

# GIRLS Resist!

PARENT/EDUCATOR  
COMPANION

*This guide includes:*

**Ideas**

TO HELP YOU  
GET STARTED

**Discussion**

Questions  
AND ACTIVITIES

**Printable**

Resources

*A guide  
to empower  
teen girls*





ello! I'm so thrilled to share *Girls Resist! A Guide to Activism, Leadership, and Starting a Revolution* with you. Whether you're an educator, a parent, an organizer, a librarian, a teen group leader, or a cool grown-up person who's passionate about the girl resistance, I'm glad you're here! As I write in *Girls Resist!*, supportive and collaborative youth–adult partnerships are incredibly powerful in amplifying girl-led activism.

This guide is useful for peer-to-peer trainings and dialogues, too. So whether you're a girl leading your peers or an adult supporting youth-led activism, *Girls Resist!* is an excellent place to start! Share the campaign checklist with girls who are ready to make lasting change in their communities. Use the discussion guide and activity ideas to create space for girl activists to learn about power, intersectionality, equity, and the ways we can apply these ideas to our activism and our lives. With the discussion guide and activity ideas, you can create space for girl activists to learn about power, intersectionality, equity, and ways to apply these ideas to our activism and our lives. Use the printable sign-up sheet and photo prop to get people excited for your cause. Let's get into it!

Kaelyn C. L. Rich

# “Get Started on Your Campaign” Checklist

Read Chapter 2 of *Girls Resist* for more on campaign plans.

You’ve got a cause that you care about, a problem that needs a plan for action—so now what? A campaign plan helps you move from “mad as heck about the way the world is” to “effective activist who gets stuff done.”

- ☐ **Define your vision.** What will it look like when you’ve achieved everything you’re fighting for?
- ☐ **Set your main goal.** What is the ultimate goal of your campaign plan?
- ☐ **Set medium- and short-term goals.** What are the smaller goals you have to achieve along the way to build up to your big goal?
- ☐ **Name your target(s).** Who can give you what you want? Remember a target is always a person.
- ☐ **List your allies.** Who is totally with you?
- ☐ **List your opponents.** Who is or could be working against you?
- ☐ **List your resources.** What things do you need? What resources do you have or have access to?

- ☐ **Decide on your strategies.** Your strategies are the “how,” the ways you’re going to achieve your goals. Some common strategies are: building and recruiting, mobilizing, showing public support, and educating the public.
- ☐ **Decide on your tactics.** Your tactics are the “what” you’re going to do to implement your strategies. Some common tactics are: demonstrations, petitions, phonebanking, digital organizing, and lobbying.



## \* \* \* Key Activism Terms \* \* \*

Here's some of the vocabulary you'll need to talk about society's problems and your activism in everyday life.

**Privilege** a systemic advantage or right that a person has because they belong to a particular group or identity

**Oppression** the state of systemic disadvantage that a person experiences because they belong to a particular group or identity

**Equality** the idea or state of all people being treated the same

**Equity** the idea or state of everyone being treated fairly

**Diversity** the recognition and celebration of differences

**Inclusion** the process of realizing and affirming that people are not all equal

**Intersectionality** the theory that related systems of oppression and multiple identities constantly intersect (cross paths) to create an experience that draws on all those identities and oppressions at once

For more on these terms and what they mean, check out *Girls Resist* Chapter 7.

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# DISCUSSION QUESTIONS

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Here are some great ways to get your group of teen activists warmed up at your first meeting.

## ICEBREAKER DISCUSSION QUESTIONS

- ★ What feelings come up when you think about doing and leading activism?
- ★ When was the first time you heard about or knew about activism?
- ★ Why is feminism important for girls and women today?

## ACTIVITY: POWER-UP BRAINSTORM

- ★ **Time:** 30 minutes to 1 hour
- ★ **Objective:** Understand the concept of power within the context of activism by exploring and discussing real-life experiences with power dynamics.
- ★ **Supplies:** Chart paper, markers, sticky notes, pens

## INSTRUCTIONS

- ☐ Hang two sheets of chart paper on the wall. Label one “Felt powerful” and one “Felt powerless.”
- ☐ Distribute sticky notes (approx. 10 per person) and pens to the group (or do this beforehand if you have time to set up).

- ☐ Explain that you're going to do a brainstorming activity and that everyone will write down their thoughts or examples on the sticky notes, one per note. So if someone has two examples, they'll use two sticky notes. Instruct the group not to write their name on the notes—this is an anonymous exercise.
- ☐ Ask people to write examples of times they have felt **powerful** and what makes them feel that way. Allow 5 minutes for people to write.
- ☐ Ask people to write examples of times they have felt **powerless** and what makes them feel that way. Allow 5 minutes for people to write.
- ☐ Instruct the group to place their notes on the two pieces of chart paper.
- ☐ After everyone has placed their notes and returned to their seats, ask people to pair up with the person next to them and discuss how they felt during the exercise. Use that time to arrange the sticky notes by similar themes on both chart papers.
- ☐ Bring the group back together to discuss how the activity was. Did they find it hard to think of times they felt powerful or powerless? Was it easier to think of one versus the other?
- ☐ Read the notes aloud to the group and identify the themes present in the notes. Or, if you have a large group, just identify the themes.

- ☐ Introduce the types of power that have emerged:
  - Systemic power: power linked to privilege
  - Power with others: power that is felt when a community comes together; the basis of building power through grassroots organizing
  - Power from within: power we have as individuals, our individual voice and strength; the power we have to nourish through self-care and self-advocacy
- ☐ Ask the group how these power dynamics can inform planning for activist work.





# Sign-Up Sheet

[illegible]



**I Resist**

**Because:**

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# GIRLS Resist!

**An activism handbook for teen girls ready to fight for change, social justice, and equality.**

Take on the world and make serious change with this handbook to everything activism, social justice, and resistance. With in-depth guides to everything from picking a cause, planning a protest, and raising money to running dispute-free meetings, promoting awareness on social media, and being an effective ally, *Girls Resist!* will show you how to go from “mad as heck about the way the world is” to “effective leader who gets stuff done.” Veteran feminist organizer KaeLyn Rich shares tons of expertise that’ll inspire you as much as it teaches you the ropes. Plus, interviews with fellow teen girl activists show how they stood up for change in their communities. Grab this handbook to crush inequality, start a revolution, and resist!



KAELYN RICH is a staff writer for the popular queer women’s website Autostraddle.com. A queer feminist, direct action organizer, nonprofit lifer, and sexuality educator, she is the Assistant Advocacy Director of the ACLU of New York and was the community affairs coordinator for Planned Parenthood of Central and Western New York. She lives with her spouse, their new baby, and a house full of furkids.

Written by KaeLyn Rich

Illustrated by Giulia Sagamola

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