

### Sista 2 Sista- Part II: More than Sugar and Spice

Shelia Hill, Ed.D. & Chelena Fisher Ed.D.

Umoja Success Program

Cerritos College







Agenda



Who's in the room

Activity







The Black Woman

Affirmation

Resources

### Outcomes

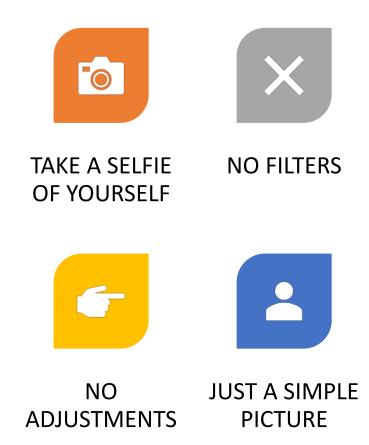
Awareness for issues that Black/African American Women are facing

Information on the societal mischaracterizati on of the Black female

Express your thoughts/feeling s regarding current issues

Power of Affirming

A picture is worth....



Who Are You?

### Pair Up

Person A- "Who are you?"

Person B- "...."

Repeat until time is called

tails, that's what are made o

# ICE. THAT'S WHAT

# In the Eye of the Beholder



## How we have often been seen

- The Mammy: Nurturing, caring and dedicated to helping others.
- The Sapphire (aka- Angry Black Woman): can best be described as a loud and verbally abusive matriarch
- **The Jezabel**: Man-eaters with inappropriate or insatiable sexual appetites (Hill Collins 2000)
- The Strong Black Woman ("the superwoman complex"): against the stereotypical trifecta- Self-sacrificial and does not want or need the protection of men







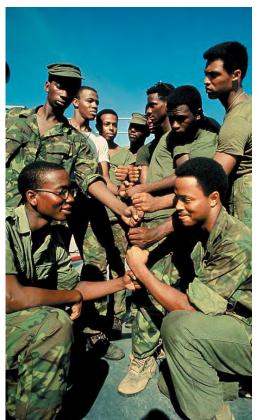


#### PICTURE PERFECT

- Girls are raised to be perfect
  - Smile pretty, get straight A's, get that safe job
- To be that SUPERWOMEN
  - Alicia Keys- Superwoman
- I never felt like it was mine... My hair wasn't mine... my voice wasn't mine ... (shifting)

### That's what little boys are made of....

- Firefighter, Police Officer, Military
- Language of "being careful"









The Carters

• To all the good girls that love hustlers
To the mothers that put up with us
To all the babies that suffered 'cause us
We only know love because of ya
America is a m&%^@\$\*!&^% to us, lock
us up, shoot us
Shoot our self-esteem down, we don't

deserve true love Black queen, you rescued us, you rescued us, rescued us

### Ain't I a Woman

- "For black women, I tend to find it harmful that we have all the burden on our shoulders, to uphold this specific image. You see them as the strong, flawless, fierce type of woman. And even on a great day, I am never those things." – Issa Rae
  - Ride or die woman is ever present in our culture, but to what end?



# Monthly meeting

### Loosely facilitated

Sista 2 Sista at Cerritos College

### **Discussion Topics**

Men

Family
Stress

Stress

SISTERHOOD

### Sista's Speak

Cerritos College Umoja Success Program Students

### Affirmations





Say it to yourself- say it to others



Chapman, G. (1995). The Five Languages of Love

Craig-Henderson, K. (2011). Black Women in Interracial Relationships: In Search of Love and Solace. New Brunswick: Transaction Publishers.

DeGruy, J (2005). Post Traumatic Slave Syndrome

Harris-Perry, M. (2011). Sister Citizen: Shame, Stereotypes And Black Women in America. Yale: Yale University Press.

Hill Collins, P. (1991). Black Feminist thought: Knowledge, Consciousness and the Power of Empowerment. New York: Routledge

Jones, C & Shorter-Gooden, K (2003). Shifting: The Double Lives of Black Woman

#### Resources

### Shelia Hill, Ed.D. shill@cerritos.edu

Chelena Fisher, Ed.D. cfisher@cerritos.edu

**Contact information**