## hella feminist Student Guide



This exhibition is a place to reconsider and expand your understanding of feminism and its complicated history. Use this guide to explore the exhibition and start talking with other students and visitors.

#### **FEMINISM:** A series of strategies to create equity for all genders and people.

WE WANT YOU TO KNOW: This exhibition includes sex toys, artwork made from menstrual blood, suggestive fruit massaging, and depictions of nude bodies.

## mind

In **WORK**, Miriam Klein Stahl and Kate Schatz explore the roles of work, place, love, and labor as experienced by a diverse group of women, nonbinary, and femme-identified people from Oakland, Berkeley, and the East Bay.

Take a look at the papercut portraits celebrating everyday feminists—the people whose work is important but not always acknowledged.



Who would you like to see represented on this wall?





Miriam Klein Stahl and Kate Schatz, WORK, detail of Shannon Erby, 2020

Take a look at the **waves timeline**. Scholars have categorized feminism into "waves" based on ideas and historical time. Today the waves metaphor is being questioned, since categories based on narrow definitions can cover up the diversity and complexity of feminist activism.



How do you think the goals of the feminists in each wave were the same? How were they different?

What questions about the history of feminism cannot be answered in this timeline?

**The Church of Black Feminist Thought** is interested in Black feminist perspectives and a non-linear understanding of feminist history. Their text and artwork highlights the life of Katherine Smith, a woman who escaped enslavement, moved to Oakland, and lived to be nearly 100 years old.

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What more can you find out about Katherine Smith? What do you think is important to share about this feminist and why? Feminism. It's a loaded word; as empowering to some as it is challenging for others.

**PATRIARCHY:** A system that privileges men. In this system, men hold most or all of the power, and it is difficult for women and other genders to reach the same status as men.

## body

# **BODY AUTONOMY:** A person's right to be in control of their body without pressure or coercion from others.

Feminism is tied to our physical bodies and health. The **Body** section of the exhibition addresses the ways that female/ femme bodies have been judged, restricted, regulated, celebrated, and loved.



What does it mean to you to have body autonomy? Find an object or artwork that represents your ideas.



Katherine Sherwood, *Olympia*, 2014. © Katherine Sherwood

## spirit

The **Spirit** section of the exhibition explores wellbeing and the different spiritual ways that female, femme-identified, and nonbinary individuals have found strength and support in a patriarchal society.

Take a look at Angela Hennessy's *Mourning Wreath*, which references African weaving traditions and the Victorian rituals of using hair to grieve for the dead.

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Scan the QR code and listen to artist Angela Hennessy's meditation on grief. Many of us have experienced loss and trauma. How can art be an outlet to address and honor grief?



Angela Hennessy, Mourning Wreath, 2017/2022. © Angela Hennessy

#### talk back wall:

l'm a feminist AND...

l'm a feminist BUT...

I'm NOT a feminist BUT...