Beyond Vaginas

Respect Everybody!
We hope you enjoyed the performance tonight and were awed by the women on stage. But don’t let this feeling stay in the Chapel. The Vagina Monologues is just one performance and V-day is just one day but sexual violence prevention and body sovereignty is a movement that carries on. This guide provides resources to groups and individuals who continue this mission on campus. We hope these efforts inspire you to get involved, with them or on your own, and use the energy and community created tonight to continue this work throughout the year. We’d like to thank everyone involved in V-day this year, the activists, mentioned by name or not in this guide, and everyone on this campus who continues to remind us that body sovereignty is for everyone and by everyone.
What is your vagina’s name: Rowena
What would it wear: Plaid flannel...need you ask? and mukluks

Why did you want to be involved in the vagina monologues?
Sexual violence is a horrifying and persistent truth that has devastated countless people since the beginning of time. I cannot sit back and do nothing against an evil that I feel personally drawn to fight. I realized that even though I can’t act on stage (I’m a horrible actress), I have other skills that I can use to contribute to the cause. There is action in art, too. I am excited that art—my art—has a role to play in making this a better world for everyone.

I wanted to create a colorful image that felt universal and energetic and expressed our common humanness. The large bodies are meant to be somewhat ambiguous in form, and are posed in celebration of their value and their right to respect. The small bodies that repeat in the background are united in understanding that everyone is a person, with the ability to feel love and pain, and no one should harm another. The sun, moon, heart, tear, and star motifs are representative of common human experiences—the environment and time that we share, as well as emotions that we all have (love, sorrow...). The zig-zag pattern was inspired from various indigenous artworks, because I wanted the mural to seem "folky"—real and of the people. The overall curvature and movement of the entire composition is a celebration of what it feels like to be living.

The piece will be cut apart into fragments that are abstractly shaped. Each fragment will be coded by a "paint-by-number" system and distributed among the community and campus to be colored (probably with paint). Then all the pieces will be collected and re-assembled, like a puzzle. The whole community is involved in its creation, just like everyone can be involved in fighting sexual violence. The act of creating a community mural unites us around a common cause. There is also something powerful about individual pieces which, apart, seem random and unclear, coming together to create a comprehensive and dynamic whole. It’s kind of like our species. Everyone has a role to play in bettering this world.

I hope people will take away a sense that people have connected. And a sense that people have become more aware of themselves and others as valuable individuals sharing the common experience that is LIFE.
The Carleton Policies against sexual misconduct provide one level of expectations for us, but we as students need to take it to the next level. This is a pledge created by students who wanted to take a stand against sexual violence. Sexual assault, rape, and other sexual misconduct is not OK and will not be tolerated here at Carleton, or anywhere.

1. I will establish meaningful consent with a partner before engaging in sexual activity.

2. I will interrupt conversations that promote a culture of sexual violence.

3. I will intervene when I see potentially dangerous situations.

4. I will have the courage to confront my peers when their judgment is impaired.

5. I will support survivors and help to create a survivor supportive environment.

6. I will recognize the power of my voice and my actions to prevent sexual violence.

Would you be happier AFTER than you are right now?

What would you like to do? Don’t be shy!

I would like to ___ please, but only if you would too.

Would you like a taste?

Is this OK? Are you sure?

I LOVE it when you kiss my ears like that, what do you want most right now??

Does this sound like something you want to do?

What do you enjoy the most? (and then you ask if you can do it)

May I help you with that?
The GSC offers resources and support on LGBT, women’s and men’s issues and coordinates campus initiatives to prevent sexual violence. We work with other campus organizations and offices to strengthen and sustain an inclusive campus community that promotes gender equality and awareness and welcomes people of all sexual orientations and gender identities.

The center houses a large collection of books, magazines, and videos related to gender and sexuality. These materials are available for check out. Stop by and browse through our library!

**Groupz**

A group for support and discussion of trans/gender issues at Carleton in a safe space. Weekly meetings discuss gender and plan events on campus. The group also organizes and takes trips to events and presentations in the Cities. It is open to students of all genders. Contact Laura (stonel) for more information.

**CIAO** is an informal, weekly discussion group that looks at issues from an LGBTQA perspective. Some topics include coming out and being out at Carleton and beyond, healthcare in the LGBTQA community, religion, body image, and intersecting identities. Everyone is welcome, whether you are in, out, anywhere in between, or an ally. For winter term 2010, meetings are Mondays at 8:30 pm in Bolio 161. Contact Stephen (gees), Sarah (berlin), or Christina (gehrings).

A discussion and support group for women on campus exploring issues from a female perspective. Part discussion group, part check-in, the group meets Thursdays at 9:30 pm in WA (Berg) House and provides a safe space for women to talk about issues that matter to them. All genders are welcome to the discussion; the check-in is for self-identified women. Contact Allie (schwartz) or Kate (jichey).

SaGA is a group that focuses on promoting awareness of issues of sexuality and gender across campus and beyond. This group deals with issues of sexual orientation, gender identity, LGBTQ discrimination, and more! Meetings consists of community building, talking about issues in our area and relating to the queer community, and making posters for peer education. Look forward to volunteer work and political action! Meetings take place Wednesdays at 8:00 pm in the GSC. Contact stevensm, budnick,
Survivor Support:

The Survivors Support Group is for women who have, believe they have, or are confused about whether they have experienced inappropriate sexual behavior. Regardless of whether the experience happened in the recent past or long ago, you are welcome. To get involved, set up a one-time initial individual appointment with Jennifer who is a Wellness Center psychologist. During that meeting we will discuss your expectations for being in the group, get any of your questions answered, and talk about any fears you might have about being part of such a group. Please contact Jennifer at jgildner to set up your initial appointment. The Survivors Group is not currently meeting but, with expressed interest, will begin again as soon as possible.

The Hope Center

The mission of HOPE Center is to create zero tolerance for sexual and domestic violence through healing, outreach, prevention and education. Through innovative programming, we offer direct support to victims of violence in Rice County, collaborative support to other organizations that serve victims, and educational support to the entire community. Phone HOPE Center at 800-607-2330. It is better to speak with a real person about your immediate situation rather than using e-mail. Trained advocates are available 24 hours a day to help you assess your safety, create a safety plan, decide whether you need to leave your home and obtain information about shelter and counseling services.
CAASTA is a group of students dedicated to supporting and empowering Carlton College students affected by sexual harassment or assault. As advocates, we are available to support Carlton students who have experienced sexual harassment or assault. We are trained in issues surrounding sexual violence and harassment and are present to help students. We are available in a variety of ways; you can call us, email us, direct message us on our website, or leave a message on our voicemail. For more information or to speak to our staff, please call extension 5710.

To commit to living as the sun itself, to shine and shine without regard for recognition or permanence or reward for loving and living and being.
Happy Bodies hosts weekly discussions that seek to create a safe and positive environment to talk about bodies. Our topics range from health and positivity, to discrimination, sexual violence, and power. Happy Bodies seeks to empower Carleton students by holding discussions that seek to break down stigmas we hold about our bodies; encouraging confidence in our bodies and empowering us with knowledge to provide others with the opportunity to feel the same. Check out their blog, or email Becky (canarykb) or Jenny (finkj), for more information.

Carls for Choice is an feminist activist group for anyone interested in furthering reproductive rights for women at Carleton and beyond! We advocate for women’s right to control our bodies in advocating for sex-ed, contraception and the right for women to choose. We also do more direct activism: monthly escorting at a clinic in the Cities, lobbying opportunities and protests, as well as events like speakers. Come and join us and put your feminist views into action!
EVENTS:
Look out for info about an escorting training this February, and if you’d be interest, email budnickb.

I love this type of activism because you can actually see your work pay off, it is ACTION! and we really, really do make a difference. Whether it's getting funding for women to be able to actually have the financial ability to choose whether they want to be pregnant or not, or simply empowering people about safer sex, the work that we do as repro rights activists is so crucial and so real!

-Beth Budnick
AVP can be a wonderful place for exploring identity and discussing experiences with sexual violence, both of which seem to be pretty central to the Vagina Monologues. An AVP workshop is a weekend-long exploration of how violence has impacted our lives, and ways to make nonviolent change. Workshops are held in local prisons, Carleton, and the community. Email gehrings to receive emails about opportunities.

Believing that we can be desirable, that we deserve to be loved, that that guy over there really is flirting should not be a goddamned daily struggle. It should not feel like rolling a boulder up a hill. But it does. So the question is, which boulder are you going to choose to roll? The “must lose weight” boulder or the “fuck you, I will boldy, defiantly accept the body I’ve got and live in it” boulder? It’s backbreaking and frequently demoralizing work either way. But only one way can lead to real sexual power, to real ownership of your body, to real strength and confidence."

Kate Harding, “How do you fuck a fat woman?”

This collaborative, student-facilitated independent study seeks to engage participants in reading and discussions on female sexual health and sexuality. Adapted from a course created at University of California at Berkeley, *FemSex* will explore topics such as history and culture of female sexuality, female sexual anatomy, body image, pleasure, effects of power and privilege on the female body, reproductive health, and the intersections of race, class, sex, and gender. Expect creative homework assignments, sweet field trips, speakers, and discussions. Coming again this spring!

9pm in Stinson
Inspired by the Woman who loved to make vaginas happy?

Make the vagina in your life happy! Visit our nearby progressive adult sex toys and equipment retailer, The Smitten Kitten, located in Uptown, Minneapolis. To plan for an upcoming trip, contact Norma (nnyolffn)

AHA! strives to increase awareness about issues of sexuality in general, with specific focus on how to prevent the spread of HIV and other STIs. AHA! is responsible for condom distribution on campus. We also organize Carleton's team for the Minnesota AIDS Walk every May.

AHA is looking to expand their membership in the near future, and welcomes anyone who is interested in helping make Carleton's campus more aware about STI issues. Currently membership consists of mostly SWAs, who support AHA's mission as part of their job. However, AHA's mission would be greatly supported if more students were involved!!!

Personally, I got involved with AHA because the organization is about more than spreading information and knowledge. While I do not doubt the value or effectiveness of giving people information in order to spread awareness about sexuality and gender, there is definitely value in offering people easy opportunities to live safely and healthfully. Many people view the former (spreading information) as a preliminary step to the latter (changing behavior), but I believe that the reverse process is also possible. Changing a personal behavior and then realizing the positive outcomes and the reasons why such a change was a good idea – this process still reaches the end goal of awareness. AHA makes easy behavior changes possible by selling condoms and lubricants. We are currently making an effort to have our product selection better reflect the preferences, concerns, and needs of our customers.

- Samantha Peterson
Body Positivity is for everyone.
So is Body Sovereignty.

I am the owner of my body. I decide what is done to it and how it is treated.
I have a right to modify or decline to modify my body in order to best express myself.
My moral value is independent of my weight or appearance.
My body is an instrument, not an ornament.
I will eat what I want.
I will not allow anyone to shame my body or my self, or the body and selves of others.
My body deserves pleasure.
I have the right to know and define my body.
I will recognize that the bodies I’m attracted to aren’t the only attractive bodies.
Every body has a claim to beauty.
I will affirm and support the personhood of others.
I will never apologize for my weight or how my body looks.
I will recognize the privileges my body has.
I will celebrate the abilities of my body, even if they are different from others.
My body is a part of my self and my being. I will treat it and nurture it as such.
Pretty women wonder where
my secret lies.
I'm not cute or built to suit a
fashion model's size.
But when I start to tell them,
They think I'm telling lies.
Say,
it's in the reach of my arms
The span of my hips
The stride of my step
The curl of my lips
I am a woman
Phenomenally
Phenomenal woman.
That's me.
~ Maya Angelou