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.