Feminism is Activism! An exercise for our last day of class in SJS 5

We defined feminism early on: a belief that women have capacities, intelligence, and strengths as valuable as those men have, and should be able to equally develop, contribute, and lead in every walk of life. Feminists care for themselves, seek their own highest development in all spheres of life, and find ways to stay happy and healthy. In the larger world, feminists make their own unique contributions, have fulfilling relationships, and make social change by changing their own thoughts, their own behaviors, their personal situations, their families, their communities, and the world.

**Personal**

My health  
My appearance  
My privacy  
My stress level  
My home environment  
My family relationships  
My friend relationships  
My romantic relationships  
Entertainment  
My understanding of current events  
My participation in my community  
Other:

**Political**

Women's political power  
Women's philanthropy  
Scientific sexism  
Health care system  
Education system  
Corporate power  
Sexuality  
Reproductive Rights  
Representation of women  
Violence vs. women  
Self defense  
Supporting women artists  
Socializing children  
Women as consumers  
Women and class  
Housework  
Immigration/labor migration  
Intersectionality  
Women's history  
Women and the state  
Women's aging  
Racism  
Homophobia  
Other:

1. Pick at least two personal aspects of life you would like to focus upon for change. What are they? Why have you chosen these?

A.
What can you do to make changes that will last? Who will support you? How will you know when you have been successful?

A.

B.

2. Pick at least two aspects of life that are out in the world/political. What are they? Why have you chosen these?

A.

B.

What can you do to make changes that will last—time, money, advocacy, vocation, avocation, participation? What groups do this work that you can support? How will you know when you have been successful?

A.

Groups for A

B.

Groups for B