

Day 1
Module 2

Gloucestershire Rape & Sexual Abuse Centre Volunteer Training

Introduction to Feminism



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for
you

RAPE AND
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GLOUCESTERSHIRE

AIM:

To gain an understanding of feminism and how this relates to Gloucestershire Rape and Sexual Abuse Centre.

OBJECTIVES

- To explore what feminism is
- To explore and understand why the word can be problematic to some
- To increase knowledge about the consequences of inequality for women
- To understand why GRASAC is an organisation with a feminist ethos
- To reflect on your own relationship to feminism

ACTIVITY:

Life Chances

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Feminism

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The 'F' Word





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What is feminism?

Feminism is a collection of movements aimed at defining, establishing, and defending equal political, economic, and social rights for women.

We should all be feminists.
Chimamanda Ngozi Adichie



History of Feminism

- Mary Wollstonecraft – the 'Mother of Feminism' A Vindication of the Rights of Women (1792)
- 1st Wave - Votes for Women – Demand for legal and civil rights for women (1906)
- 2nd Wave – Women's Liberation Movement and the establishment of domestic violence shelters and rape crisis centres (1960s)
- 3rd Wave – Resurgence of feminist discussion and activism in the 90's
- 4th Wave – Now? In 2006 the #MeToo movement was started by Tarana Burke. Took off in 2017 with accusations across Hollywood showing the culture of disbelief and victim blaming around sexual violence by powerful and seemingly untouchable perpetrators.

ACTIVITY:

Language

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Gloucestershire
Rape & Sexual
Abuse Centre
believes that
sexual violence is
both a cause and a
consequence of
sex inequality

Principles of the Rape Crisis Movement

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- Independent centres
- For women, by women
- Recognition that women and girls are disproportionately affected by SV (Estimated 100,000 adults raped each year, 85,000 of those are women)
- Harms of SV located in the personal, cultural, social and structural spheres
- Combining political analysis of SV with support for the individual woman



LUNCH