Women’s Reproductive Health: Visual Media Workshops at Douglass Residential College

By Srutika Sabu
The Leadership Scholars Certificate Program is a two-year selective, interdisciplinary certificate program that prepares Rutgers undergraduate women to be informed, innovative, and socially responsible leaders.

Leadership Scholars design and implement social action projects to expand their understanding of issues and problems and to develop leadership skills.

This project gives Scholars the opportunity to apply the theoretical knowledge they have gained about leadership, advocacy, and social change with the practical and experiential knowledge they have developed about a particular policy issue or problem through the field site placement. It also further develops leadership skills by giving undergraduates the opportunity to practice leadership through action.

To find out more please visit the Institute for Women’s Leadership’s website at http://iwl.rutgers.edu.
Beginnings and Inspiration: Art and Activism
"Art can go through where other things can't. You can't have barriers, because it breaks through your prejudices, breaks through everything that you have as your mask, that says, "I am this, I am that, I am that." No. It breaks through those. And it reaches somewhere where other things don't. And in a world where attitudes are so difficult to change, we need a language that reaches through."

-Malika Sarabhai
Why Women's Reproductive Health?
"So, you might ask, what does all this have to do with virginity: C-sections, abortions bans, miscarriage laws and the FDA? Everything, really. The point of the purity myth is not only to valorize women who are "virgins", but also to prop up the idea of the perfect woman as a blank slate, as powerless, and in need of direction. Women who want to control their lives, especially their sexuality, don't adhere to the purity model. "pure" women aren't just virgins-they're women who accept what extremist pharmacists tell them, who trust legislators over their own instincts, who don't question the notion that men should be in charge. In the past...women today are told to trust that their government knows what's best for them, their bodies and their families. Power is not pure, so women shouldn't have it-and they should be punished for trying to obtain it"

-Jessica Valenti, *The Purity Myth*
Journey women: Art therapy in a decolonizing framework of practice

Lucy Lu, M.A.  Felice Yuen, Ph.D.

- Art workshops for Aboriginal women in Canada who are victims of violence
- Body mapping and incorporating First Nations and Inuit teachings and ceremonies
- Final Exhibition
- "Represented Aboriginal Feelings"
Women on Waves

• use art and activism to promote their message
• believe that the access to medical safe abortion is a human right
• held workshops on boat for artists, writers, lawyers and doctors
• use visual medium for their activism
• inspired art
• started by a Dutch doctor
I Had an Abortion by Willem Velthoven
The Workshops

- A series of workshops containing two art workshops
  - Workshop # 1: International Stage
    - media:
      - Mr. Condom and How it made Thailand a Better Place
      - Nike Girl Effect
    - Art Prompt: Draw a Life Goal Tree
  - Workshop # 2: Domestic Stage
    - media:
      - Colbert Report
    - Art Prompt: Draw your reproductive body as a landscape
- Public Art displays
  - write opinions on posters anonymously
Die Happy

Retire
Start family
Get married
Get job
Be an Engineer

Graduate College

Promotion
Coach kids team
Become a boss
Meet my Mr. Perfect

By Erica Wysocki
Complete my bucket list
Now have a family
Marriage
Have a family
Find my SOUL mate
Graduate college
Raise the perfect kid
Travel the world
Throw a boomerang
Find a good job
Graduate high school
Happiness!

family? career? IDK, bro.

and another and another...

write a book, & shit

France??

graduation or whatever

confusion

The tree of life
dest-a-dire

Confusion!
My Body is... LEGENDARY

My body is strong

My body is dominant

My body is round & what?

My body is efficient

My body is sexy

My body is hot

My body is indifferent

My body is book-smart

My body is perfect

My body is round

My body is perfect

My body is angelic

My body is unbreakable

My body is toned

My body is healthy

My body is ready.

My body isavelength

Real

Happy

Super delish

mine

merely a vehicle for my massive intellect

Stay tuned....
Lessons Learned

- planning and organizing workshops
- run a workshop
- patience
- leadership

Want to do more art in your life? Can’t draw even if your life depended on it? Want to learn about issues concerning women’s health? (while having fun) then come to the...

**MY BODY IS...**

a series of art workshops

When: Workshop 1:  
Workshop 2:  
Where: Barr Hall, Fourth floor lounge

Why: because it will be fun and you’ll get a chance to win a prize and get points for attending!

Ask your PALs for more info  
**FREE FOOD**  
Bring friends!
Still More Ahead

- Final exhibition in plan
- More workshops in the future
- Shaping career aspirations