

FEMALE
EMPOWERMENT
IS GROOVY!

YELL
IT FROM
THE MOUNTAIN
TOPS!

LET'S
START
A
RIOT!

GOTELL
YAMAMA!

SPREAD
THE WORD!
SPREAD THE
LOVE!

LET'S START
A RIOT!

ISS#



MEET OUR COVER ARTIST



6FEETDEEP is the artist behind the cover art for Let's Start A Riot. 6FEETDEEP is a student studying literature, genocide, and africana studies at Stockton University. 6FEETDEEP sells unique streetwear fashion, surreal paintings, and absurd stickers and other goods. You can find 6FEETDEEP on instagram at 6feetdeepdrawingsnboutique and depop at 6feetdeepdrawingsnboutique, as well as vending at different local markets. Let's start a riot! Tell all your friends!

Alice Watt

How Internalized Misogyny Affects Sisterhood



by Julia Sykes

“WOW, YOU’RE NOT LIKE OTHER GIRLS.”

We hear this often from men, and are expected to take it as a compliment. Why is femininity and being like “other girls” seen as negative? What traits do “other girls” have that are deemed undesirable? Feminism is based on the idea that all women are equal and deserve to be treated as such. Statements such as “you’re not like other girls” are misogynistic. Yet statements like these that are casually thrown around are not only to blame. Popular forms of media (movies and advertisements) degrade women as well.

Think about how many movies you have seen glorify the “ideal woman.” She is more often than not conventionally attractive, thin, and youthful. She’s usually the protagonist, or the love interest of the male protagonist. Her character is usually defined by male validation, and her story often ends when the male protagonist undergoes character development at her expense. People on social media refer to this trope as the “Manic Pixie Dream Girl.”

Female characters that fall into this category usually lack complexity, and embody traits deemed the standard by the male gaze. The male gaze refers to the narrow scope in which women are depicted in media targeted towards men.



This perspective typically represents women as two dimensional sexual objects as a means to appeal to heterosexual men. This degrading portrayal of women is damaging, for it perpetuates the idea that male validation defines a woman's worth. As a result, women are more likely to internalize this idea and to compete against other women for male admiration.

Advertisements and gender roles also enforce sexist ideas. For decades prior to modern technology, women were expected to be subservient to men. They were constantly bombarded with pressure to maintain a youthful and thin physique to please their husbands, and were given little opportunity to work outside the home and express themselves.

Nowadays, numerous anti aging and weight loss products are featured in magazines, social media, and TV on the daily. When I was little, I vividly remember roaming through grocery store aisles and staring wide eyed at all the tabloid covers that relentlessly body shamed female celebrities for looking "too old" or having "too much cellulite." Phrases like "Diet Despair" and "50 Best and Worst Beach Bodies" were plastered on magazines in big yellow letters that caught both the eye of 7 year old me and other little girls everywhere; further enforcing the misogynistic idea that only one body type is considered attractive and acceptable.





The seemingly endless toxic messages from various forms of media have led to men and women internalizing sexist ideas and projecting them onto themselves and others for years. This is referred to as internalized misogyny. As a result, many women subconsciously project sexist ideas onto other women, and may find it difficult to connect with one another. Internalized misogyny is a disease. While its origins may have begun with societal norms and pressure on women; it has spread and infected all of us during one time or another.

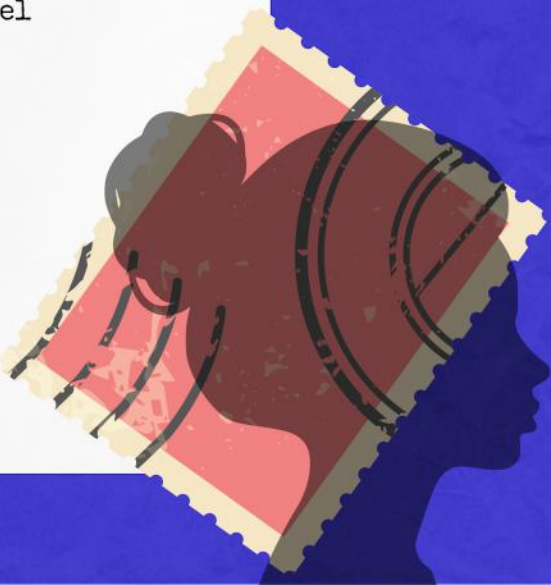
A “pick me” refers to a woman who prides herself on “not being like other girls.” Women who act in this way may shame other women as a means to lift themselves up.

Psychologist David Buss refers to this derogation of rivals and self promotion. Women promoting their own qualities and throwing women under the bus to make themselves look more “desirable” to men is an unfortunate phenomena that stems from internalized misogyny. This often leads to women attacking one another on the basis of appearance or sexual fidelity.

In 2013, Tracy Vaillancourt published a literature review that found that an abundance of women experience an “indirect aggression” towards other women. Indirect aggression can manifest into social exclusion, spreading rumors, or speaking negatively about another woman’s sexual behavior (also known as slut shaming).

In order to change the system, we must stop contributing to it. This means that we must lift other women up rather than trying to compete against them. Another woman's beauty or success is not the absence of your own. We were born sisters, and only convinced through societal conditioning that other women are our rivals. As feminists, it is our responsibility to look out for one another and remember this. It is also our responsibility to look within ourselves, and to recognize the ways in which internalized misogyny warped our point of view during one time or another. When was the first time you put down another woman in your head to make yourself feel better? When did you realize that being "not like other girls" wasn't actually a compliment, but instead an example of internalized misogyny at work?

courage



6 WAYS TO BURN DOWN THE *Patriarchy*



FIRST RULE OF STARTING A FIRE:

1

**DON'T USE
OTHER WOMEN
AS KINDLING**

4

Challenge Gender Roles

Don't conform to the rules and expectations that society has set for you. Also, support those that want to break free from those expectations (and also those who want to stick with them as long as they aren't harmful to others).

Educate Yourself

Learn what being a feminist means, how misogyny affects your world, as well as others. Know that feminism in minority groups may look different than your own.

2

5

Support Everyone

First understanding that this is not an us Vs. ALL MEN situation. Except your allies, stick up for all women including Trans and non-binary people.

Be Open To Growth

Understand that how you see the world, how you live your life, may not be the way other woman do. Check your own internal patriarchal inclinations.

3

6

Question EVERYTHING

Ask yourself and society, things that make you uncomfortable. Ask why and how and especially WHEN? Hold people in positions of power accountable!

A Revolutionary Story of Rage and Revenge Told Through the Voices of Women in Music

By: *Danielle Palumbo*

Feminine acrimony in music has been conveyed through the decades in many different ways. Sometimes the messages of violation are loud and in your face, other times they're softly and eloquently expressed, with cutting lyrics that go over the heads of the intended.

Women have been singing (or screaming) for years about equal rights and the importance of sisterhood. This musical progression through time has given voice to sacred rights movements of inequality and oppression, issues that we're still fighting for even today.

We hear our first true note of womanly rage in 1963 with Leslie Gore's ***You Don't Own Me***. If you've heard this tune, I know what you're thinking, Rage? Really? But in order to understand what a power moment for women it was to sing those lyrics, you must understand the atmosphere of those times. 1963, barely out of the woods of the housewife aspirations of the 50s, women were just starting to chafe against the patriarchal mindset. By claiming **"you don't own me"** and **"don't say I can't go out with other boys"**, Gore was uttering words that had never been publicized against the domineering male aspect of dating.





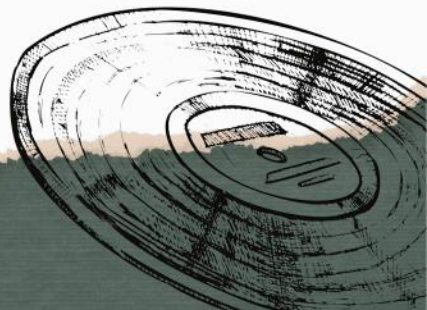
If there was an anthem of the 70s for the ladies, it was Helen Reddy's ***I am Woman***. Fed up with the limitations of females in music, Reddy wrote an awe-inspiring tune about the strength, growth, and forgiveness of a woman who has come to realize her oppression. Her plan? Gathering an army and fighting against it.

**“I am woman, hear me roar
In numbers too big to ignore
And I know too much to go
back an' pretend”**

Joan Jett's ***Bad Reputation***, released in the 80s, took control of the narrative of not giving “a damn” about men’s thoughts on how you lived your life.

Joan was seen as “bad” only due to her rough edge image as a woman in rock and roll, and the way she chose to live as an artist. Jett provided women with the voice to be able to say My life, my sexuality and what I do with it is not your problem.

“Living in the past, it’s a new generation. A girl can do what she wants to do and that’s what I’m gonna do.”

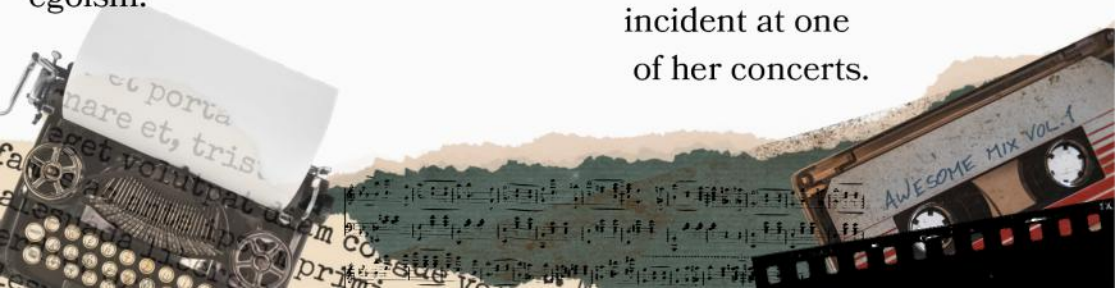


With the third wave of feminism, female rage kicked in the door of the 90s. Things that were previously considered taboo were no longer off limits. It was time for women to take what they wanted and then some. Starting with areas like Seattle and Olympia Washington, along with the rest of the Pacific Northwest, women in punk music started an underground raucous against the totality of maleness that was running the punk scene at the time. The Riot Grrrl Era, as it was called, spanned the early 90s. The term may have been short lived, but the echos of these women's sentiments were not.

Bikini Kill, known as the official instigator, came out with songs like ***Double Dare Ya***, challenging their female audience to be themselves in the face of male egoism.

**“You're a big girl now
You've got no
reason not to fight
You've got to
know what they are
'Fore you can stand up
for your rights
Rights, rights?
You do have rights”**

Other female fronted rock bands like Hole, who's sound felt similar to the riot girl era but did not consider themselves a part of it, continued with songs like ***Asking for it***, directing a glaring spotlight onto the degrading “but what were you wearing?” rape culture after the lead singer, Courtney Love had been sexually violated during a crowd surfing incident at one of her concerts.





The 90s continued with quiet, but sharpened tongue artists like Fiona Apple who called out gaslighters with lyrics like **“you fondle my trigger then blame my gun”** in her song *Limp*.

Alanis repeated this vindicating approach, her screams still ringing in every cheating man's ear who **“outta know”** what they've done.

Even if you're not that familiar with the band No Doubt, or the ska scene of the 90s, you've for sure heard their anthem *Just a Girl*.

“Take this pink ribbon off my eyes, I'm exposed and it's no big surprise. Don't you think I know exactly where I stand? This world is forcing me to hold your hand”

When it comes to the hip-hop scene, our girls have not disappointed. TLC closed out the 90s revolution with *No Scrubs*, tired of the men with no jobs and lack of car hitting them up.

Queen Latifah wrote *U.N.I.T.Y.*, calling out the violence and disrespect against black women of the time.

Beyoncé, taking lead in the 2010s with *Run the World* (girls we run this mutha). In Hip-Hop today, Lizzos light seems to shine the brightest. Her messages of body positivity, and support for other female trend setters and activists (think of her speech at the PCAs) is inspiring to say the least. Her song *Like a Girl*, serving up sassy to the fullest.

“Woke up feelin' like I just might run for president / Even if there ain't no precedent, switchin' up the messaging / I'm about to add a little estrogen.”



Country music, though normally known for its sad lyrics and drinking anthems, has not chosen to sit idly by in the background of these movements. Most notably, Lorretta Lyn's ***The Pill***, released in 1975, was extremely controversial for the times. Women could finally decide when, where, and how they had babies. The Dixie Chicks, who have seen their share of controversy, most commonly known for their hate against former republican president George Bush, have pumped out songs like ***Goodbye Earl***, about two childhood best friends who team up against an abusive husband and ***Gaslighter***, an ode to those men who consistently lie to get further in life.

Most recently, Kelsey Ballerini thumbed her nose to the homophobic bible thumping community of Tennessee, bringing drag queens on stage in the mists of the ban, further enforcing the sisterhood narrative that country artists like Loretta and Dolly had worked so hard for since the beginning.

With our most recent uprising, this fourth wave of feminism as they call it, has brought in something new. Queer anthems like Dove Cameron's ***Boyfriend*** and Halsey's ***Die 4 Me***, "**I don't play anymore, I went through your phone and called the girls in your DMs and took all 'em home.**"





Beyond **Die 4 Me**, Halsey continues her quest for female empowerment with lyrics like **“I won’t smile, but I’ll show you my teeth”**, answering the common derogatory flirting tactic of men everywhere.

Claiming names like bitch and psycho in their songs, this strong generation of woman are making music that throws the adverse nature of sexism and misogyny in the face of the offenders.

Most recently Tiktok has aided in pushing some of these bangers into the light. Chinchilla’s song **Little Girl Gone**, is a great one to rock to, **“Say that again I didn’t quite here you, messed with the wrong bitch in the wrong era”**.

Two other Tiktok favorites of this past year have been used as soundtracks to the overturning of Roe V Wade protests. Both are raw and pungent, stirring up feelings of anger and anguish. Paris Paloma’s song **Labour** is enough to awaken the coldest heart to the effects of our patriarchal nation on women.

**“All day, everyday,
therapist, mother, maid
Nymph then a virgin, nurse
then a servant
Just an appendage, live to
attend him
So that he never lifts a
finger”**





Us and Pigs by Sofia Isella takes her song a bit further than Paloma, with creepy undertones and blunt lyrics, she calls out a society that uses its women for one purpose, and then essentially throws them away.

**“Our woman are cattle,
there’s blood on our kids
Are you being paid to not
pay attention?
Does it have to happen to
your mother, to your sister
or your daughter for you to
take it personal?”**

Regardless of your music taste, the female population is showing up and representing. We are here, we are tired, and with headphones on and up, we are ready to band together and fight a male dominated, biased culture that threatens our happy existence one lyric at a time.



BADASS WOMEN FROM HISTORY

Throughout history, women have been overlooked and silenced. Too many incredible women with memorable legacies are never recognized due to the patriarchy's historical exclusion of women in all settings outside of the home. These badass women in particular have been trailblazers in their field, and you probably didn't read about them in your history class.

Rosalind Franklin: A British Scientist that discovered the helix shape of the DNA molecule. Two male scientists named James Watson and Francis Crick based their findings on her work without crediting her. The two of them made the claim that the DNA molecule was the shape of a double helix polymer. Crick and Watson won the 1962 Nobel Peace prize alongside other male scientists; never crediting Franklin for inspiring their research.



Margaret “The Human Calculator” Hamilton: Hamilton is an American computer scientist who was not only one of the first computer software programmers; but she also created the code that saved Apollo 11 in 1969. Hamilton received the NASA’s Exceptional Space Act Award in 2003, and was presented the Presidential Medal of Freedom Award by Former President Barack Obama in 2016.

Sophie Scholl: A member and cofounder of the White Rose: a resistance group against the Nazis during World War II. She and her brother would hand out pamphlets to their fellow students at the University of Munich that explicitly condemned Nazi policy and the Nazis in general.



Ida B Wells: An investigative journalist, activist, and leader of the early civil rights movement during the late 1800's and early 1900s. She publicly condemned lynchings in her journalism, making tireless efforts to expose the rampant violence against black people. Wells also fought for women's suffrage and organized the Woman's Era Club, which advocated for Black women in Chicago during the early 19th century.



Miss Major Griffin-Gracy: A trans activist and author who participated in the Stonewall Riots in 1969. Miss Major also serves as the Executive Director of the Transgender Variant Intersex Justice Project: an organization that advocates for transgender people that are disproportionately incarcerated.

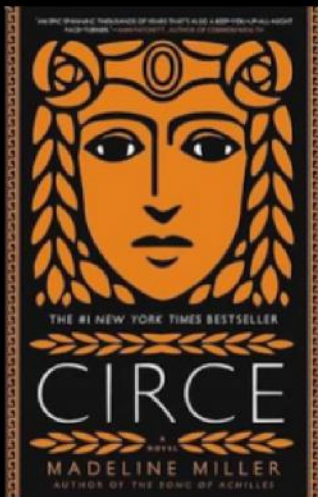


What to read next



You would think that if you were a bad ass nymph, rich and immortal, that you would be strong and powerful, never ever feeling inferior. But what if your father was a God? What if you aren't as beautiful as your siblings, your inferiority paling in their gorgeous glow? Gods taunt you and mortals fear you so that you are always so utterly alone ALL OF THE TIME.

Circe follows the story of a divine nymph trying to make her way in a man's world. Her brother, her only companion, leaves her, her first love dismisses her, her dad banishes her, and she's left to live out her days as an unruly witch on a deserted island. Though not entirely brand new (2018), this compelling novel navigates the idea of patriarchy even in Ancient Greek mythology. Suggestion: Listen to the audio book, the narrators voice enriches Miller's larger than life characters who seem to jump off the page.





WHAT TO LISTEN TO NEXT

Artist: Gracie Abram

Album: Good Riddance

Opening up for Taylor Swift during spots on her Era's tour, Gracie Abrams has been among those creeping to fame amidst Taylor's casting glow. So what does Gracie sound like? Think a more melodic Olivia Rodrigo with whimsical and haunting lyrics reminiscent of Phoebe Bridgers.

Her voice cracks while singing **Block Me Out** and you remember all the times you've gotten on your own nerves, your overthinking causing more pain than those around you. Songs like **This Is What the Drugs Are For** and **Where Do We Go Now** are bleeding heart breakup songs worthy enough to blare as you ride down the freeway crying for what could have been. **Difficult**, another stand out, is a coming of age realization that questions all the decisions you're making at the moment, unsure of where to go to next. This album is perfect for sad stormy days, sipping coffee in bed while you contemplate the very existence of yourself in this precarious world.





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