Beyond #MeToo

An Educational Workshop on
Male Violence Against Women,
Feminist Music Therapy, &
Change

© Sandra Curtis 2019
The Workshop

A caveat

• This workshop includes a lot of videos & music videos
  – More than can possibly be explored
  – To give workshop facilitators some options
    • To personalize it to your interests & needs
The Workshop

• Let’s get started!
• But first, a bit about gender:
  – *When I Was a Boy*, Dar Williams
• A Spectrum
• But in our culture, there is:
  – “a pervasive binary division of the world into two different and differently-valued categories”
And then a bit about diversity

• Women, men, & nonbinary individuals
  – Alike & different

• Intersection of gender with other social locations

• This includes: age, ability, race & ethnicity, nation of origin, Indigenous identity, socioeconomic situation, sexual orientation, & gender identity.

• Was anything left out?
“Rape Culture”

• *Til It Happens to You*, Lady Gaga
  – **Film Version**
    * (Trigger warning: Contains graphic content that may be emotionally upsetting but reflects the reality of our culture)
  – **Oscars Version**
    – Your reactions – jot them down as it plays

• What comes to mind when you think of “Rape Culture”?
“Rape Culture”

- Woman shaming
- Woman blaming
- She asked for it
- It didn’t happen
- She lied about it (or was confused)
- She liked it
- It wasn’t that bad
- It was her fault
- She was drinking so it was her fault
- He was drinking so it wasn’t his fault
- Rape of a few women, control of all
- Is rape the crime or the weapon?
- Did you get them all?
Challenging Rape Culture

• Through music
• Through a broader understanding of male violence against women
Culture of Male Violence Against Women

• Not just rape
• Other types of male violence against women
  – All connected: Hunted, Cowboy Junkies
• Poster board work
Male Violence Against Women

- Overt
- Covert
- And daily, “mundane” experiences
The Underpinnings of our Culture of Male Violence Against Women

• What are some of the underpinnings?
The Underpinnings of our Culture of Male Violence Against Women

- Some videos to reflect on (choose, view & discuss):
  - Consent like a Cup of Tea
  - Double standards (Pantene)
  - Throw like a Girl
  - Dress Like a Woman
  - Mansplaining
  - Manspreading
Some videos to fight back with

- Girl in a Country Song
- Canadian Women’s Foundation
- Bitch in Business
- Freedom, Beyoncé
The Underpinnings of our Culture of Male Violence Against Women

- What are some of the underpinnings?
- What have we discussed so far?
- What more is there?
The Underpinnings of our Culture of Male Violence Against Women

- Our gender role socialization
- Gender role stereotypes
- Devaluation of women
- Dehumanization of women
- Misogyny
  - Sex/ual violence or hatred?
- Invisibilization/silencing of women
  - Our language
  - Our discussion of MVAW

- Objectification of women
  - Sexual bodies for men
  - Conflation of sex with sexual violence

- Male entitlement
  - to women’s bodies
  - Confusion about consent or denial

- Male privilege
  - Incl. freedom from violence

- Gender inequality

- Internalization by women
We see these . . .

• in a culture that:
  – teaches women NOT TO GET raped
  – does not teach men NOT to rape
• In overt violence
• And also in our daily life experiences
Reminder:

- All male violence against women
  - Affects all women
  - Affects women differently depending on social locations
Rape Culture on & off campus
Culture of Male Violence against Women
Sociocultural Underpinnings of All
But before you go to break . . .
BEYOND #METOO – PART 2

• MAKING A DIFFERENCE
  – Personal Transformation
    • Through Feminist Music Therapy
  – Societal Transformation
    • Through feminist music therapy
    • Through Beyond #MeToo
Feminist Music Therapy

- Grassroots movement – no single definition
- Informed by feminism
- Sandi Curtis’ approach: Informed by intersectional feminism
  - *This is Not a Feminist Song*
Feminist Music Therapy

Overarching Principles:
1. The personal is political
2. Interpersonal relationships are to be egalitarian
3. Women & women’s perspectives are to be valued
Feminist Music Therapy

Goals:
1. To increase understanding of the sociopolitical underpinnings of the lives & experiences of women, men, and non-binary individuals;
2. To empower those who are marginalized;
3. To support recovery from harms of oppression & marginalization;
4. To work towards personal & societal change
Feminist Music Therapy

Techniques:

1. Music listening & lyric analysis for feminist analysis of gender, power, & culture;

2. Songwriting & recording for:
   a. Giving voice
   b. Valuing & empowering women

3. Music-centered relaxation for valuing women

4. Social activism
Feminist Music Therapy

1st Technique:
Music listening & lyric analysis for feminist analysis of gender, power, & culture

- A glimpse in this workshop
- Includes the full array (not just violence)
  - Examples:
    - Women & Beauty: Thunder Thighs, Miss Eaves
    - Women & Power: Amendment, Ani DiFranco
Feminist Music Therapy

2nd Technique:

- Songwriting & recording for:
  - a. Giving voice
  - b. Valuing & empowering women

- You’ll see this yourselves in Beyond #MeToo
  - any style, any topic related

- Examples:
  - Online: Scary, Lynzy Lab
Feminist Music Therapy

3rd Technique:
Music-centered relaxation for valuing women
Feminist Music Therapy

4th Technique:
Social activism
Social Activism

- How can we make a change?
  - #MeToo, But also:
    - #YesAllWomen – after #NotAllMen, #BeenRapedNeverReported, #WhyINeverReported
    - #YesAllMen
  - Who is responsible for change? You are the Problem Here
  - Who benefits from change?

- Music

- Beyond #MeToo
  - The film
  - The songs/music videos
    - With, by & for university students
In Closing...

- *I am Light, India.Arie*
Heading out …

• Choose one:
  • **Fight Song, Rachel Platten**
  • **Woman, Kesha** (explicit language)
  • **Girl on Fire, Alicia Keys**
  • **Stronger, Kelly Clarkson**