compassionate, amazing mentors and colleagues. I now move on to my post-graduation plans: attending medical school and hoping to cause positive change along my path."

### **RODE BATAILLE,** VAWPP Ambassador

"Hi everyone, my name is Rode Bataille and I am graduating with a degree in philosophy and sociology with minors in human rights and crime and justice. I am honored to have been a part of the VAWPP Ambassadors team at the Women's Center. The VAWPP team and supervisors were such a great addition to my last semester here, and I am eternally thankful. Post-graduation, I will continue working in UConn's Enrollment, Planning, and Management department. During the fall, I will be balancing full-time work with admissions and graduate school! My time at the Women's Center means more to me than words can say. I was lucky to not only work with Kylie, Ariella, Miranda, and Tania, but I also had the opportunity to attend the VAWPP classes with Alex, Gladi, and Kathleen. I am a better student, woman, and human being because of this class. Thanks to the moon and beyond!"





# BRIELLE BERKOWITZ, Special Projects Coordinator

"Hi! I'm Brielle (she, her, hers). I'm double majoring in global health & anthropology major with a healthcare management and insurance studies minor. I'm the Special Projects Coordinator at the Center. After graduation I will be going to graduate school for my master's of public health with a concentration in global health. During my time at the Center, I have made amazing connections and friendships I will have for the rest of my life. I love the work I have done here, and I am excited for the work that will be done next. My time at the Center has meant a lot to me in terms of my own self-development and my connections with the UConn community. I am so grateful for my community members and having the opportunity to work with these people and the Center. I have learned so much about myself and activist work. I really will miss working here and the great people I work with."

# MIA FLYNN, Marketing Co-Chair

"Hi, I'm Mia! I'm majoring in economics with minors in Spanish and sustainable environmental systems. I hope to teach English in Spain after graduation. Working at the Center has really grounded me throughout my time at UConn. As a committee volunteer my first year, followed by three years on the student staff, the Women's Center has been one of my homes on campus. It helped me feel connected to the complex, ever-changing world outside of our secluded campus, and it has taught me so much about advocacy, taking ownership of your education, and the importance of social justice."





# ABOLI GHATPANDE, Graphic Design Specialist

"Hi! My name is Aboli, and I am currently in the Doctor of Pharmacy program. I also hold a concentration in digital art from my undergraduate degree! I worked as the Center's Graphic Design Specialist. I'm leaving the Center to embark on my last year of pharmacy rotations/clinicals which I'll be completing in Connecticut, New Mexico, and Belize. It has been an absolute privilege and honor to work at the Women's Center and to be a part of a community of passionate change-makers and feminists. My work at the Center has taught me so much, but especially how to take an inclusive approach to design and apply these skills to the broader context of my studies and other positions I hold. I'm so grateful for the past two years and the influence the Center has had on me. I'm excited to share this knowledge with others as I take the next steps in my education!"

# **GRACE MANDY,** Programming Committee Co-Chair

"Hi! I'm Grace, I'm a secondary English education major, and I'm one of the co-chairs for the Programming Committee at the Women's Center! Post-graduation, I have another year at UConn where I'll be working towards my master's. After that, I'm hoping to find a job teaching either middle or high school in CT! I've been with the Center for 4 years; my first year at UConn, I volunteered, and I loved it so much I applied to work there! I got the job, and was lucky enough to be able to work at such an amazing place, with such inspiring people, for my remaining 3 years on campus. During my time here, I've gotten to create a mix of fun, exciting, thought-provoking events that encouraged the UConn community to better understand and engage in the fight for gender equity. Going forward, I hope to bring those ideas to my own classroom and teach my students how to be kind, caring, and compassionate people!"





### RACHEL SANTOSTEFANO, Between Women Facilitator

"I'm Rachel Santostefano and am concentrating in photography in the fine arts program. After graduation, I plan on working full time. At the Women's Center, I work as the facilitator for Between Women. I'm grateful for all of the opportunities I've had to connect with others and support my community."

# ALEX TAYLOR, VAWPP Teaching Assistant

"Hello! I'm Alex (she/her), and I'm double majoring in women's, gender, and sexuality studies and human rights with a minor in English. At the Center, I'm the VAWPP Teaching Assistant. I will be attending the University of Michigan for my master's in educational studies and secondary social studies teacher certification. I'm so excited to bring what I've learned at the Center into my teaching as a middle and high school social studies teacher. I've been extremely grateful to work at the Center this year because it has been a way to be in com munity with people in a year when that has been difficult—and to not just exist in a shared virtual space, but to deepen our commitments to intersectional feminism, grow professionally, and support one another too. (Special shoutout to Team Marcel: 2021 Jeopardy champs)"





### KAMYA TRIVEDI, Programming Committee Co-Chair

"My name is Kamya, and I'm graduating with a major in finance and a minor in political science! For the past two years, I have been a Co-Chair of the Programming Committee at the Women's Center. I've always told everyone that I have one of the best jobs on campus, and I truly mean it! I've learned so much throughout my time here and had the opportunity to work with amazing and qualified people who are just as passionate as I am. I've also been able to connect with wonderful and understanding mentors who have supported me in all my endeavors. After graduation, I'm going to law school. Deciding which one is still a work in progress, but I'm blessed and excited to have the opportunity to pick!"

Congratulations again to all our seniors! In a challenging year, you rose above and beyond. We wish you all a well-earned break, and nothing but the best for what lies ahead!

# WHAT HAVE WE BEEN UP TO?

# **Self Care for Activists**

Audre Lorde once said, "Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare." With this in mind, we at the Women's Center were inspired to host a self-care event for activists this semester. The idea was first brought to us by other staff members who saw it as a great opportunity to build community across campus. We wanted to create a chance for student activists to come together, meet and talk with each other, and practice self-care in a way that would be meaningful to their own lives and work.

There's no doubt we live in a highly charged political climate that has a tendency to leave activists feeling burnt out. Between climate change, the feminist movement, the BLM movement, and so many others, taking care of oneself is usually put on the back burner. The ever-looming threat of racism, sexism, homophobia, and general hate that feels like it has spread like wildfire takes precedence above all else. As violence towards marginalized communities increases, many activists feel that self-care is an unnecessary indulgence. So, the Women's Center wanted to help activists carve out time to relax, heal, and connect with themselves. As we brainstormed, we decided on two important activities to focus on during the event: yoga and journaling.

A staff member of the UConn Recreation Center led our yoga session. For around 15 minutes, we engaged in some mindful, restorative yoga that helped clear the mind and relax the body. Following this, we spent the rest of our time together journaling. Participants had the option to free-write or follow provided prompts. Some of the more popular ones included "How will I know when my work is done? How will I signal that to myself and others?" "In what ways have I felt physically not at my best? Where can I improve?" and "In what ways do I deplete myself and run myself into the ground?" We wanted this journaling session to not just be a way to de-stress (even though this is incredibly important), but also an opportunity for thoughtful reflection on why burnout happens and how to conceptualize healing next steps. Our prompts were deliberately solution oriented, so participants would leave with a sense of purpose. At the end of the session, we encouraged participants to share out what they wrote in an effort to create a community of accountability. We figured if students shared

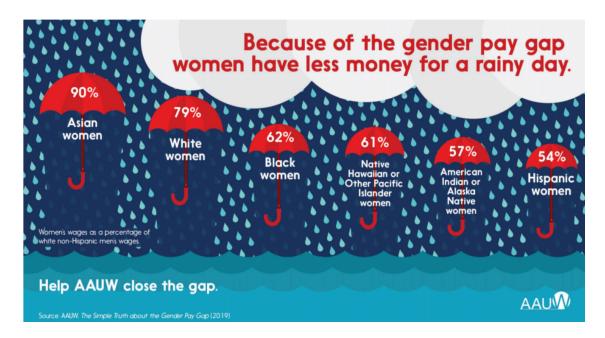
"Caring for march 11th, 7-8pm myself is not self-indulgence, it is selfpreservation, and that is an act of political warfare" Audre Lorde With our current highly charged political climate, it's easy for activists to get burnt out quickly. Come join the women's center for a short, guided Pilates session, followed by some reflective journaling. Engage with a community of activists to meet, talk, and most importantly, take care of yourself!

their reflections and goals, they would be more likely to go forward in their activist work with these goals in mind.

All in all, participants shared how much they enjoyed the event and how helpful it had been to heal and care for themselves. For them, yoga was a great way to nurture both the mind and body. They also found journaling about burnout and brainstorming ways to prevent it especially useful. The Programming Committee was very proud of this event and its impact on the UConn community. So long as any one person is unjustly treated, the work of an activist is never truly finished. We hope to continue providing this event in the future to support our student-activists and encourage their self-care, healing, and growth.

—Brielle Berkowitz and Grace Mandy

# Start Smart Salary Negotiation



(Image courtesy of AAUW)

In March and April, the Women's Center hosted one of our signature programs, the "Start Smart: Salary Negotiation Workshop." As a graduating senior, entering the workforce has definitely been on my mind. Before this workshop, though, I can't say that salary negotiation had. Joining the workforce still seems so abstract to me. Even as my college education has prepared me for a future career, I'm just figuring out my credit score now—there are so many practical matters that I haven't learned about, and I feel like I'm only beginning to catch up. I'm definitely not alone in my lack of financial literacy either. A 2013 study showed that 9 out of 10 college students scored "a C or below on their knowledge of financial literacy." While college has undoubtedly given us so much, financial literacy isn't one of them. I was interested in attending "Start Smart" because of this gap in my knowledge. When I leave school, I want to be as prepared as I can and be able to advocate for myself in new settings. This workshop definitely put me on that path.

Generally speaking, women aren't socialized to be confident in asking for things. The gender wage gap is 82¢ on the dollar, with this differing across race. Over the course of the pandemic, nearly 3 million women in the U.S. have left the workforce, with their absence as wage earners likely to reduce the gender pay gap in 2022 for the wrong reasons (data used to calculate the pay gap reflects a one-year lag). Wage discrimination, occupational segregation, and motherhood penalty already affect women's salaries and influence the wage gap enough—it's essential that women entering the workforce are equipped to assert their worth.

Kathy Fischer, the Associate Director of the Women's Center, began this workshop by asking participants to view this exercise and future salary negotiations as objectively and strategically as possible. We discussed what made us nervous about negotiating. Students shared that they were afraid of being told they didn't deserve the salary they desired or having an overinflated sense of their worth. Other concerns expressed were that

participants wouldn't be able to advocate for themselves, get past their instincts to please others, or be seen as presumptuous. In an uncertain economic climate, students also shared that they were afraid that eagerness to get a job would allow others to exploit them.

In unpacking these, we discussed the double bind that women often experience at work. Being seen as likable is one thing and competent another—women are not expected to be both. Assertive women receive a whole other kind of bias, being labeled as "bossy" or "b\*tchy." Of course, these gendered expectations of working women are wholly false; women must be aware of the cultural expectations at play in their work environments. Kathy shared that participants often reflect on being anxious around things like navigating the double bind and negotiating on account of feeling insecure about their work experiences. Instead of sitting in this insecurity, she encouraged us to take a look at our transferable skills and treat our experiences with the value they deserve. There are always skills to bring to the table—it's a matter of knowing how to identify these for ourselves and articulate how these hold value.

Over the course of the workshop, we engaged in a couple of different exercises that helped us practice our "value speak" for a hypothetical salary negotiation. We played around with thinking about what differentiated us from other candidates, how we have brought value to our previous work experiences, and what skills, accomplishments, and experiences have shown the kinds of contributions we could make in a desired role. We talked these through with one another in breakout rooms. Many participants expressed how these exercises surprised them. They hadn't expected this kind of self-advocacy to be so challenging! We also learned additional things to keep in mind during a salary negotiation, such as identifying a target salary and what to evaluate in a job offer. Ultimately, we learned that salary negotiation and "value speak" are not arguments, but conversations we deserve to have.

If you're interested in participating in a salary negotiation workshop, keep an eye on the Women's Center's fall calendar! This workshop was an experience I'm glad to have had before leaving college. We are our own best advocates—it's time to get comfortable sharing our worth with others.



# **Center Highlights:**

# Canceling Cancel Culture

This March, the Women's Center had the honor of hosting Loretta Ross as our Women's Herstory Month Opening Speaker. Ross is a renowned author and activist who is nationally recognized for her expertise on racial justice, women's rights, and human rights.

Our discussion with Ross specifically focused on the rise of "call out" or "cancel" culture. Although this term holds a broad set of meanings, Nicole Holliday, Assistant Professor of linguistics at the University of Pennsylvania, defines it as "a cultural boycott," or a refusal to put attention, money, or support behind a person or organization because they've done something you don't agree with.



(Image courtesy of Smith College)

The most pervasive force behind the proliferation of cancel culture is social media. Today, celebrities and influencers profit from sharing every second of their lives, revealing how they act and what they say on a daily basis to millions of followers. As soon as any of their actions are deemed "problematic," online mobs that are predominantly led by young teenagers descend on their accounts, threatening to dismantle their reputation and livelihoods.

At the Women's Center, we've extensively discussed our thoughts on cancel culture, concluding that, too often, it doesn't make room for learning and growth. Loretta Ross validated this point of view by sharing insights gleaned from her own history as an activist. Her activism began long before social media embedded itself into everyday life. In her early activism, Ross conducted her work by approaching people with drastically different outlooks and telling her story. Ross recounted hosting

prisoners incarcerated for counts of sexual assault, where she shared her experiences as a survivor of sexual abuse. She explained that while time and energy were needed to invest in their growth, she was able to reach some of these incarcerated men and change their outlook. Had she instead decided to "cancel" the prisoners, this change would never have occurred.

Personally, I think one of the most poignant takeaways from Ross's experiences is the power of storytelling in our activism. Because we live in a world where every little action can be ruthlessly critiqued, I feel as though we've lost our ability to be vulnerable. This contributes to our reluctance to reveal our own struggles and failures. However, as Ross aptly demonstrates through her work, it is precisely this vulnerability that facilitates connection with others and helps alter perspectives. Our ability to share stories and demonstrate understanding has been stolen by the relentlessness of call out culture. The internet has become a place of division and hatred, forcing those with opinions different from the majority to hide out of fear of retaliation.

The most popular question Ross was asked after her talk was if and how we can use social media effectively in our activism. Her answer expressed a pessimistic outlook on social media's use as an activist tool, stating that its nature renders it inherently divisive. While I agree with many of her other viewpoints, I am more hopeful about the potential of the internet.

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At times, this potential has become apparent. For example, the #MeToo movement began by survivors sharing their stories on various social media websites and led to concrete and tangible change globally. The internet provided a platform for survivors to publicize their experiences and created a sense of camaraderie between people who would have otherwise never met.

I think the creation of social media call out culture is not inherently due to the internet's structure, but instead lies in the inexperience of the young people that participate in it. This generation of tweens and teenagers has grown up around the internet and has become used to the instant judgement and gratification that it cultivates. They are themselves terrified of being cancelled by making a mistake on their own social media profiles. I do not believe that abandoning social media as a tool is the most effective way to solve the problems call out culture creates. Instead, we should educate young people about online bullying and help them feel comfortable sharing their own learning experiences in a virtual space. The internet is going to remain a permanent fixture in our lives. Instead of forsaking its potential uses, I believe we should attempt to call in one another, or hold one another accountable in a respectful, private manner. By employing the strategies of those who have previously used the internet for activism and re-evaluating our own relationships with social media, we can all participate in making these virtual spaces a safer and more constructive place for communication.

—Kamya Trivedi



(Image courtesy of OXINOXI via Getty Images)

# New Women Faculty Virtual Gathering

On Thursday, March 25th we hosted a virtual gathering for the new women faculty that have been hired in the past two years. Since we had to cancel last year's luncheon, which was originally scheduled during the early weeks of quarantine, we felt it was especially important to create a space for connection and community for the women new to our community.

For each event, we have a Host Committee consisting of faculty who are on our Advisory Board and/or have been collaborators and supporters over the year. This year's committee included Edna Brown from human development and family sciences, Laura Burton from sport management, Lucy Gilson from management, Andrea Hubbard from pharmacology and toxicology, Mick Powell from women's, gender, and sexuality studies, Leslie Shor from chemical and biomolecular engineering, and Steve Zinn from animal science. We were also joined by Aynsley Diamond from the Center for Excellence in Teaching and Learning.

### Here are some reflections from our host committee:

"This is one of my favorite events of the year—the opportunity to welcome a new cohort of women to the University. I love learning about the diverse backgrounds of the women joining us, their areas of expertise, what they teach, and usually one or two fun facts about each of them. It is easy when we are in our individual schools and colleges to forget what a big and diverse place UConn is—I love getting a little insight into engineering, plant or cell biology, animal sciences, or the dramatic arts. At the same time, for those of us on the committee, this is also a great opportunity to re-connect and catch up. I have to say, some of the members of this committee have become my closest friends at UConn, so seeing them is always a bonus. Lastly, let us not forget that the Women's Center does such important work on campus, so any time we can showcase this to a new audience is a WIN—yes, I am completely biased, but I do love this event." —Lucy Gilson, Associate Dean for Faculty & Outreach (School of Business)

"Having been at UCONN for so many years, I have really come to appreciate the increase and impact of our new and returning women faculty. The breadth of platforms through which networking can occur are true resources for us all—these would include the University Senate, WIMSE, the AAUP, our cultural centers (especially the Women's Center) and scientific groups and departments." —Andrea Hubbard, Associate Professor, School of Pharmacy

"As a long-time faculty member, hired at a time when white males dominated the applicant pool, it gives me pause to see not only the number of new women faculty at UConn, but the diversity and amazing talent pool of these new faculty. Opportunities abound at UConn for leadership and service opportunities (including at the Women's Center) that will expand your impact as a faculty member and your role as a mentor to the next generation of UConn students." —Steven Zinn, Professor and Head of the Department of Animal Science

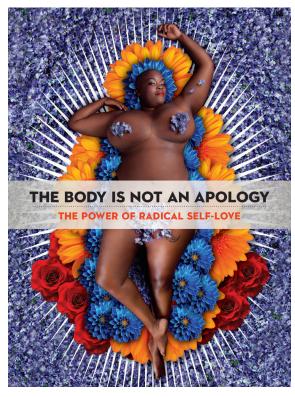
"The New Women's Faculty Luncheon provided necessary and refreshing space for new and continuing faculty to meet, learn, engage, and connect with one another. So grateful for the time carved out by the Women's Center for this important event!" —Mick Powell, APIR in Women's, Gender, and Sexuality Studies

# Center Highlights:

# The Body is Not an Apology

One of the positive outcomes of this most difficult last year has been the opportunity to build relationships and collaborations that may not have otherwise presented themselves. A great example of this was the closing event for Women's Herstory Month, "The Body is Not an Apology: Radical Self-Love as Transformative Action with Sonya Renee Taylor." This event was co-sponsored nationally with the University of Virginia Maxine Platzer Lynn Women's Center, the UMass Dartmouth Center for Women, Gender, & Sexuality, the University of Iowa Women's Resource & Action Center (WRAC), the Georgia College Women's Center, the University of New Mexico Women's Resource Center, and the Virginia Tech Women's Center.

Sonya Renee Taylor is the Founder and Radical Executive Officer of The Body is Not An Apology, a digital media and education company promoting radical self-love and body empowerment as a foundational tool for social justice and global transformation. Not only has this concept become a movement—it is a framework for body positivity grounded in radical self-love and intersectional social justice.



(Image courtesy of Sonya Renee Taylor)

Sonya was dynamic and accessible in her presentation. She made us think and gave us encouragement to embrace the discomfort of changing the lens through which we see ourselves and others. One of the things that stood out to me was when she said, "concepts like self-acceptance and body neutrality are not without value. When you have spent your entire life at war with your body, these models offer a truce. But you can have more than a ceasefire. You can have radical self-love, because you are already radical self-love." Sonya went on to say, "when our personal value is dependent on the lesser value of other bodies, radical self-love is unachievable."

For many, the way we have been socialized does not include a focus on self-love or permission to embrace this concept. We expect perfection—a perfection rooted in judgement of ourselves and others. This does not allow us to develop true empathy and understanding unless we commit to overcoming the biases we're taught. As Sonya says, "when we decide that people's bodies are wrong because we don't understand them, we are trying to avoid the discomfort of divesting from an entire body-shame system."

Sonya was explicit in talking about the body in every aspect, including but not limited to, gender identity, weight/size, disability, mental health, age, and race. She emphasized that ignoring aspects of folx bodies and identities that fall outside of what society deemed as normative is harmful in many ways. Sonya reminded us, "when we say we don't see color, what we are truly saying is, 'I don't want to see the things about you that are different because society has told me they are dangerous or undesirable.' Ignoring difference does not change

society; nor does it change the experiences non-normative bodies must navigate to survive. Rendering difference invisible validates the notion that there are parts of us that should be ignored, hidden, or minimized, leaving in place the unspoken idea that difference is the problem and not our approach to dealing with difference."

There is so much to talk about from her presentation alone. I would encourage everyone to pick up a copy of her book and to also visit her <u>website</u>. I will leave you with one last quote from Sonya to reflect on—"When we liberate ourselves from the expectation that we must have all things figured out, we enter a sanctuary of empathy."

—Kathy Fischer



(Image courtesy of Sonya Renee Taylor)

# Center Highlights: Reflecting on Sexual Assault Awareness Month



As April is Sexual Assault Awareness Month, the Women's Center has been sponsoring a number of events, including a panel discussion on gender-based violence and the annual Take Back the Night. These events raise visibility around sexual assault, harassment, and abuse in order to expand conversations around prevention and faciliate collective healing.

The theme for this year's Take Back the Night, Rooted in Resilience, was created by the Women's Center's VAWPP Ambassadors: Rode Bataille, Kylie Ramia, and Ariela Reiter. Together, they opened this event by sharing what Rooted in Resilience means to them. Rode Bataille says it symbolizes identity and "mirrors the connection and growth within ourselves and each other." Ariela and Kylie shared that the theme "demonstrates our strength overcoming the unique challenges this year brought us," and that their goal is to "inspire inner resilience among all survivors." Their words thus centered this night on the strength and growth we gain through our relationships to ourselves and from belonging to different interdependent collectives.

From there, the VAWPP Ambassadors used an interactive presentation to discuss personal challenges and social issues that have been worsened or brought about by the pandemic. All audience members had the ability to participate anonymously, and we found there were many similarities with what everyone shared. The pandemic has brought challenges to our mental health, making some feel lonely or anxious, and has threatened many individuals' financial stability. This moment allowed the audience to visually see our connections. The Ambassadors contextualized the event in an international landscape, sharing recent statistics and asking attendees why rates of sexual and domestic violence have increased. Other critical questions focused on consent and obstacles to preventing sexual assault. Reflecting on sex education before college, some shared that they felt prepared because of conversations with family and friends, while many others shared that their sex education focused on STD prevention, but not consent, to say nothing of pleasure. The majority thought that the biggest obstacles to preventing sexual assault were victim-blaming and a lack of exposure to consent education.

The Ambassadors then shifted the event to a candlelight vigil ceremony where we took a moment of silence for survivors before the Survivor Speak-Out. Many attendees shared their story either by speaking directly to everyone or sharing anonymously. This event created empathy and solidarity between survivors and allies, showing survivors that UConn has networks of community support that are always available. Although this was the first Take Back the Night I have gone to, I have no doubt that this year's event was equally as valuable and moving as other years, even with the virtual format.

The second major event of Sexual Assault Awareness Month was a panel discussion with Elise Delacruz (Assistant/VAWPP Director), Eva Lefkowitz (Professor and Department Head in UConn's human development and family sciences), and Lindsay Chapman (Co-Facilitator of In-Power). They discussed their work around gender-based violence prevention and bystander intervention. This event was so engaging, and it was empowering to see how advocates are moving conversation about gender-based violence and its prevention forward. A key takeaway for me was that, through both the communities we're from and the education we receive before college, all students enter college with preconceived beliefs around sex and other peoples' identities. As such, it is critical to establish an open and socially conscious collegiate environment, since it is likely we will all come to know someone who is or will be a victim of sexual assault. Our priorities must be in prevention and support.

Both of these events gave us a model of how to approach the problem of sexual assault and gender-based violence. This work can be done within ourselves and with others as we reflect on what has been missing in our own learning, and then seek to expand that knowledge with others, even if the growing pains are uncomfortable. Just as importantly, all of us can practice listening, validating the experiences of others, and giving support and love to survivors everyday.

—Caitlin Rich



(Image courtesy of the Reproductive Health Access Project)

# WHAT ARE WE THINKING ABOUT NOW?

# Mental Health & Student Activism

As a community that works towards social justice, one topic will always be on the agenda: how can we keep from burning out? At the Women's Center, we're actively trying to build healing spaces for our students and activists through our practices and programming (check out our "Self Care for Activists" article!). As part of collective self-care, we can recognize the work that still needs to be done, while also making sure to celebrate accomplishments where they exist.

In early November, President Katsouleas presented the <u>Final Report</u> of the Mental Health Task Force. This task force convened in March 2020 and appointed faculty, staff, and students to represent the many stakeholders in this crisis. Their report addresses the inadequacies of the University's services and includes recommendations for improvement. President Katsouleas promised students that "this is not a report that will remain on shelf," and relayed some efforts currently in the works. This includes a new hire for the Director of Health Equity and Access to Care at Student Health and Wellness (SHaW), who will enact a strategy of culturally competent care and health equity, along with more placements for social workers in Student Affairs.

Throughout UConn's clubs and organizations, students have been continuing their efforts to advocate for better mental health resources. In the fall semester, USG Storrs passed the Mental Care Act. The writer of this act, B Diaz, the founder of the Mental Health Coalition, also participated as a student representative in the Task Force's listening sessions, and is now the President of UConn Collaborative Organizing (UCCO). In 2019, B was also sponsored by the Women's Center and Student Activities to represent UConn at the National Conference for College Women Student Leaders (NCCWSL). The written goals of the act are to create a safe and inclusive environment by extending SHaW resources to all campuses; institute academic reforms to consider mental health disabilities and conditions; create training on emotional intelligence and discriminatory

disclose the fee that goes to Mental Health Services; and divest funds away from the UConn Police Department and towards Counseling and Mental Health Services.

All of these recommendations show our community that mental health should be an explicit priority for all of UConn. Equally important in celebrating this progress is acknowledging the efforts it took to get here. As May is Mental Health Awareness Month, we thought it would be appropriate to highlight student experiences in mental health advocacy. Below, B Diaz tells us more about what it was like to work towards the Mental Care Act.



(Image courtesy of B Diaz)

What have been some of the challenges you and other student activists have experienced in the fight for more comprehensive mental health services?

"Reaching out to the University's administration and getting them to respond. Advocating for these changes can

be very exhausting, and I think that, at the end of the day, it is not our jobs as students to fix the problems with the mental health services provided to us, but to make the University aware of the problem. While students have voiced their concerns about mental health services here at UConn, UConn has continued to put the burden on students, given a select few students a platform to speak on this issue, and expected the student body to solve this problem instead of the university actively engaging in solutions."

### How did you and others stay motivated during this process?

"I believe the reason that I and many students have stayed motivated and active in this fight is because it is our lives on the line. We are fighting for better services that can really change someone's quality of life. This whole time, what personally motivated me was feeling like I couldn't give up even if I wanted to, because I and so many other students were fighting for—and continue to fight for—validation, recognition, and basic care from the University."

### What do you hope will be the impact of the act in the next following years?

"I hope that my act is taken seriously. I am happy to celebrate it being passed through the Undergraduate Student Government, however, I will not allow myself to get comfortable with this. The work has just started. The passing of this act is great, but now it is time for the Undergraduate Student Government and UConn to deliver on what they have promised."

### How do you view self-care for students and activists?

"Self-care for students and activists is extremely important. It is important to recognize that your grades and your work do not define you. Additionally, your 'productivity' does not define your success and progress. I think time management is really important. Managing your time or scheduling breaks in between your day to separate yourself from what you are currently doing can be extremely helpful and relieve your stress. Small breaks, meditation, and allowing yourself to feel your feelings and express yourself may all seem like small things, but these coping skills can be very impactful!"



(Image courtesy of Project HOPE)

# Leadership at the Women's Center

Building a community of practice is the first concept that the Women's Center introduces to new student members. It describes the ideal group dynamic that the Women's Center works to maintain—one that provides a living curriculum to members through a shared language and collective commitment to a feminist vision. Through a community of practice, social values of perfectionism and individualism are challenged by centralizing our interdependence and accepting that mistakes happen as we all grow. Everyone is encouraged to apply what we learn together to other aspects of our lives as burgeoning professionals, current students, and, of course, as flawed humans. After interviewing a few student staff members, we have learned how this philosophy and the values of the Women's Center as a whole impacts the way student staff members view leadership, the opportunities they seek, and the skills they practice.

We have learned there is no one uniform model of a leader. Every student is involved in the community in unique ways. Rode Bataille (VAWPP Ambassador) is a Student Recruiting Specialist at the Lodewick Visitor's Center and an Executive Assistant for the Vice President of the Office of Enrollment, Planning, and Management. Reflecting on her leadership, Rode says she is "more of a behind the scenes individual, where I do my best work working with others on the details for huge projects." Alex Taylor (VAWPP Teaching Assistant) has similarly said that she wants "to lead with others rather than case a spot at the top of a ladder." On campus, she is a Senior Resident Assistant. Off campus, she works as a writing tutor at Second Chance Educational Alliance. Ethan Werstler (Co-Facilitator of the Men's Project) is the Undergraduate Student Government (USG) Vice President, Food Insecurity Coordinator for USG, and a Student Trustee on the Board of Trustees. Although he is a naturally outspoken leader, he says the Women's Center taught him the value of taking space and making space. Instead of talking first, he listens and tries to empower other folx who may take longer to speak.

This is not to say that working at the Women's Center automatically gives one all the answers. Our constant growth is something we work to embrace through our community of practice. The Center encouraged students like Brielle Berkowitz (Special Projects Coordinator) to step out of their comfort zone, and learn to "be comfortable with being uncomfortable and always ask questions." As Alex reflects, "my time at the Center has made me realize I still have a lot of room to improve my leadership skills, but, more importantly, that being a leader doesn't mean you have to have all the answers for everybody." Even as we might make mistakes along the way, our community actively roots for one another through our successes, trials, and errors. By working towards an anti-racist, intersectionally feminist future, we are asking students to challenge their socializations and preconceptions of the world's hierarchies. Dismantling these systems of oppression is a monumental task—it would be impossible to work towards without collective support.

In thinking about how the Women's Center impacts our intentional leadership, some common themes emerge. Through the Center, we commit ourselves to constant growth, with all the difficulties along the way that this entails. For our students, acceptance of the mistakes we are likely to make is key to students feeling empowered to take on this work not only through their involvement with the Center, but their work across campus. Working with the Center has empowered Rode to "be more aware of how men and women take up

space in higher education." Applying gender-analytical frameworks to the spaces we're in becomes easier after working with the Center; thinking about the ways we have been socialized to relate to ourselves and others is in-depth critical thinking that, once turned on, cannot be turned off.

This is evident through students' reflections on how the Center has evolved their leadership. Even as Women's Center students lead in different ways, all prioritize creating change through collaboration with others and their continued self development. When he first entered UConn, Ethan was interested in studying international relations but did not orient himself towards the social justice aspect of this field until getting involved at the Center. Now, he plans on volunteering for the Peace Corps after graduating UConn. Brielle came to UConn interested in biomedical engineering. After witnessing how the socioeconomic disempowerment of indigenous women in Peru has led to disproportionate rates of cervical cancer in this community, she changed her focus to public health. Being involved with the Women's Center since her first year at UConn has empowered her along this path and helped her recognize how "public health work is activist work." Through her work at the Center, she has been able to recognize the importance of "bringing everyone to the table, as everyone's opinions are valuable"—as well as how to challenge who that "everyone" has historically been. For students, the Center has facilitated so many personal changes and new perspectives. Most importantly, however, working at the Center has actively influenced how our students conceptualize their work now and after their undergraduate careers—they are committed to making the world a better place by empowering other people.

# —Daniella Angulo and Caitlin Rich



(Image courtesy of Kuchu Times)

# **Looking Ahead:**

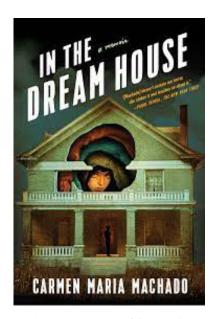
# Recommended Feminist Materials

This summer, learn more about feminism! We asked our student staffers what content inspired their further exploration of anti-racist intersectional feminism, and have compiled their recommendations below.

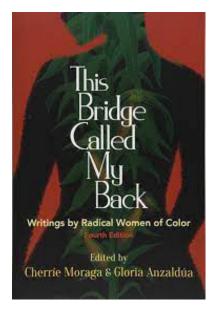
### **BOOKS:**

### In the Dream House, Carmen Maria Machado

A memoir detailing the dissolution of a relationship, Machado's exploration of her relationship unpacks her experience within the context of her queerness, her religion, and cultural psychology. Our Writing Intern, Caitlin Rich, reflects that "this book challenged my ideas about intimate partner violence, as it deconstructed the idea of a relationship between two women being utopian. At the time, I felt I could relate to some of the emotions of the author, like trying to get back to being myself. The time that I read it contributed to its impact."



(Image courtesy of Amazon)



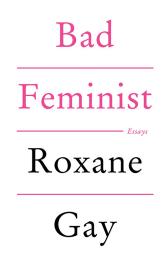
(Image courtesy of Amazon)

### This Bridge Called My Back, Cherríe Moraga and Gloria Anzaldúa

A collection of work compiled by two of the leading voices in Chicana feminism, this anthology is a foundational text of intersectional feminism. As Moraga writes, the anthology explores "the complex confluence of identities—race, class, gender, and sexuality—systemic to women of color oppression and liberation." This book comes recommended by Caitlin Rich and Daniella Angulo. Caitlin writes, "it had amazing work from perspectives and experiences I will never have."

# **Bad Feminist**, Roxane Gay

In her collection of essays, Gay explores what it means to be a Black woman and a flawed feminist by examining our culture and the state of feminism today. Her essays are light-hearted and insightful, making this a great introduction to feminism and its questions for new readers. Our Marketing Co-Chair, Mia Flynn, notes that this collection—and Gay's works in general—was impactful because it showed her how "nobody is perfect, you have to find the right mix of voices—including your own—to represent your feminism." For our Student Administration Assistant, Fatu Sheriff, Gay's work is meaningful because of how she "uses her platform to educate people on feminism and inspire women all over."



(Image courtesy of Roxane Gay)



(Image courtesy of @nikkolas\_smith)

### **MISCELLANEOUS MEDIA:**

# @nikkolas smith, Instagram

A self-described artivist, Smith's <u>work</u> aims to "spark important conversations around social justice in today's world and inspire meaningful change." Caitlin Rich "saw Smith's artwork on Instagram last summer, and it was really impactful because a lot of his artwork is so beautful, but at the same time brings awareness to social injustices/the violence in the United States."

# For Harriet, YouTube and blog

Described as "an online community for women of African ancestry," *For Harriet* seeks to "encourage women, through storytelling and journalism, to engage in candid, revelatory dialogue about the beauty and complexity of Black womanhood." Our Graduate Assistant, Tania Flores, says "this platform centers Black women, and Kimberly does an incredible job of bringing nuance to otherwise static conversations, trends, and cultural phenomenons."

For Dorothy For Shirley For Gwendolyn For Ella 12 Assata For Mahalia For Septima For Wangari 2 For Toni For Celebrating the fullness of black womanhood For Jak For Barbara For Nina For Wilma For E or Claudette For Diana For Alice For Josephine For Hattie For Judith For Billie For Zora For C For Diane For Nikki For Althea For Maya For Pea

(*Image courtesy of For Harriet*)

# On behalf of the Women's Center staff, thank you for reading. Have a restful summer break!