

Tips For Taking Care Of Your MENTAL HEALTH



Talk To Someone You Trust



Take Care Of Your Physical Health



Do Activities That You Enjoy



Take Two Minutes To Focus On
The World Around You



Tell Yourself That Everything
Will Be Fine

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Joan Price



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Die pinke Linie Mark Gevisser, 2021-04-20 Für wie viele Geschlechter sollte es Toiletten geben? Manche sehen in dieser Frage nur einen Karnevalskalauer, andere nutzen sie zur Inszenierung eines Kulturkampfes. Viele Menschen erinnern sich jedoch schlicht an tagtäglich erfahrene Demütigungen über Themen der Geschlechteridentität und der sexuellen Selbstbestimmung, wurde in jüngster Zeit weltweit erbittert gestritten. Und während in einigen Ländern erhebliche Liberalisierungsfortschritte zu verzeichnen sind, scheren in anderen mächtige politische Akteure gezielt Stimmung gegen Lesben, Schwule und Transpersonen. Mark Gevisser zeichnet diese neue Konfliktlinie, die pinke Linie, wie er sie nennt, rund um den Globus nach. Er schildert, wie queere Paare und Familien für rechtliche Gleichstellung kämpfen und zu welchen Strategien Aktivist:innen greifen, um tradierte Geschlechtervorstellungen in ihren lokalen Kontexten zu überwinden. Er spricht mit von Diskriminierung Betroffener in Kenia, Ägypten und den USA. Welche Probleme stellen sich ihnen im Alltag? Welche Pronomen verwenden sie für sich und warum? Welche Ziele verfolgen Dritte, die sich ihrer Sache annehmen? Einförmig, klug und in bestechender Prosa kombiniert Gevisser Reportage und Analyse und liefert ein ebenso faktenreiches wie bewegendes Standardwerk zu einem der prägenden Themen unserer Gegenwart. *The Pocket Guide to the Patriarchy* Maya Oppenheim, 2023-08-31 This is a vital book. Hand this out in schools, in the workplace everywhere. It's also beautifully written. Olivia Colman Brilliant. Patriarchy 101. Amnesty UK Immersive and accessible. Dazed Maya offers both a practical guide and a refreshing perspective on the challenges, barriers and obstacles facing women today. This is 21st century feminism in action. Angela Rayner Deputy PM The essential guide for women everywhere. The Pocket Guide to the Patriarchy is full to the brim with unbelievable stats, shocking figures and emboldening knowledge to understand and fight the patriarchal systems holding all of us back. Across the world, women are still denied opportunities and rights. The home remains the most dangerous place for women to be worldwide, with the majority of homicide victims who are women being killed by partners or relatives. In some countries, women who get abortions after they are raped face jail time. Less than 20 per cent of landholders in the world are women. Despite all these truths, many would prefer to blame women for not demanding a seat at the table, for walking home alone at night, for not working hard enough to overcome the odds that are stacked against them. In her first fact-filled, inclusive and energising book, Maya Oppenheim supplies you with the unforgettable realities, real world anecdotes and tales of resistance to help you combat denial and continued injustice as the far right grows and women's rights come under attack. If yet another rebuttal of patriarchy leaves you lost for words, this book can be pulled out of your pocket. Utilising her breadth of experience as Women's Correspondent at The Independent and as the only women's correspondent at a UK news outlet, Maya leaves no stone left unturned and sparks new conversations on Women's Health, Sexual Violence, Criminal Justice, System Sex Work, Policing, Far Right, Abortion Rights. And much more across 22 chapters. Combining poignant stories with startling evidence, *The Pocket Guide to the Patriarchy* is a blazing examination of the systems rigged against us and offers a

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