

# Beyond #MeToo

An Educational Workshop on  
Male Violence Against Women,  
Feminist Music Therapy, &  
Change

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# The Workshop

## A caveat

- This workshop includes a lot of videos & music videos
  - More than can possibly be explored
  - To give workshop facilitators some options
    - To personalize it to your interests & needs

# The Workshop

- Let's get started!
- But first, a bit about gender:
  - [When I Was a Boy, Dar Williams](#)
- A Spectrum
- But in our culture, there is:
  - *“a pervasive binary division of the world into two different and differently-valued categories”*

# And then a bit about diversity

- Women, men, & nonbinary individuals
  - Alike & different
- Intersection of gender with other social locations
- This includes: age, ability, race & ethnicity, nation of origin, Indigenous identity, socioeconomic situation, sexual orientation, & gender identity.
- Was anything left out?

# “Rape Culture”

- *Til It Happens to You*, Lady Gaga
  - Film Version
    - (Trigger warning: Contains graphic content that may be emotionally upsetting but reflects the reality of our culture)
  - Oscars Version
  - Your reactions – jot them down as it plays
- What comes to mind when you think of “Rape Culture”?

# “Rape Culture”

- Woman shaming
- Woman blaming
- She asked for it
- It didn't happen
- She lied about it (or was confused)
- She liked it
- It wasn't that bad
- It was her fault
- She was drinking so it was her fault
- He was drinking so it wasn't his fault
- Rape of a few women, control of all
- Is rape the crime or the weapon?
- Did you get them all?

# Challenging Rape Culture

- Through music
- Through a broader understanding of male violence against women

# Culture of Male Violence Against Women

- Not just rape
- Other types of male violence against women
  - All connected: [Hunted, Cowboy Junkies](#)
- Poster board work



# Male Violence Against Women

- Overt
- Covert
- And daily, “mundane” experiences

# The Underpinnings of our Culture of Male Violence Against Women

- What are some of the underpinnings?



# The Underpinnings of our Culture of Male Violence Against Women

- Some videos to reflect on (choose, view & discuss):
  - [Consent like a Cup of Tea](#)
  - [Double standards \(Pantene\)](#)
  - [Throw like a Girl](#)
  - [Dress Like a Woman](#)
  - [Mansplaining](#)
  - [Manspreading](#)

# Some videos to fight back with

- [Girl in a Country Song](#)
- [Canadian Women's Foundation](#)
- [Bitch in Business](#)
- [Freedom, Beyoncé](#)

# The Underpinnings of our Culture of Male Violence Against Women

- What are some of the underpinnings?
- What have we discussed so far?
- What more is there?

# The Underpinnings of our Culture of Male Violence Against Women

- Our gender role socialization
- Gender role stereotypes
- Devaluation of women
- Dehumanization of women
- Misogyny
  - Sex/ual violence or hatred?
- Invisibilization/silencing of women
  - Our language
  - Our discussion of MVAW
- Objectification of women
  - Sexual bodies for men
  - Conflation of sex with sexual violence
- Male entitlement
  - to women's bodies
  - Confusion about consent or denial
- Male privilege
  - Incl. [freedom from violence](#)
- Gender inequality
- Internalization by women

# We see these . . .

- in a culture that:
  - teaches women NOT TO GET raped
  - does not teach men NOT to rape
- In overt violence
- And also in our daily life experiences

# Reminder:

- All male violence against women
  - Affects all women
  - Affects women differently depending on social locations



**Rape  
Culture**

on & off campus

**Culture of Male  
Violence  
against Women**

**Sociocultural  
Underpinnings of All**

But before you go  
to break . . .



# BEYOND #METOO – PART 2

- **MAKING A DIFFERENCE**
  - Personal Transformation
    - Through Feminist Music Therapy
  - Societal Transformation
    - Through feminist music therapy
    - Through Beyond #MeToo

# Feminist Music Therapy

- Grassroots movement – no single definition
- Informed by feminism
- Sandi Curtis' approach: Informed by intersectional feminism
  - [This is Not a Feminist Song](#)

# Feminist Music Therapy

## Overarching Principles:

1. The personal is political
2. Interpersonal relationships are to be egalitarian
3. Women & women's perspectives are to be valued

# Feminist Music Therapy

## Goals:

1. To increase understanding of the sociopolitical underpinnings of the lives & experiences of women, men, and non binary individuals;
2. To empower those who are marginalized;
3. To support recovery from harms of oppression & marginalization;
4. To work towards personal & societal change

# Feminist Music Therapy

## Techniques:

1. Music listening & lyric analysis for feminist analysis of gender, power, & culture;
2. Songwriting & recording for:
  - a. Giving voice
  - b. Valuing & empowering women
3. Music-centered relaxation for valuing women
4. Social activism

# Feminist Music Therapy

## 1<sup>st</sup> Technique:

Music listening & lyric analysis for feminist analysis of gender, power, & culture

- A glimpse in this workshop
- Includes the full array (not just violence)
  - Examples:
    - Women & Beauty: [Thunder Thighs](#), Miss Eaves
    - Women & Power: [Amendment](#), Ani DiFranco



# Feminist Music Therapy

## 2<sup>nd</sup> Technique:

- Songwriting & recording for:
  - a. Giving voice
  - b. Valuing & empowering women
- You'll see this yourselves in Beyond #MeToo
  - any style, any topic related
- Examples:
  - Online: [Scary, Lynzy Lab](#)

# Feminist Music Therapy

3<sup>rd</sup> Technique:

Music-centered relaxation for valuing women

# Feminist Music Therapy

4<sup>th</sup> Technique:  
Social activism



# Social Activism

- How can we make a change?
  - #MeToo, But also:
    - #YesAllWomen – after #NotAllMen, #BeenRapedNeverReported, #WhyINeverReported
    - #YesAllMen
  - Who is responsible for change? [You are the Problem Here](#)
  - Who benefits from change?
- Music
- [Beyond #MeToo](#)
  - The film
  - The songs/music videos
    - With, by & for university students

# In Closing. . .

- [I am Light, India.Arie](#)

# Heading out ...

- Choose one:
- [Fight Song, Rachel Platten](#)
- [Woman, Kesha](#) (explicit language)
- [Girl on Fire, Alicia Keys](#)
- [Stronger, Kelly Clarkson](#)