



USING HIP HOP TO EMPOWER YOUNG WOMEN: A WORKSHOP FOR ADULT ALLIES

Presented by Carla E. Stokes, Ph.D., M.P.H.

**Columbia College Institute for the Study of
Women & Gender
October 26, 2007**

USING HIP HOP TO EMPOWER YOUNG WOMEN

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USING HIP HOP TO EMPOWER YOUNG WOMEN

Workshop Description

Carla E. Stokes, Ph.D., M.P.H.

Partners: Young Women's Action Team, Helping Our Teen Girls in Real Life Situations, Inc. (HOTGIRLS Inc.), Girl's Best Friend Foundation

The Columbia College Institute for Research on Women & Gender is proud to co-sponsor this adult workshop organized by the Young Women's Action Team designed to assist youth workers, prevention educators, counselors and other adult allies in understanding how mass media and hip-hop culture affect the lives of young women and girls. Through interactive activities and group discussion, participants will explore messages about sexuality, relationships, and gender in hip-hop and popular culture, and discuss strategies used by women and girls of color to resist denigrating media images and to explore using hip-hop as a tool for empowerment and social change. The workshop will be presented by Dr. Carla Stokes, a scholar-activist, health educator, and President/CEO and Founder of Helping Our Teen Girls in Real Life Situations, Inc. (HOTGIRLS), an Atlanta-based non-profit organization dedicated to improving the health and lives of black young women and girls.

Objectives:

By the end of the session, participants will be able to:

1. Understand the historical portrayal of women and girls of color in the media and mainstream hip hop culture;
2. Describe some of the ways in which the media and mainstream hip hop contribute to the sexualization of girls;
3. Articulate some of the ways in which messages in the media and mainstream hip hop shape girls' experiences of sexual assault, harassment, and violence;
4. Describe the role of the media and hip hop-influenced popular culture in shaping young women's sexual development;
5. Articulate how adolescent girls use social networking web sites to explore their sexuality, attract romantic and sexual partners, and resist sexualized representations of women and girls in the media
6. Describe several innovative strategies used by young women and girls to speak out against images in the media and gender-based violence; and
7. Articulate how adult allies can use hip hop and youth culture to engage young women and girls in interactive discussions and activities that encourage girls to challenge media images and create social change

USING HIP HOP TO EMPOWER YOUNG WOMEN

Workshop Agenda

- 1:00PM-1:10PM **WORKSHOP OVERVIEW**
- 1:10PM-1:40PM **PART I: “IT’S BIGGER THAN HIP HOP”: THE MEDIA’S ROLE IN THE SEXUALIZATION OF YOUNG WOMEN & GIRLS**
- 1:40PM-2:00PM **VIDEO CLIP: HIP HOP BEYOND BEATS & RHYMES**
- 2:00PM-2:40PM **“GET ON HER LEVEL”: AGREE/DISAGREE ACTIVITY & DISCUSSION**
- 2:40PM-2:50PM **BREAK**
- 2:50PM-3:10PM **PART II: WHAT IS THE IMPACT ON YOUNG WOMEN & GIRLS?**
- 2:45PM-3:00PM **PART III: YOUNG WOMEN AND GIRLS TAKING ACTION: HIP HOP AS A SITE FOR RESISTANCE, ACTIVISM AND EMPOWERMENT**
- 3:00PM-4:00PM **PART IV: STRATEGIES FOR USING HIP HOP TO EMPOWER YOUNG WOMEN & GIRLS**
- Small group brainstorming activity
 - Wrap-up

Carla E. Stokes, Ph.D., M.P.H.



Dr. Carla Stokes is an activist, health educator, researcher, consultant, web designer, and the Founding Executive Director of Helping Our Teen Girls in Real Life Situations, Inc. (HOTGIRLS), a nonprofit organization dedicated to improving the health and lives of black young women and girls by providing health, media literacy, and media production programming inspired by hip hop and girl culture. Dr. Stokes came of age in the hip hop generation and is a pioneer in the use of hip hop and the Internet to uplift black girls. She earned a Bachelor of Arts in Psychology from Spelman College and Doctor of Philosophy and Master of Public

Health degrees from the University of Michigan (U-M) in Health Behavior and Health Education. Dr. Stokes developed and taught two original undergraduate courses in the U-M Department of Women's Studies: "Representations of Black Women in Hip Hop Culture" and "Black Women's Health and Social Issues."

Dr. Stokes' scholarly research explores intersections of gender, sexuality, race, ethnicity, and class with hip hop, youth culture, and new media technologies. Her dissertation study investigated hip hop, sexuality, gender role norms, identity construction, and self-definition in Internet home pages constructed by 216 black adolescent girls residing in southern states with the highest rates of HIV/AIDS. This research won honorable mention in the U-M 2004 Distinguished Dissertation Awards competition in recognition of exceptional and unusually interesting scholarly work produced by doctoral students. Dr. Stokes completed a two-year post-doctoral research fellowship appointment at the U.S. Centers for Disease Control and Prevention, Division of HIV/AIDS Prevention, where she continued her research on women's and girls' health issues and the role of media in the lives of black American girls. She speaks to adult and youth audiences and conducts multimedia presentations at universities, schools, conferences, youth groups, and community events about women's and girls' health, adolescent sexuality, media images, hip hop, adolescent cyberculture, and girl culture. Dr. Stokes' audiences have included the following universities, agencies, and organizations:

- American Anthropological Association
- American Public Health Association
- *Blackgirl* Magazine / National Black Arts Festival
- Centers for Disease Control and Prevention
- Congressional Black Caucus Foundation
- Fulton County Department of Health and Wellness
- Fulton County (GA) Juvenile Court – Sister to Sister Program
- Georgia Young Women's Health Summit
- Howard University Hip Hop and Higher Education Symposium
- Illinois Coalition Against Sexual Assault
- Ms. Foundation for Women
- National Council for Research on Women
- National HIV Prevention Conference
- SisterSong Reproductive Health and Sexual Rights National Conference
- The Hip Hop Archive at Stanford University
- University of Chicago Hip Hop and Feminism Conference
- University of Michigan Hip Hop and Cultural Studies Collective Conference

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Respect Me, Don't Media Me!



Retrieved from: Girl's Best Friend Foundation web site:
http://www.girlsbestfriend.org/ses/respect_me.htm

"I was going to have plastic surgery before doing this project, but now I'm not going to because it taught me to be comfortable in my own skin." -- Jenny, 17, Sister 2004-5

Sisters do a special leadership project every spring. In the spring of 2004, the Sisters studied how commercial music videos (like the ones shown on MTV, BET, etc.) portray young women and how do these portrayals impact young women's lives. They conducted a participatory research project -- which means that young women were both the ones doing the researching and the folks being researched.

They collected lots of data from interviews with Chicago youth and music videos themselves, and [pulled it all together in this report](#) (Word, 72k)
http://www.girlsbestfriend.org/downloads/respect_me_report.doc

Once they had this report and all of the rich information in it, the Sisters decided they wanted to create something that would get people talking and questioning more than just a written report: thus, they decided to create a documentary that could take their message to the next level, in the hopes that they would help raise people's consciousness.

Respect Me, Don't Media Me is that documentary. It's a 30-minute film that looks at the representations of young women in music videos and other media and asks questions: How does it impact young women's decisions and relationships? And what can we do to change it?

"A lot of people my age are media-driven. It's kinda scary that some people believe what they see without thinking about it." -- Jenny, 17, Sister 2004-5.

Wanna watch a clip? [Click here.](#)

At the moment, there are free public screenings planned for various locations within Chicagoland. Call Yas at 312-266-2842 for more information. You can buy a DVD through [Beyondmedia Education](#): <http://www.beyondmedia.org/catalogue.html>

Adios, Pegaditas?

Newstip Date: 01-13-2006

Retrieved from: http://www.newstips.org/print.php?section=Newstips&main_id=572

A citywide coalition of young women wants radio station La Ley, WLEY at 107.9 FM, to end an advertising campaign that uses billboard pictures of "Las Pegaditas." The ads feature 25 scantily-clad Latinas to promote a 25-songs-in-a-row contest.

The ads are on Chicago Transit Authority bus lines such as Archer, California, and Kedzie avenues, and along various arterial roads in the city.

The young women are circulating a petition among Latino business owners, neighborhood residents, public officials, and others seeking support for their campaign to end the billboard advertising. They met last week with staff from La Ley to discuss the issue.

The coalition plans to ask Southwest Side elected officials to send their own letters requesting the station remove the images as part of coalition member Brighton Park Neighborhood Council's community meeting. The meeting is set for 6:30 p.m. Tuesday, January 17 at Columbia Explorer's Academy, 4520 S. Kedzie Ave.

The Females United For Action, FUFA, group, is a coalition of community groups, 'girl-serving' organizations, and individual young women from across the city ages 12 and up. It is coordinated by the nonprofit Women and Girls Leadership Project, according to Melissa Spatz, executive director of the Project.

"The billboard issue came up during a conversation among the youth leaders about violence against women. They identified the ways that media portray women and girls as one of the root causes of that violence," Spatz says. "We said, well what could you do about that, and members of the Brighton Park Youth Council told us about this one ad that's particularly offensive in the Latino community."

From there, the youth decided to circulate petitions and meet with the station to voice their concern.

More Info:

- [Melissa Spatz](#) at [Women and Girls Leadership Project](#), 312-427-4460, ext 230 or 773-454-0366 (cell)
- [Sara Hinckle](#) at [Brighton Park Neighborhood Council](#), 773-523-7110



"25 Pegaditas" photo retrieved from:

http://www.chicagoist.com/archives/2006/01/24/smack_it_up_flip_it_rub_it_down_oh_no.php

Songs that Challenge Misogyny, Harassment, & Gender-Based Violence

SONG: U.N.I.T.Y.

Artist: Queen Latifah

Album: Black Reign

Source: <http://www.ohhla.com>

Typed by: scott_rodkey@hotmail.com

Uh, U.N.I.T.Y., U.N.I.T.Y. that's a unity
U.N.I.T.Y., love a black man from infinity to
infinity (Who you calling a bit*h?)
U.N.I.T.Y., U.N.I.T.Y. that's a unity (You gotta
let him know)
(You go, come on here we go)
U.N.I.T.Y., Love a black woman from (You
got to let him know)
infinity to infinity (You ain't a bit*h or a ho)
U.N.I.T.Y., U.N.I.T.Y. that's a unity (You
gotta let him know)
(You go, come on here we go)
U.N.I.T.Y., Love a black man from (You got to
let him know)
infinity to infinity (You ain't a bit*h or a ho)

Instinct leads me to another flow
Everytime I hear a brother call a girl a bit*h or
a ho
Trying to make a sister feel low
You know all of that gots to go
Now everybody knows there's exceptions to
this rule
Now don't be getting mad, when we playing,
it's cool
But don't you be calling out my name
I bring wrath to those who disrespect me like
a dame
That's why I'm talking, one day I was walking
down the block
I had my cutoff shorts on right cause it was
crazy hot
I walked past these dudes when they passed
me
One of 'em felt my booty, he was nasty
I turned around red, somebody was catching
the wrath
Then the little one said (Yeah me bit*h) and
laughed
Since he was with his boys he tried to break
fly

Huh, I punched him dead in his eye and said
"Who you calling a bit*h?"
(Here we go)

U.N.I.T.Y., U.N.I.T.Y. that's a unity (You gotta
let him know)
(You go, come on here we go)
U.N.I.T.Y., Love a black woman from (You
got to let him know)
infinity to infinity (You ain't a bit*h or a ho)
(Here we go)
U.N.I.T.Y., U.N.I.T.Y. that's a unity (You
gotta let him know)
(You go, come on here we go)
U.N.I.T.Y., Love a black man from (You got to
let him know)
infinity to infinity (You ain't a bit*h or a ho)

I hit the bottom, there ain't nowhere else to go
but up
Bad days at work, give you an attitude then
you were rough
And take it out on me but that's about enough
You put your hands on me again I'll put your
ass in handcuffs
I guess I fell so deep in love I grew
dependency
I was too blind to see just how it was affecting
me
All I knew was you, you was all the man I had
And I was scared to let you go, even though
you treated me bad
But I don't want my kids to see me getting
beat down
By daddy smacking mommy all around
You say I'm nothing without ya, but I'm
nothing with ya
A man don't really love you if he hits ya
This is my notice to the door, I'm not taking it
no more
I'm not your personal whore, that's not what
I'm here for
And nothing good gonna come to ya til you
do right by me
Brother you wait and see (Who you calling a
bit*h?)
(Here we go)

"Using Hip Hop to Empower Young Women" © 2007, Carla E. Stokes

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U.N.I.T.Y., U.N.I.T.Y. that's a unity (You gotta let him know)
(You go, come on here we go)
U.N.I.T.Y., Love a black woman from (You got to let him know)
infinity to infinity (You ain't a bit*h or a ho)
(Here we go)
U.N.I.T.Y., U.N.I.T.Y. that's a unity (You gotta let him know)
(You go, come on here we go)
U.N.I.T.Y., Love a black man from (You got to let him know)
infinity to infinity (You ain't a bit*h or a ho)

What's going on in your mind is what I ask ya
But like Yo-Yo, you don't hear me though
You wear a rag around your head and you call yourself
a "Gangsta Bit*h" now that you saw Apache's video
I saw you wilding, acting like a fool
I peeped you out the window jumping girls after school
But where did all of this come from?
A minute ago, you was a nerd and nobody ever heard of ya

Now you a wannabe... hard
You barely know your ABC's, please
There's plenty of people out there with triggers ready to pull it
Why you trying to jump in front of the bullet
(Young lady)
Uh, and real bad girls are the silent type
Ain't none of this work getting your face sliced
Cause that's what happened to your homegirl, right? Bucking with nobody
She got to wear that for life (Who you calling a bit*h?)
(Here we go)

U.N.I.T.Y., U.N.I.T.Y. that's a unity (You gotta let him know)
(You go, come on here we go)
U.N.I.T.Y., Love a black woman from (You got to let him know)
infinity to infinity (You ain't a bit*h or a ho)
(Here we go)
U.N.I.T.Y., U.N.I.T.Y. that's a unity (You gotta let him know)
(You go, come on here we go)
U.N.I.T.Y., Love a black man from (You must let him know)
infinity to infinity (You ain't a bit*h or a ho)

Song: Love Is Blind (Remix)

Artist: Eve f/ Faith Evans

Album: Love is Blind 12"

Source: <http://www.ohhla.com>

Typed by: Ghettofabulous98@hotmail.com

[Faith]

Hmm, yeah, yeah, hmm

[Eve]

Hey, yo I don't even know you and I hate you
See all I know is that my girlfriend used to date
you
How would you feel if she held you down and
raped you?
Tried and tried, but she never could escape you
She was in love and I'd ask her how? I mean
why?
What kind of love from a ni**a would black your
eye?
What kind of love from a ni**a every night make
you cry?
What kind of love from a ni**a make you wish
he would die?
I mean s*** he bought you things and gave you
diamond rings
But them things wasn't worth none of the pain
that he brings
And you stayed, what made you fall for him?
That ni**a had the power to make you crawl for
him
I thought you was a doctor be on call for him
Smacked you down cause he said you was too
tall for him, huh?
That wasn't love, babygirl you was dreamin'

Repeat 1

[Eve](Faith)

I don't even know you and I want you dead
Don't know the facts but I saw the blood pour
from her head
See I laid down beside her in the hospital bed
And about two hours later, doctors said she
was dead
Had the nerve to show up at her mother's
house the next day
To come and pay your respects and help the
family pray
Even knelt down on one knee and let a tear
drop (oh)

I could have killed you when you said your seed
was growin' from his semen

[Faith]

Love is blind, and love is blind
It will take over your mind
What you think is love may truly not be
You need to elevate and find

[Eve](Faith)

I don't even know you and I'd kill you myself
You played with her like a doll and put her back
on the shelf
Wouldn't let her go to school and better herself
She had a baby by your ass and you ain't giving
no help
Uh-huh big time hustler, snake *****
One's born everyday and everyday she was
your sucker
How could you beat the mother of your kids?
How could you tell her that you lover her?
Don't give a *** if she lives
She told me she would leave you, I admit it she
did
But came back, made up a lie about you
missing your kids
Sweet kisses, baby ain't even know she was
your mistress
Had to deal with fist fights and phone calls from
your bit*hes
Floss like you possess her, tellin' me to mind
my business
Said that it was her life and stay the **** out of it
I tried and said just for him I'll keep a ready clip
(No, no, no, no)

And before you had a chance to get up
You heard my gun cock
Prayin' to me now, I ain't God but I'll pretend
I ain't start your life but ni**a I'mma bring it to an
end
And I did, clear shots and no regrets, never
Cops comin' in, watch me going to jail
Ni**a whatever my bi*ch, fu** it my sister
You could never figure out even if I let you live
What our love was all about
I considered her my blood and it don't come no
thicker (whoa)

Repeat 1 till end

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Song: Your Revolution

Artist: Sarah Jones

Typed by: scraps33@hotmail.com

Source: http://www.ohhla.com/anonymous/dj_vadim/ussr/your_rev.vad.txt

[Intro]

Yeah yeah, yeah this goes out to all the women and men from New York to London to LA to Tokyo struggling to keep their self-respect in this climate of misogyny, money worship and mass production of hip-hop's illegitimate child, "Hip-Pop". And this especially goes out to Gil Scott-Heron, friend, living legend and proto-rapper who wrote "The Revolution will not be Televised." Much Respect.

[Verse]

Your revolution will not happen between these thighs
Your revolution will not happen between these thighs
Your revolution will not happen between these thighs
Not happen between these thighs
Not happen between these thighs
The real revolution ain't about booty size
The Versaces you buys, or the Lexus you drives
And though we've lost Biggie Smalls
Baby your notorious revolution
Will never allow you to lace no lyrical douche, in my bush
Your revolution will not be killing me softly, with Fugees
Your revolution ain't gonna knock me up without no ring
And produce little future emcees
Because that revolution will not happen between these thighs
Your revolution will not find me in the backseat of a jeep with LL, hard as hell, you know doin it and doin it and doin it well
doin it and doin it and doin it well, nah come on now
Your revolution will not be you smacking it up, flipping it, or rubbing it down
Nor will it take you downtown or humpin around
Because that revolution will not happen between these thighs
Your revolution will not have me singing, ain't no nigga like the one I got
And your revolution will not be sending me for no drip, drip VD shot

And your revolution will not involve me, feelin your nature rise
Or helping you fantasize
Because that revolution will not happen between these thighs
No no, not between these thighs
Oh, my Jamican brother, your revolution will not make you feel bombastic
And really fantastic
And have you groping in the dark for that rubber wrapped in plastic
You will not be touching your lips to my triple dip of french vanilla,
butter pecan, chocolate deluxe
Or having Akinyele's dream, m-hmm a 6-foot blowjob machine m-hmm
You want to subjugate your queen? uh-huh
Think I'm a put it in my mouth, just cuz you made a few bucks?
Please brother please
Your revolution will not be me tossing my weave
And making me believe I'm some caviar-eating ghetto mafia clown
Or me giving up my behind, just so I can get signed
And maybe having somebody else write my rhymes
I'm Sarah Jones, not Foxy Brown
You know I'm Sarah Jones, not Foxy Brown
Your revolution makes me wonder, where could we go
If we could drop the empty pursuit of props and ego
We'd revolt back to our Roots, use a little Common Sense
On a quest to make love De La Soul, no pretense
But your revolution will not be you flexing your little sex and status
To express what you feel
Your revolution will not happen between these thighs
Will not happen between these thighs
Will not be you shaking and me *yawn* faking
Between these thighs
Because the real revolution, that's right I said the real revolution
You know I'm talking about the revolution
When it comes, it's gonna be real
It's gonna be real
It's gonna be real
When it finally comes
When it finally comes
It's gonna be real, yeah yeah

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Song: Video

Artist: India Arie

Source:

<http://www.sing365.com/music/lyric.nsf/Video-lyrics-India-Arie/C3E1BB2F653203AC48256A56002C36E5>

Sometimes I shave my legs and sometimes I don't
Sometimes I comb my hair and sometimes I won't
Depend on how the wind blows I might even paint my toes
It really just depends on whatever feels good in my soul

Chorus:

I'm not the average girl from your video
and I ain't built like a supermodel
But, I learned to love myself unconditionally
Because I am a queen
I'm not the average girl from your video
My worth is not determined by the price of my clothes
No matter what I'm wearing I will always be the india arie

When I look in the mirror and the only one there is me
Every freckle on my face is where it's supposed to be
And I know our creator didn't make no mistakes on me
My feet, my thighs, my lips, my eyes; I'm lovin' what I see

Chorus

Am I less of a lady if I don't wear pantyhose?
My mama said a lady ain't what she wears but what she knows
But, I've drawn a conclusion, it's all an illusion, confusion's the name of the
game
A misconception, a vast deception
Something's gotta change
but, Don't be offended this is all my opinion
ain't nothing that I'm sayin law
This is a true confession of a life learned lesson I was sent here to share with
y'all
So get in where you fit in go on and shine
Clear your mind, now's the time
Put your salt on the shelf
Go on and love yourself
'Cuz everything's gonna be all right

Chorus

Keep your fancy drinks and your expensive minks
I don't need that to have a good time
Keep your expensive car and your caviar
All I need is my guitar
Keep your Kristal and your pistol
I'd rather have a pretty piece of crystal
Don't need your Silicon I prefer my own
What God gave me is just fine

Chorus

10 Ways to Use Hip Hop as a Tool for Empowering Young Women and Girls

A work in progress by Carla E. Stokes, Ph.D., M.P.H.

1. **Educate yourself** about contemporary popular culture and the role of media and hip hop in the lives of girls; be willing to recognize your own personal biases
2. **Ask young women** to talk about how the media affects their lives and **listen** to what they have to say
3. **Learn effective ways to use popular culture** as a tool for girls' empowerment and social change and exchange ideas with others doing similar work
4. **Incorporate young women's opinions and concerns** about the media and hip hop into the classroom, prevention education, and other social justice work
5. **Encourage young women to critique the media** without preaching to youth, alienating youth, or disrespecting youth culture
6. **Encourage young women to produce their own media** (i.e., zines, web sites, podcasts, rap songs, public service announcements, etc.) and help them learn the skills needed to produce and distribute their productions
7. **Encourage young women to advocate for responsible media** and provide resources to support their efforts
8. **Encourage young women to create their own popular education materials that counter sexualization and challenge media messages**; support their efforts to disseminate these materials in their communities and/or on the Web
9. **Encourage young women to create their own media and online content** (i.e., journals/blogs) to share their feelings about the role of media in their lives
10. **Help young women organize fund-raising events** that celebrate the empowering aspects of hip hop and youth culture and benefit women and girl-serving organizations

* **Bonus: Be committed to building effective youth-adult partnerships.**

USING HIP HOP TO EMPOWER YOUNG WOMEN

Resources

A select list compiled by Carla E. Stokes¹

Media Literacy: Lesson Plans, Videos, and Curriculum Materials

- Advocates for Youth, Body Image lesson plan: <http://www.advocatesforyouth.org/lessonplans/bodyimage.htm> (media influences on self-image and behavior)
- Beyond Media Education: <http://www.beyondmedia.org/index.html> (videos and curricula)
- Dove Campaign for Real Beauty (workshops and guides): <http://www.campaignforrealbeauty.com/dsef07/t5.aspx?id=7333>
- Flipping The Script: Critical Thinking in a Hip-Hop World: <http://www.flippingthescript.org/>
- *From Adversaries to Allies: A Curriculum for Change* by Lyn Mikel Brown & Mary Madden: <http://www.hardygirlshealthywomen.org/ourresources.php>
- *Hip Hop: Beyond Beats & Rhymes: ITVS Classroom: Educator's Guide: <http://www.itvs.org/outreach/hiphop/> (film available from www.mediaed.org)
- Media Education Foundation: www.mediaed.org (media literacy videos)
- Media Relate (teaching resources about the media, sex, and relationships): <http://www.mediarelate.org/>
- Planned Parenthood Federation of America, "It's Bigger Than Hip-hop" lesson plan: <http://www.plannedparenthood.org/educational-resources/teaching-materials/its-bigger-than-hip-hop.htm> (positive and negative imagery regarding sexuality and relationships in hip hop lyrics)
- The Next: http://www.thenext.org.nz/the_resource/activities/activity_support.php (using hip hop to work effectively with young people)
- Who is Sara Baartman? (video clip) by DeDe Hunt: <http://www.youtube.com/watch?v=iQ7mmMe4klQ>

Videos Produced by and for Young Women

- *A Girl Like Me* by Kiri Davis explores standards of beauty imposed on today's black girls and how this affects their self-image: http://www.mediathatmattersfest.org/6/a_girl_like_me/
- *Day of Action Against Street Harassment* by the Young Women's Action Team - Available from Beyond Media Education: <http://www.beyondmedia.org/>
- *Girls' Theory: Me-Search Research* was produced in a year-long workshop with girls aged 14-17, using the media to explore their own lives and the world around them. In their own voices, the girls cover topics such as violence, stereotypes of women, sex, relationships, reputation, and the future. (24 minutes) Available from Beyond Media Education: <http://www.beyondmedia.org/>
- *No More Violence Against Our Sistas!* by Sista II Sista – "Using dance, spoken word, hip hop, and testimony, sistas speak out about the violence in their lives & ending violence against women through creative organizing in our communities." Twenty minute video produced and developed by young Black and Latina women in Brooklyn (English and Spanish versions). For more information, check out <http://www.sistaisista.org> or e-mail: videokru@sistaisista.org
- *Real Talk: Engaging Young Men as Allies to End Violence Against Women*. The Young Women's Action Team asks young and adult men to reflect on issues of violence, including street harassment, relationship violence, the media and how to build the movement to stop violence against women. Using poetry, dance and interviews, this video speaks to youth who want to confront violence in their communities. (28 minutes) Available from Beyond Media Education: <http://www.beyondmedia.org/>
- *Respect Me, Don't Media Me* by Sisters Empowering Sisters – Available from <http://www.beyondmedia.org/catalogue.html>

Hip Hop Culture and News:

- <http://www.allhiphop.com>
- Black Entertainment Television: <http://www.bet.com>

¹ This list will be uploaded and updated periodically on my web site: www.drcarla.com

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- Davey D's Hip Hop Corner: <http://www.daveyd.com>
- Hip Hop Archive: <http://www.hiphoparchive.org>
- Journal of Hip Hop: <http://www.johh.org/>
- MTV: <http://www.mtv.com>

Blogs:

- Hardy Girls, Healthy Women: <http://hghw.blogspot.com/>
- Jeff Chang: <http://www.cantstopwontstop.com/>
- Mark Anthony Neal: <http://newblackman.blogspot.com/>
- Rachel Raimist: <http://blog.lib.umn.edu/raim0007/RaeSpot/>
- Carla Stokes: www.drcarla.com (blog under construction)
- Women in Media and News: <http://www.wimnonline.org/WIMNsVoicesBlog/?author=45&profile#bio>
- YPulse: <http://ypulse.com/> (media and youth culture)

Music videos:

- *106 & Park*: Mon-Fri @ 6 pm (ET/PT) on BET
- <http://www.billboard.com> (List of Top 100 Songs)
- Blastro: <http://www.blastro.com/>
- *Rap City: The Basement* - Mon-Fri @ 5pm. (ET/PT) on BET
- Yahoo! Music: <http://music.yahoo.com/>
- You Tube: <http://www.youtube.com>

Music Lyrics:

- <http://www.azlyrics.com>
- <http://www.google.com>
- <http://www.lyricsandsongs.com>
- <http://www.ohhla.com>

Magazines

- *Essence* Take Back the Music Campaign: <http://www.essence.com/essence/takebackthemusic/about.html>
- *VIBE*: <http://www.vibe.com/>
- *The Source*: <http://www.thesource.com/>
- *XXL*: <http://xxlmag.com/>

Television Specials

- Oprah's Hip Hop Town Hall Meeting: http://www.oprah.com/tows/slide/200704/20070417/slide_20070417_284_101.jhtml
- BET's Hip-Hop vs. America: <http://www.bet.com/OnTV/hhva.htm>
- VH1's Hip Hop Videos: Sexploitation on the Set: http://www.vh1.com/shows/dyn/vh1_news_presents/96137/episode.jhtml
- Tip: Search You Tube for Clips

Organizations, Campaigns, & Web Resources on Women in Hip Hop & Youth Media Production

- B-Girl B: A Celebration of Women in Hip Hop: <http://www.bgirlbe.com/>
- Black Girls Rock: <http://www.blackgirlsrockinc.com/>
- Black Youth Project: <http://blackyouthproject.uchicago.edu/>
- Conscious Youth Media Crew: <http://www.consciousyouthmediacrew.org/>
- Enough is Enough!: <http://www.enoughisenoughcampaign.com/index.html>
- *Essence* Take Back the Music Campaign: <http://www.essence.com/essence/takebackthemusic/>
- Graff Girlz: <http://www.graffgirlz.com/>
- Grlz Radio: <http://www.grlzradio.org/>
- Helping Our Teen Girls In Real Life Situations, Inc. (HOTGIRLS): www.helpingourteengirls.org
- Industry Ears: www.industryears.com
- Mother's Day Radio: <http://www.mothersdayradio.com/>
- Respect Rx: <http://www.respectrx.com/>
- SuperSistas: <http://www.supersistas.com/> - videos uplifting black women and inspiring men

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- The Free Child Project: <http://www.freechild.org/YouthMediaResources.htm>
- The Hip Hop Archive: Women in Hip Hop: <http://www.hiphoparchive.org/prep/women.php>
- The Hip Hop Association: <http://www.h2ed.net/>
- Turn Off Channel Zero: <http://www.myspace.com/turnoffchannelzero>
- Verbalisms Magazine: <http://www.verbalisms.com/content/> - women representing hip hop
- Words Beats and Life: www.wblinc.org
- Wonda Woman Project: <http://www.myspace.com/0tolerancetour>
- Youth Movement Records: <http://www.youthmovementrecords.org/>
- Young Women's Action Team: www.youngwomensactionteam.org

Online Articles

- "BET Provides More 'Exposure' for Music Videos: Late-Night 'Uncut' Offers Uncensored, Explicit Versions of Clips": <http://www.msnbc.msn.com/id/4671829/>
- "Building Effective Youth-Adult Partnerships" by Advocates for Youth: http://www.advocatesforyouth.org/PUBLICATIONS/transitions/transitions1401_7.htm
- "Duke Case Reopens Wounds for Black Women: Many are Fed Up with Stereotype of Hyper-Sexual African American Female": <http://www.msnbc.msn.com/id/12305991/>
- "Everybody Wants to be a Pimp": <http://www.kron.com/Global/story.asp?S=1370903&nav=5D7zH2cG>
- Hip-Hop's Betrayal of Black Women by Jennifer McLune: <http://zmag.org/JulAug2006/mclune0706.html>
- "Hip Hop High -- The Musical Language Of The Street Has New Fans: Teachers, Who Are Using It As A Classroom Tool" : http://www.caseyfamilyservices.org/p_tt_0103-1.html
- "Hip-Hop Is Not The Problem: Critics Focus Too Much On Commercial Rap's Racism and Sexism, Ignoring The Positive Messages of Most Hip-Hop Artists" by Jeff Chang & Dave Zirin: <http://www.commondreams.org/archive/2007/04/23/697/>
- Imus returning, and war against hip-hop sexism grows by Bakari Kitwana: [newsday.com/news/opinion/ny-opkit145411801oct14,0,5550955.story](http://www.newsday.com/news/opinion/ny-opkit145411801oct14,0,5550955.story)
- "It's Men's Attitudes, Stupid" by Byron Hurt: <http://blog.myspace.com/index.cfm?fuseaction=blog.view&friendID=55206650&blogID=258087449>
- "Male artists should recognize and understand the struggle certain women go through and let that be known in the lyrics." by Christopher Givens: http://www.youthradio.org/society/071011_hiphop.shtml
- "Media images of Black women: From soft porn to the invisible soldier" by Nisa Islam Muhammad: http://www.finalcall.com/artman/publish/article_1038.shtml
- "Misogyny and Rap: 'Chickenhead' Means You": http://www.tolerance.org/news/article_tol.jsp?id=1196
- *Respect Me, Don't Media Me Report* by Girls' Best Friend Foundation: http://www.girlsbestfriend.org/downloads/respect_me_report.doc
- "Students at Spelman College Protest Nelly's Video 'Tip Drill'" by Moya Bailey: <http://www.alternet.org/story/18760/>
- "Teenage girls spin the dial toward positive lyrics" by April Austin: <http://www.csmonitor.com/2004/0413/p14s01-legn.html>
- 'Uncut' is Cut from BET's Lineup by Lorinda Bullock: <http://www.blackpressusa.com/news/Article.asp?SID=3&Title=National+News&NewsID=9946>
- "Using Rap Music to Teach Teens": http://www.caseyfamilyservices.org/p_tt_0103-1.html

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Using Hip Hop to Empower Young Women

EXAMPLE ACTIVITY: OPEN LETTER

**How do you feel about the way black women are represented in music videos?
Tell us about it and your letter may be published on FIREGRL.com!**

Pick a nickname and write it here: _____

Here are some questions to help you get started:

- How do you **feel** about the music videos we watched today?
- What do you think about the **song lyrics**?
- What do you think about the way women/girls are represented in music videos?
- What do you think about the way men/boys are represented in music videos?
- How did the song lyrics and/or images in the video make you feel about yourself as a young woman?
- Do you think the messages in the songs/videos that are shown on BET, YouTube, and other music video TV channels are **healthy** for girls your age? Why or why not?
- If you could give the artists some advice about improving the songs/videos that are played on music video networks, what would you tell them?

Please write your letter in the space below (write on the back if you need more space):

Get On Her Level: Agree/Disagree Activity

In this activity, you will be asked to pretend that you are a young woman and express your feelings regarding different values that were discussed in the film, *Hip Hop: Beyond Beats & Rhymes*. The purpose of this activity to help you to explore your personal Attitudes, values, and biases about hip hop and youth culture and to become comfortable with listening to and understanding opinions that are different from your own.

Before we begin the activity, think of a young woman you know and consider the following questions:

- What is her first name?
- What nickname(s) does she use in social networking web sites on the Web (if relevant)?
- How old is she?
- What is her sexual orientation?
- Where does she live?
- What are the characteristics of her neighborhood and school (if she's in school)?
- Who does she live with?
- What type of music does she listen to?
- What are her favorite songs/music videos?
- How does she like to dress? What does she wear to school? What does she wear when she is hanging out with friends or going to parties?