

A WOMAN'S GUIDE TO CLAIMING POWER IN WORD AND ACTION

DO:

- Look at people in the eyes.
- When a higher ranked individual stares at you, stare back.
- Be more relaxed in demeanor.
- Take up your rightful space.
- Touch when appropriate.
- Support your sisters nonverbally.
- Support your sisters verbally.
- Gravitate towards women: be interested in what women have to say & let your body language show it.

STOP:

- Smiling unless you're happy.
- Averting or lowering your eyes when stared at.
- Getting out of men's way in public.
- Allowing interruptions.
- Restraining your body postures.
- Accepting unwanted touch.
- Worrying excessively about how you impact others: be considerate, but be who you ARE.
- Taking away your support from women who hold their power.
- Being silent: use your voice when you've been encroached upon.
- Being silent: use your voice when your sisters have been encroached upon.
- Defend yourself and other women when their space and speech have been invaded.