

Spring 2018

Express Yourself

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EXPRESS YOURSELF

FEMINIST EXPRESSION



SO MUCH MORE THAN A PRETTY FACE

Hello!

Feminists express themselves in bold and brave ways every day. Express yourself in any way that feels best to you. Express your feminism, Express yourself.

YOU DO YOU.

LOVE

Think pink

YOU INVEST IN YOURSELF.

minism a man's it erful !!!

Do Your Best Forget the Rest

Show them you are FEARLESS

Image source: Pinterest

Girls Weekend Playlist



- NO SCRUBS- TLC
WANNABE- SPICE-GIRLS
PUT YOUR RECORDS ON- CORINNE BAILEY RAE
DOO WOP (THAT THING)- LAURYN HILL
BILLS, BILLS, BILLS- DESTINEY'S CHILD
I WANNA DANCE WITH SOMEBODY- WHITNEY HOUSTON
GIRLS JUST WANNA HAVE FUN- CYNDI LAUPER
WHERE YOU LEAD- CAROLE KING
BABY (ONE MORE TIME)- BRITNEY SPEARS
CALL ME MAYBE- CARLY RAE JEPSEN
PRETTY WOMAN- ROY ORBISON
HERE COMES THE SUN- THE BEATLES
AARON'S PARTY (COME GET IT)- AARON CARTER
SORRY- JUSTIN BIEBER
HELLO- ADELE
WITHOUT U- JESSE MCCARTNEY
DAYDREAM BELIEVER- THE MONKEES
CANDY- MANDY MOORE
C'EST LA VIE- B' WITCHED
7/11- BEYONCE

DANCE IT OUT

- more empowering songs:
Salute - Little Mix
Who Run the World? - GIRLS! - beyonce
WOMAN - kesha
Confident - Demi Lovato
New Rules - Dua Lipa
Fight Song - Rachel Platten
so what - PINK

you do not have to be pretty if you dont want to...

Body PROUD



flawed?
 flawless?

is beautiful skin only ever spotless? Join the beauty debate!

campaignforrealbeauty.co.uk

it is not your job."
- caitlyn riant

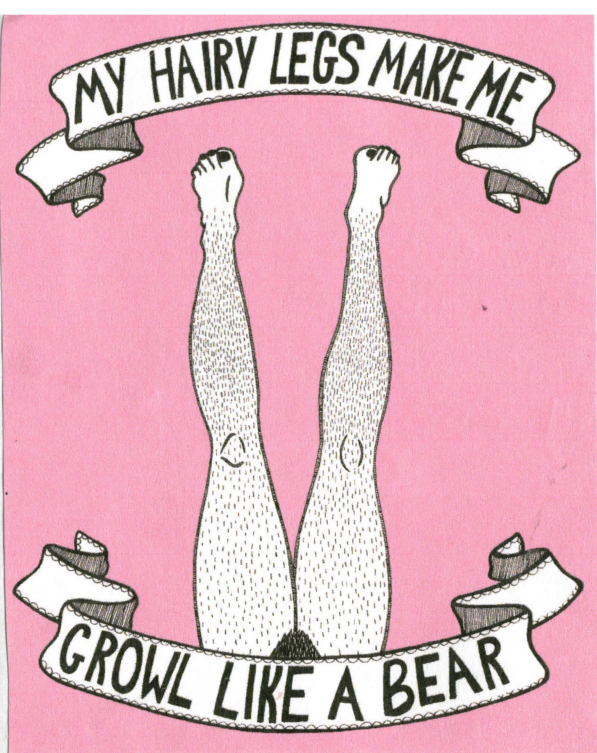
emBODY

confidence

I am what I make up.



Be the BOSS of your body



Embrace your curves and edges and everything that makes you special!

"you don't have to buy into any lifestyle besides your own and what best fits your body."
- Gina Rodriguez

Image source: Pinterest

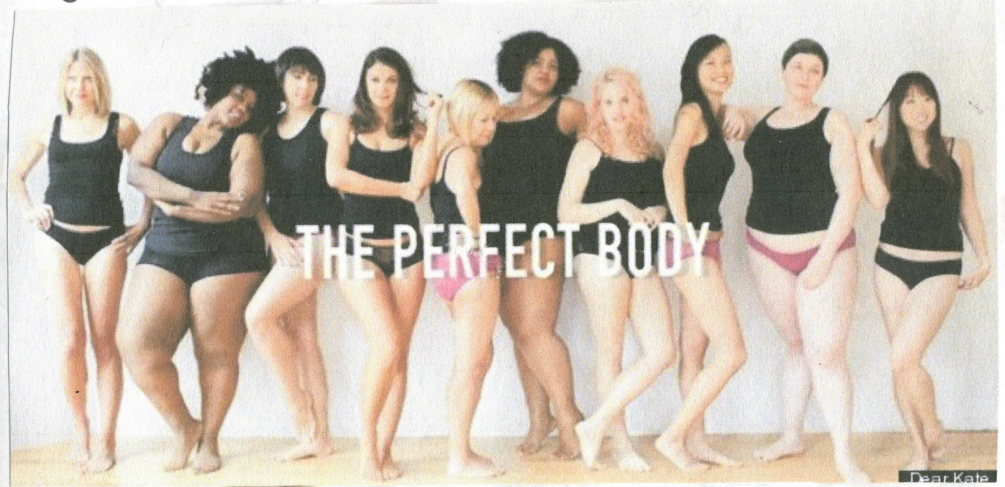


Image source: Huffington POST

EVERY body is beautiful!

± am branded forever
with the way ± once
felt about myself...

± will never "At the end of the
day, we can endure
be able to much more than we
forget." think we can"
- Gwyn Fraley -
- Frida Kahlo

one day you'll
stop following
kinny + you'll
run towards
strength"
- Brooke Archer

Poetry
Is
NOT
a
luxury

"I can't decide",
he said,
"whether you
are wild wrapped
in fragile
or fragile
wrapped in
wild"
"well, that depends
on the day",
I replied
with a
smile
- Miaow -

Whatever
makes you
feel the sun
from the inside
out, chase that"
- gemma tray

was her
chaos that
made her
beautiful
- atticus

I am mine.
before i am ever
anyone else's
-in

CREATE PASSIONATELY

YOU are an artist.
Paint, draw, color, scribble,
Whatever you need to do.
You are colorful and bright.
Show it.



FIGHT FOR YOUR RIGHTS!

Expression through activism

Feminists use activism to fight the Patriarchy.

This year many strong feminists stood up for themselves and YOUR rights through the Women's March and Time's Up Movement

Join these courageous feminists!

Celebrities who speak out: Emma Watson, Michelle Obama, Beyonce, Ashton Kutcher

"A change is brought about because ordinary people do extraordinary things."

-Barack Obama



The duty of youth is to CHALLENGE corruption." -Kurt Cobain

TIME'S UP

"If I were to remain silent, I'd be guilty of complicity." -Albert Einstein

THEY TRIED TO BURY US. THEY DIDN'T KNOW WE WERE SEEDS.

Mexican Proverb

"If things don't work out the way you want, hold your head up high & be proud. And try again. And again. And again!" -Sarah Deven

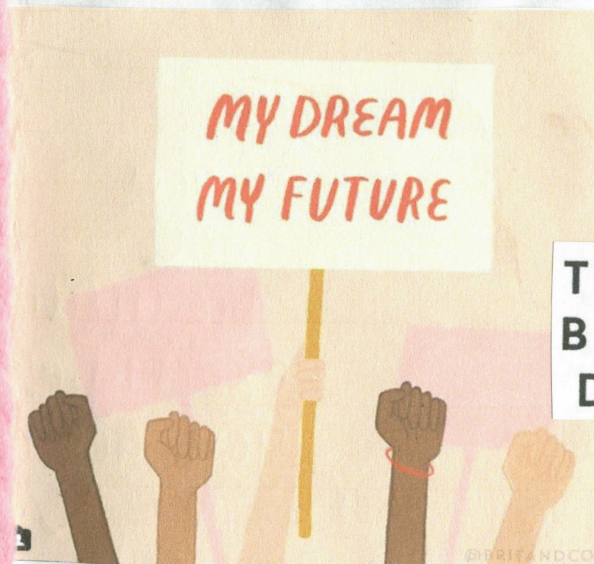


Image sources: Time's Up, Pinterest,

Image source: Instagram



use fashion to your advantage

Image Source: Elle

beauty

What makes you feel beautiful

NO MAKEUP, NO PROBLEM!

We express ourselves with our unique style and fashion every single day whatever you wear, dress to kill (the patriarchy)

you are beautiful exactly as you are

Girls don't dress for boys. "clothes won't change the world, the women who wear them will"



22 Stash all your run-the-world essentials in 7 AM Enfant's statement backpack (\$78, 7amenfant.com).

make your own feminist fashion!

Steps

To make a feminist shirt:

1. get a plain shirt - any color!
2. pick your empowering image or quote
3. print it on to iron transfer paper
4. iron the transfer paper onto the shirt
5. Look cute!



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Made by:

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- shape magazine
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