

Sisterhood and an Introduction to Feminism

Week 1 Agenda:

I.) **Introductions** (7:00-7:15)

- A.) Group Introduction – Melissa will give a brief welcome and introduce the group
 - Thanks for signing up for Sisterhood and an Introduction to Feminism
 - We're undergraduates from the U of R. All studying Gender and Women's Studies
 - Course was created 2 years ago by Women's Studies students for the women at Sojourner House
- B.) Group Leader Introductions
 - Who we are (names, etc)
 - Why we wanted to teach this course
 - Whether we've ever taught the course before
 - Why we identify as feminists / why we think it's important / what it means to us
- C.) Introductions of the Women
 - Their names
 - Why they signed up for the course
 - What they'd like to learn from it

II.) **Ground Rules** (7:15-7:25)

- A.) Ground Rules
 - Ask the women to help create a list of ground rules that we will use throughout the course. We will add to the discussion if the women are stuck or we think there's an important one that has not been said.
- 1.) We came up with the following rules (backups):
 - Always use "I" statements and speak for yourself, not the group.
 - Respect others.
 - What's said in the room stays in the room (confidential).
 - One person talks at a time.
 - You can disagree something that is said, but make sure to disagree with what is being said, not who is saying it.
 - This is a safe space. Verbal attacks and bullying are not allowed.

III.) **Sex, Gender, and Sexual Orientation** (7:25-7:40)

- A.) Definitions
 - 1.) Sex- Biological maleness and femaleness
 - 2.) Gender-
 - a.) The behaviors, identity and activities that a society considers appropriate for men and women
 - b.) Feeling like a boy or a girl (or a man or a woman)
 - c.) Being transgender
 - 3.) Sexual Orientation-
 - a.) Who one is attracted to romantically and sexually
 - b.) Identifying as straight, gay, lesbian, or bisexual
- B.) Discussion about differences between sex and gender
 - Create list of "gendered" activities
 - Discuss how gender is societal

IV.) Definitions of feminism and sisterhood

A.) Feminism (bell hooks)- “Feminism is a movement to end sexism, sexist exploitation, and oppression.

B.) Sisterhood- Encourages women to support each other in order to end sexism. Sisterhood recognizes that women (not just men) can be sexist when they are competitive and try to bring each other down. Instead, sisterhood encourages women to reach out to each other and end their own sexist behavior by being nicer to other women.

V.) What is Planned for the Course (7:40-7:45)

A.) In the next couple of weeks we will....

- Look at the representation of sisterhood in the media by watching a clip from a movie
- Share personal experiences/opinions about sisterhood through positive and supportive discussion
- Discuss how the themes of the course affect society today
- Learn to understand and identify gendered issues

VI.) Goals for the Course (7:45-7:55)

A.) What the students goals are (i.e. learning/supporting/sharing?)

B.) If there is anything the students would like to learn about that wasn't mentioned

VII.) Highlights of Everyone's Day (7:55-8:00)

A.) Melissa will transition from the last activity into this one.

- We will go in a circle and talk about the best part of our day