



SUGAR AND SPICE
AND EVERYTHING
NICE

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

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

Umoja Success Program

Cerritos College

Agenda



Outcomes



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....



TAKE A SELFIE
OF YOURSELF



NO FILTERS



NO
ADJUSTMENTS



JUST A SIMPLE
PICTURE

Who Are
You?

Pair Up

Person A- "Who are you?"

Person B- "....."

Repeat until time is called

Frogs and snails
& PUPPY DOG
tails, that's what
LITTLE BOYS
are made of.

SUGAR
& SPICE
AND EVERYTHING
NICE. THAT'S WHAT
LITTLE GIRLS
♥ ARE MADE OF. ♥

In the Eye of the Beholder

WHAT WAS THE FIRST THING THAT CAME TO MIND WHEN YOU SAW
YOUR SELFIE



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”



Failure... is Fuel

- Failure ... is Fuel
- Facing fears outside of our comfort zone



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?

That's what little girls are made of

- What are you made of?
- How are we suppose to act
- How do you define beauty
- How do we become our OWN WOMAN?





Monthly
meeting



Loosely
facilitated

Sista 2 Sista at Cerritos College

Discussion Topics

Family

Stress

Men

Love

Success

SISTERHOOD

Sista's Speak

Cerritos College Umoja Success Program Students

Affirmations

I am beautiful

I am successful

I am strong

I am kind

I am smart

I am phenomenal

I am sensitive and
emotional and it's ok

I choose to radiate love,
joy & gratitude today. I
know life is too short to
dwell on negativity. I
walk in the light!



Say it to yourself- say it to others

hello

Q & A

Resources

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

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

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

Contact information