

# Social Justice Watch 0317

[图集精选](#)

[消息精选](#)

[Body camera video shows 6-year-old Orlando girl arrested at school](#)

[Domestic Violence Cases Surge During COVID-19 Epidemic](#)

[How to argue with a racist](#)

[Opinion | Enough Leaning In. Let's Tell Men to Lean Out.](#)

[She Faced Her ISIS Rapist in Court, Then Watched Him Sentenced to Death](#)

来源：[Social Justice Watch](#)

镜像

# 图集精选

[返回目录](#)

My favourite is when transphobes say "I identified as a dinosaur when I was six, kids that age are too young to know they're trans!".

Nah mate, you didn't identify as a dinosaur. You didn't cry yourself to sleep because you couldn't figure out why you had no tail. You didn't feel an inexplicable sense of shame at your lack of claws. When you saw yourself in a mirror in a dinosaur costume, you weren't upset about all the non-dinosaur bits you could still see. When others saw the costume, you weren't brought to tears by them treating you like a child-wearing-a-costume instead of a real dinosaur.

You were playing make-believe. Kids do that. Kids also have genuine insight into themselves as no external observer can, and we should be helping them to explore that so that they can make better choices.

If your child told you that they were hearing voices, you wouldn't care that they were too young to understand schizophrenia. If they said that they had a wrenching pain in their gut, you wouldn't rage about "liberal doctors brainwashing children". Yet if a kid says "It hurts when people say I'm a boy/girl." suddenly the idea of treating that symptom becomes a conservative bogeyman.

...



Reply



640





**FACT: The vast majority of patients do \*not\* regret their decision to have a safe, legal abortion. Stop stigmatizing other people's personal medical decisions.**

**#StopTheLies #StopTheBans**

**A woman  
without a man  
is like a fish  
without a bicycle.**

**- Gloria Steinem**

今日所感：一个女人没有男人，就像鱼没有自行车。 [Natalie不明白](#)

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你就是你。节日快乐！ [DIANLIN](#)

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Ryan Knight @ProudResister



Masculinity is not under attack.  
Masculinity is being redefined to not include harassing women or bullying people who are different than you.  
Masculinity is being expanded to a more loving space and if you can't handle that then you deserve to be left in the past with your hate.

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# I'm pro-CHOICE.

That means, **if you want or need an abortion**, I support your decision.

If you **choose adoption**, I support your decision. If you want to **give birth and parent**, I support your decision.

**CHOICE** looks different for everyone — and everyone **deserves the freedom to decide** for themselves.





Siddharth

@DearthOfSid



Men whine about "feminazis" essentially because equality feels like oppression to the oppressor. They define a "moderate" and an "extremist" feminist to discourage women from identifying as feminists. The "moderate" feminist has to disown the word and prove she doesn't hate men.

1:58 AM · 01 Nov 19 · [Twitter for Android](#)

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Jeppe Mulich

@jmulich



Friendly reminder that it's possible to be critical of China's initial coverup of COVID-19 and of the west's inadequate response to the virus at the same time. You don't have to choose one.

[游泳健将女士](#)

[返回目录](#)

# 消息精选

[返回目录](#)

[https://www.ted.com/talks/deepa\\_narayan\\_7\\_beliefs\\_that\\_can\\_silence\\_women\\_a\\_language=zh-cn](https://www.ted.com/talks/deepa_narayan_7_beliefs_that_can_silence_women_a_language=zh-cn)

Ted

Transcript of "7 beliefs that can silence women -- and how to unlearn them"  
TED Talk Subtitles and Transcript: In India (and many other countries), girls and women still find themselves silenced by traditional rules of politeness and restraint, says social scientist Deepa Narayan. In this frank talk, she identifies seven deeply entrenched...

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<https://www.yourtango.com/2019327054/who-haben-girma-new-details-first-deaf-and-blind-person-graduate-harvard-law-school?fbclid=IwAR122PZA-KkDNgzMWYERNFON8XdgfAF5hPtT8ZajcEzeBiTFb8rgAovJ4Qg>

YourTango

Meet Haben Girma, The First Deaf And Blind Person To Graduate From Harvard Law School  
Her memoir was released this month.

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<https://youtu.be/qBwtCf2X5jw>

YouTube

I Was the Fastest Girl in America, Until I Joined Nike | NYT Opinion  
Mary Cain's male coaches were convinced she had to get "thinner, and thinner, and thinner." Then her body started breaking down. At 17, Mary Cain was already...

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**Brains of girls and boys are similar, producing equal math ability**

[Read Full Article](#)

ScienceBeta

No Gender Difference Found In Brain Function Or Math Ability

1992: Teen Talk Barbie is released with the controversial voice fragment, "Math class is hard." The toy's release met with public backlash.

But this underlying assumption persists, propagating the myth that women do not thrive in science, technology, engineering...

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**The assumption that boys are more likely to be adept at math and science than girls has no foundation in the brain, according to a new study. It is the first to look at human neurobiology to try and understand whether supposed gender differences in mathematical ability are grounded in biology.**

[Read Full Article](#)

Inverse

A tired stereotype about men and women's brains has been debunked

No, the sexes are not hard-wired to process mathematical information differently, scientists say.

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[youtu.be/qbnt6nlskcQ](https://youtu.be/qbnt6nlskcQ)

YouTube

再见，我的新郎\_Bridegroom.mp4

[返回目录](#)

# **Body camera video shows 6-year-old Orlando girl arrested at school**

[返回目录](#)



Recently released body cam footage shows the arrest of Kai Rolle at Lucious and Emma Nixon Academy. [Photo from video/Facebook]

ORLANDO — Kaia Rolle was sitting, listening to a school employee read her a story when two officers came in the room to arrest her.

“What are those for?” the 6-year-old girl asked the Orlando police officers.

“They’re for you,” Officer Dennis Turner said about the zip ties, before another officer tightened them around her wrists. Kaia immediately began weeping.

“No … no, don’t put handcuffs on!” she wailed in body camera footage from the arrest, which Kaia’s family shared with the *Orlando Sentinel* on Monday evening. The arrests of the girl and another 6-year-old at Lucious & Emma Nixon Academy in September drew national headlines and widespread condemnation, leading to the officer’s firing.

“Help me, help me, please!” the girl choked out through tears. The officers continued with the arrest. Employees at the Orlando charter school stood by.

After Kaia was placed in a police SUV to be taken to the Juvenile Assessment Center, Turner returned to the school’s office and spoke to administrators, who were concerned about Kaia. He downplayed the juvenile detention center, saying it’s “not like you think.”

He told them he had arrested 6,000 people in his career — the youngest, to that

point, was 7. When school employees told him Kaia was 6, not 8 like he thought, he did not seem concerned.

“Now she has broken the record,” he said.

Related: Feds seize \$181,000 from trucker at Tampa airport. His company says ‘something is fishy.’

Kaia, a first grader at the charter school, had a tantrum earlier in the day where she had kicked and punched three school employees, leading to her arrest on a charge of misdemeanor battery, according to her arrest report. However, by the time Turner and another officer approached Kaia to detain, cuff and arrest her, the girl had calmed down, the video shows.

The school staff member who had been reading to her told Kaia she had to go with the officers, and that her grandmother would pick her up later.

While walking with the officer to the car, Kaia continued to cry, “I don’t wanna go in a police car.”

The second officer, who has not been identified, replied, “You don’t want to? ... You have to.”

“Please, give me a second chance,” the girl responded, still crying.

The officers put her in the backseat of the police SUV.

Turner then returned to the school’s office, reminding one employee that he would need a statement from her, and said she would likely get a subpoena. The woman agreed, though she said she was upset.

The arrest report Turner completed said that a member of the school’s faculty, Beverly Stoute, had requested to press charges against Kaia, something the school has denied. The video does not show any staff member attempting to stop the arrest, though several are obviously rattled.

“The restraints, are they necessary?” one school employee asked.

“Yes,” Turner said.

Then, he added: “If she was bigger, she would have been wearing regular handcuffs.”

He then told the school administrators that the youngest person he ever arrested previously was 7 years old, a boy who he had caught stealing at a supermarket. He said he arrested the boy because he “thought it was a joke” while the other children caught in the act had started crying.

Officials have said that Turner also arrested a 6-year-old boy at Nixon Academy the same day as Kaia for misdemeanor battery in an unrelated incident. However, the boy’s arrest was halted by superiors before the child made it through the full arrest process.

Details about the boy’s arrest have not been made public.

The following day, prosecutors dropped the charge against Kaia.

Orlando Police Department officials have said Turner violated agency policy on arresting children younger than 12, which requires officers to get a supervisor’s approval — something Turner did not do. However, his decision was not illegal as Florida currently does not have a minimum age for arrest.

Meralyn Kirkland, Kaia’s grandmother, said she is hoping that when people watch the footage of her granddaughter’s arrest, they will support a proposal to change that law by making 12 the minimum age for arrest. She said she would also like to see school resource officers receive more training and preparation, especially to work with young children.

Related: After five years of indecision, St. Pete officers may finally get body cameras

“I knew that what they did was wrong, but I never knew she was begging for help,” Kirkland said in an interview Monday night about the video. “I watched her break.”

The body camera footage still upsets her, Kirkland said, especially when Turner “callously” talks about arresting children.

“You’re discussing traumatizing a 6- and 7-year-old — and that’s a boasting right for you?” she said. “These are babies.”

Kirkland said her granddaughter had sleep apnea, which could cause her to act out in school — a condition Kirkland had repeatedly worked with the school to manage, she said.

Kaia was completely processed at the county Juvenile Assessment Center, where the girl's mugshot and fingerprints were taken, Kirkland said, adding that employees at the center had to use a step stool so Kaia could reach the camera for the mugshot.

Kaia has since enrolled in a private school, after refusing to attend a school with an officer on campus, Kirkland said. She said she worries about how the trauma from the arrest will affect her granddaughter in years to come.

Turner, who was fired days after the arrest became national news, had worked in OPD's Reserve Unit, which is made up of retired officers who are required to work a certain amount of hours at the agency per month and can pick up extra-duty jobs for pay.

Over the course of Turner's 23-year tenure at OPD prior to retiring last year, he was disciplined seven times for violations of department policy that ranged from unsafe driving to a child-abuse arrest in which he was accused of injuring his 7-year-old son, record released Tuesday showed. He was also accused of sending threatening text messages to his ex-wife in 2009 and racial profiling, records show.

[原文](#)

[返回目录](#)

# Domestic Violence Cases Surge During COVID-19 Epidemic

[返回目录](#)

On Feb. 11, Xiao Li received a distressing call from a 12-year-old crying for help.

The child was wandering the deserted streets of their hometown in the central Henan province with his mother and 7-year-old sister. Their father had physically abused their mother and then kicked them out of the house at a time when many cities, including theirs, were on lockdown to contain the spread of COVID-19.

Their mother, surnamed Wang, had already divorced the man, but he had coerced her and the children into spending the Lunar New Year with his family.

Xiao told Sixth Tone that Wang — a distant relative — had wanted to escape her abusive ex-husband and make the 50-kilometer trip to see Xiao. But it was extremely difficult to get a permit from the police to leave a city under lockdown.

After much fruitless discussion, Xiao said she finally managed to convince the police to give her a driving permit. Xiao said she met Wang and the children at her town's border — which they had walked five hours toward before Wang's ex-husband picked them up and drove them the rest of the way.

"We were super worried about how easy it was for the abuser to beat her during the lockdown," Xiao said. "There were no restaurants open, no transportation allowed. They (Wang and her children) hadn't eaten in so long."

**According to our statistics, 90% of the causes of violence are related to the COVID-19 epidemic.- Wan Fei, founder of an anti-domestic violence nonprofit**

While millions of people are spending time indoors, rights activists say there

have been increasing instances of domestic violence — a crime in China since a landmark anti-domestic violence law went into effect in March 2016.

Wan Fei, a retired police officer who is now the founder of an anti-domestic violence nonprofit in Jingmen, a city in the central Hubei province, told Sixth Tone that reports of domestic violence have nearly doubled since cities were put under lockdown.

He said that as of Friday, the police station in Jianli County, which administers Jingmen, had received 162 reports of domestic violence in February — three times more than the 47 reported during the same month the previous year. The number of cases reported in January had also doubled compared with the same period last year.

“The epidemic has had a huge impact on domestic violence,” said Wan. “According to our statistics, 90% of the causes of violence are related to the COVID-19 epidemic.”

Wan believes the fear and anxiety from the extended quarantine, as well as the economic strain put on many families, may have contributed to the uptick. Meanwhile, support systems for survivors of domestic violence have weakened.

On Wednesday, a woman from the southern city of Shenzhen shared a recorded conversation with a police officer on microblogging platform Weibo in which the latter is heard asking her to forget about pursuing the case.

“He has a very good job. You would ruin his life if you reported him,” the officer is heard saying. “Why would you believe his words (death threats) when he was drunk?”

A day later, Shenzhen police said the abuser would be detained for five days, and that the police officer in question had been “educated.”

Although Wan said his colleagues have personally visited many individuals who’ve reported domestic violence, police in some parts of China have been reluctant to help the survivors, especially during the epidemic. He added that many shelters for survivors have been converted into homeless shelters by the authorities, while some officers vacillate when it comes to detaining perpetrators due to several recent COVID-19 clusters in prisons.

**While everyone's attention is on the epidemic, victims of domestic violence are very much being neglected.- Wan Fei, founder of an anti-domestic violence nonprofit**

“While everyone’s attention is on the epidemic, victims of domestic violence are very much being neglected,” Wan said. “They deserve more attention and help.”

With a spike in domestic violence-related cases amid the epidemic, some nonprofits have even published special manuals instructing survivors on how to better protect themselves and directing them to online legal aid, if needed.

Feng Yuan, the director of Beijing-based women’s rights nonprofit Weiping, told Sixth Tone that they have also received a substantial number of domestic violence-related reports since the Lunar New Year vacation a little over a month ago — beginning around the time several cities went into lockdown. She added that police should be more proactive in registering survivors’ complaints instead of finding excuses to not help them.

“The police can detain people for insulting (leading respiratory disease expert) Zhong Nanshan online and arrest someone for not wearing a mask on the street. It looks to me like the epidemic has not affected their law enforcement capacity,” Feng said. “If they use the epidemic as an excuse to not deal with domestic violence cases, that’s not acceptable.”

To empower women, Feng held a livestreamed workshop on Saturday where she shared what a person can do when they witness or become aware of domestic violence.

“It’s very important to let domestic violence survivors know their rights, and as witnesses we should all give them confidence and support,” she said.

*Editor: Bibek Bhandari.*



[原文](#)

[返回目录](#)

# How to argue with a racist

[返回目录](#)



Racism can be debunked with facts and science

Stereotypes and myths about race abound, but this does not make them true. Often, these are not even expressed by overt racists.

For many well-intentioned people, experience and cultural history has steered them towards views that aren't supported by human genetics. For example: the assumption that East Asian students are inherently better at maths, black people have natural rhythm, or Jews are good with money. Many of us know someone who thinks along these lines.

Dr Adam Rutherford, a geneticist and BBC presenter, says "Racism is being expressed in public more openly today than at any time I can recall, and it's our duty to contest it with facts."

Here's how to debunk five racist myths with science and facts.

## **MYTH 1: The DNA of white and black people is completely different**



### FACT: All humans share almost all of their DNA

The primary pigment in human skin is melanin. It's used to protect us from the sun.

It absorbs the sun's ultra violet rays before they can destroy folate, one of the body's key vitamins.

Many genes are involved in the biochemical pathways that result in melanin production. Natural variation within these genes is the root cause of the spectrum of skin tones that humans have.

So, the biggest genetic difference within the human race is between white people and black people, right? Wrong.

Firstly, all humans share almost all the same DNA - a fact that betrays all of our recent origins from Africa.

Secondly, there is more genetic diversity on the continent of Africa than in the rest of the world put together.

Two people from different tribes in Southern Africa will be more genetically different from each other than a Sri Lankan, a Māori and a Russian.

We might categorise people as white, black or brown, but these visual variations don't accurately reflect the genetic differences - or rather similarities - between us.

### **MYTH 2: There is such a thing as 'racial purity'**



FACT: "Racial purity is pure fantasy"

We think of certain areas, lands or peoples as being isolated - either physically or culturally - and these boundaries as being insurmountable.

But this is neither what history, nor genetics, tell us. In fact, no nation is static.

"People have moved around the world throughout history, and had sex whenever and wherever they could," says Dr Rutherford.

Sometimes these are big moves in short times.

More often, people are largely static over a few generations - and that can feel like a geographical and cultural anchor.

"Nevertheless, every Nazi has Jewish ancestors" says Dr Rutherford, "Every white supremacist has Middle Eastern ancestors. Every racist has African, Indian, East Asian ancestors, as well as everyone else."

"Racial purity is pure fantasy. For humans, there are no pure bloods. Only mongrels enriched by the blood of multitudes," he says.

**MYTH 3: 'Germany for the Germans', 'Turkey for the Turks' (and other variations)**



A 1972 protest in the UK calling for an end to immigration

Some people experience a lot of angst about migrants and refugees coming to their country, a phenomenon that has been experienced in many places around the world of late.

Among recent examples, the shooting rampage last month that started in a shisha bar in Hanau, Germany, was motivated by a far-right doctrine to expel or murder immigrants.

Those on the far right have long expressed anger in the form of epithets: "Germany for the Germans", "France for the French", "Turkey for the Turks" and "Italy for Italians" have all been used as anti-immigration phrases by far-right groups.

"Go back to where you came from" is an offensive phrase that resonates all over the world.

In truth, countries like Germany, France, Turkey and Italy have had immigration throughout their history. In fact, just about everywhere has.

The British Isles, for instance, have become home to migrants since they separated from the continent around 7,500 years ago.

Before the French took over in 1066, that part of the world had been invaded by Vikings, Angles, Saxons, Huns, and dozens of other smaller tribes and clans.

And even before that, the Romans ruled, which in their turn came from all over

the intercontinental empire, which reached as far as sub-Saharan Africa and the Middle East.

Earlier still, around 4,500 years ago Britain was populated primarily by farmers, who had migrated from Europe across what was continuous terrain between the Netherlands and East Anglia.

On the basis of DNA evidence, we think they may have been olive skinned, with dark hair and brown eyes.

And before them there were hunter-gatherers, who had even darker skin.

So, when political parties or even racists say: "France for the French", or "Italy for the Italians" and talk about "indigenous" people... who do they actually mean?

#### **MYTH 4: A genealogy test can prove someone is 100% white**



You carry DNA from only half of your ancestors dating eleven generations back

Genealogy and ancestry fascinate us - and racists in particular.

Websites like Stormfront are frequented by white nationalist, white supremacist, and anti-Semitic members who forward theories for Holocaust-denial and are obsessed with population genetics.

They use mainstream genealogy tests, like those offered by Ancestry DNA, to "prove" they are 100% white or non-Jewish.

However, the logic is flawed.

DNA can tell you some interesting things about family history - and it's very useful for identifying close family like lost siblings or biological parents - but its powers are profoundly limited by fundamental biology.

Over time, descendants start to shed the DNA of their actual ancestors, and the amount that vanishes builds up over the generations to be huge..

You carry DNA from only half of your ancestors dating eleven generations back. So it is possible that you are genetically unrelated to people you are actually descended from as recently as the 18th Century.

"You are descended from multitudes, from all around the world, from people you think you know and from more you know nothing about," says Dr Rutherford, "You will have no meaningful genetic link to many of them."

## 5. Black people are better at running than white people



Usain Bolt's apparent easy wins seemed to fuel this erroneous idea

The last white man to compete in a 100m final at the Olympics was in 1980.

Since then, black athletes have dominated the modern era of sprinting. This has fuelled a commonly held belief that people of African descent have an advantage at the sport because of their genetic ancestry.

"Maybe there are probabilistic predictions one could make about ethnicity and sporting success based on genetics," says Dr Rutherford, "but they would be weak at best."

In actual fact, the genetics of sporting success are wickedly complex.

There are a myriad of factors in physiology of physicality, including the size of your heart, the efficiency with which you absorb oxygen, and muscular recovery, says Rutherford.

And these are relatively well understood phenomena which do have a genetic basis. But there are other physical traits (such as flexibility and co-ordination) which are less well understood.

On top of that, there's the psychological dimension: determination, concentration, and risk-taking, for example.

We do know that people who are good at explosive-energy sports tend to have a higher proportion of "fast-twitch" muscle cells, that process energy more quickly.

The genetics that underlie this involve a gene called ACTN3.

Studies have shown that elite athletes in power and strength sports are more likely to have copies of the R-type of ACTN3. The research indicates the gene occurs in a higher proportion of African Americans (96%) compared to white Americans (80%).

That does give a slight, population-wide advantage to African Americans to take place in explosive-energy sports - but it doesn't come anywhere close to explaining the difference between the number of African American sprinters and white competitors.

If it just came down to that gene, you might expect to see six black elite sprinters for every five white runners.

Adam says this is a simplistic analysis, but still a good example of how genetics don't align with racial stereotypes in sports.

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*This piece has been adapted from the BBC radio programme How to argue with a racist, and presented by Dr Adam Rutherford .*

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[原文](#)

[返回目录](#)

# Opinion | Enough Leaning In. Let's Tell Men to Lean Out.

[返回目录](#)



If parents were giving their children virtue names today, as the Puritans used to do, nobody would choose Charity or Grace or Patience. Instead, half of all baby girls born in America would be named Empowerment or Assertiveness.

For women in this cultural moment, assertiveness is perhaps the ultimate in

aspirational personal qualities. At the nexus of feminism and self-help lies the promise that if we can only learn to state our needs more forcefully — to “lean in” and stop apologizing and demand a raise and power pose in the bathroom before meetings and generally act like a ladyboss (though not a regular boss of course; that would be unladylike) — everything from the pay gap to mansplaining to the glass ceiling would all but disappear. Women! Be more like men. Men, as you were.

There are several problems with this fist-pumping restyling of feminism, most obviously that it slides all too easily into victim blaming. The caricature of the shrinking violet, too fearful to ask for a raise, is a handy straw-woman for corporations that would rather blame their female employees for a lack of assertiveness than pay them fairly.

There’s also the awkward issue that it turns out to be untrue. Research shows that despite countless attempts to rebrand the wage gap as a “confidence gap,” women ask for raises as often as men do. They just don’t get them.

But even if we leave these narrative glitches aside and accept the argument that female unassertiveness is a major cause of gender inequality and that complex, systemic problems can be fixed with individual self-improvement, we are still left with a deeply sexist premise.

The assumption that assertiveness is a more valuable trait than, say, deference is itself the product of a ubiquitous and corrosive gender hierarchy.

As a rule, anything associated with girls or women — from the color pink to domestic labor — is by definition assigned a lower cultural value than things associated with boys or men. Fashion, for instance, is vain and shallow, while baseball is basically a branch of philosophy. Tax dollars are poured into encouraging girls to take up STEM subjects, but no one seems to care much whether boys become nurses. Girls are routinely given pep talks to be “anything a boy can be,” a glorious promotion from their current state, whereas to encourage a boy to behave more like a girl is to inflict an emasculating demotion. Female hobbies, careers, possessions and behaviors are generally dismissed as frivolous, trivial, niche or low status — certainly nothing to which any self-respecting boy or man might ever aspire.

“Women: Improve yourselves!” has always been a baseline instruction of both

the world at large and the self-help movement. Take the whole “Women Who ...” subgenre, a surprisingly large range of books whose titles start with the words “Women Who ...” and end with a character flaw that then blames us for our own failure to be happy or successful. “Women Who Love Too Much,” “Women Who Think Too Much,” “Women Who Worry Too Much,” “Women Who Do Too Much.”

Rarely do we stop to consider that many of life’s problems might be better explained by the alternative titles “Men Who Love Too Little,” “... Think Too Little,” “... Worry Too Little” or “... Do Too Little.” But instead we assume without question that whatever men are doing or thinking is what we all should be aiming for.

Now the assertiveness movement is taking this same depressingly stacked ranking system and selling it back to us as feminism. We in turn barely question whether the male standard really is the more socially desirable or morally sound set of behaviors or consider whether women might actually have had it right all along.

After all, one man’s “assertive” is often another woman’s abrasive, entitled or rude. Surely many of our most pressing social and political problems — from #MeToo to campus rape, school shootings to President Trump’s Twitter posturing — are caused not by a lack of assertiveness in women but by an overassertiveness among men. In the workplace, probably unsurprisingly to many women who are routinely talked over, patronized or ignored by male colleagues, research shows that rather than women being underconfident, men tend to be overconfident in relation to their actual abilities. Women generally aren’t failing to speak up; the problem is that men are refusing to pipe down.

Take apologizing, the patient zero of the assertiveness movement. Women do too much of it, according to countless op-ed essays, books, apps and shampoo ads. There’s even a Gmail plug-in that is supposed to help us quit this apparently self-destructive habit by policing our emails for signs of excessive contrition, underlining anything of an overly apologetic nature in angry red wiggles.

The various anti-apologizing tracts often quote a 2010 study showing that the reason women say they are sorry more often than men is that we have a “lower threshold for what constitutes offensive behavior.” This is almost exclusively framed as an example of female deficiency. But really, isn’t a person with a

“high threshold of what constitutes offensive behavior” just a fancy name for a jerk?

Rarely in the course of this anti-apologizing crusade do we ever stop to consider the social and moral value of apologies and the cost of obliterating them from our interactions. Apologizing is a highly symbolic and socially efficient way to take responsibility for our actions, to right a wrong and clear space for another person’s feelings. It’s a routine means of injecting self-examination and moral reflection into daily life.

Indeed, many of our problems with male entitlement and toxic behavior both in the workplace and elsewhere could well be traced back to a fundamental unwillingness among men to apologize, or even perceive that they have anything to apologize for. Certainly many emails I have received from men over the years would have benefited from a Gmail plug-in pointing out the apology-shaped hole. The energy we spend getting women to stop apologizing might be better spent encouraging men to start.

So perhaps instead of nagging women to scramble to meet the male standard, we should instead be training men and boys to aspire to women’s cultural norms, and selling those norms to men as both default and desirable. To be more deferential. To reflect and listen and apologize where an apology is due (and if unsure, to err on the side of a superfluous sorry than an absent one). To aim for modesty and humility and cooperation rather than blowhard arrogance.

It would be a challenge, for sure. Pity the human resources manager trying to sell a deference training course to male employees. She would need to paint all the PowerPoint slides black and hand out Nerf guns just to get started. As long as the threat of emasculation is a baseline terror for men, encouraging them to act more like women still instinctively feels like a form of humiliation.

Which is exactly why we need to try, because until female norms and standards are seen as every bit as valuable and aspirational as those of men, we will never achieve equality. Promoting qualities such as deference, humility, cooperation and listening skills will benefit not only women but also businesses, politics and even men themselves, freeing them from the constant and exhausting expectation to perform a grandstanding masculinity, even when they feel insecure or unsure.

So H.R. managers and self-help authors, slogan writers and TED Talk talkers: Use your platforms and your cultural capital to ask that men be the ones to do the self-improvement for once. Stand up for deference. Write the book that teaches men to sit back and listen and yield to others' judgment. Code the app that shows them where to put the apologies in their emails. Teach them how to assess their own abilities realistically and modestly. Tell them to "lean out," reflect and consider the needs of others rather than assertively restating their own. Sell the female standard as the norm.

Perhaps some capitulation poses in the bathroom before a big meeting might help.

Ruth Whippman, the author of "America the Anxious," is working on a book about raising boys.

[原文](#)

[返回目录](#)

# **She Faced Her ISIS Rapist in Court, Then Watched Him Sentenced to Death**

[返回目录](#)



For the first time, an Iraqi court has held the Islamic State accountable for its atrocities against the Yazidi religious minority.

BAGHDAD — Iraq has held thousands of trials for members of the Islamic State, but until Monday none had sought to bring justice specifically to the thousands of members of the Yazidi religious minority who were kidnapped, raped and killed.

A soft-spoken 20-year old Yazidi woman changed that when she decided to testify in open court.

The witness, Ashwaq Haji Hamid Talo, gave a restrained but searing account to judges and before the public — in the presence of the ISIS militant to whom she was once given as a gift, and who raped her repeatedly.

The defendant, Mohammed Rashid Sahab, 36, who is an Iraqi, was found guilty of participating in a terrorist organization and in the rape and abduction of Yazidi women. He was given the death penalty.

“The most important thing to me is that my dream came true and I was watching the one who raped me being sentenced to death,” Ms. Haji Hamid said afterward.

The trial, which ended on Monday, was the first in Iraq to specifically address the Islamic State’s crimes against the Yazidis — or at least one militant’s crimes. It was also the first in which a Yazidi victim personally confronted her attacker.

“I want my story to reach the whole world, so my message is heard by my friends and gives them the courage to do the same thing that I did, so that they can get revenge on Daesh,” she said, using the Arabic acronym for the Islamic State.

The chief judge in the case expressed a similar wish.

“We hope that if people hear about this case, others will come forward,” said Judge Haider Jalil Khalil of the Kharkh Criminal Court in Baghdad. He said the judiciary had been hampered in bringing this kind of case by the reluctance of victims to testify in public.

In Iraqi society, it is especially difficult for women to speak out in public about rape, as Ms. Haji Hamid did, for fear that they will be accused of having allowed the men to rape them and that they will tarnish their family name.

“But perhaps if they see that the judiciary will give them their rights, they will come forward now if they hear about this case,” Judge Khalil said.

The international human rights community has criticized the Iraqi judiciary for holding rapid-fire trials against large numbers of ISIS members without detailing their individual crimes. “A vague charge of terrorism just does not do justice to the act committed,” said Belkis Wille, the senior Iraq researcher for Human Rights Watch.

Ms. Wille said this prosecution appeared different.

“This would be the first case I have come across in the last four years where a victim has had any meaningful role in the proceedings,” she said. “And it would be first case where the charge of rape was added and addressed by the court, which is significant.”

She explained that the rape charge seemed to show that the Iraqi judiciary recognized how important it is for individual ISIS victims to have their day in court.

Ms. Haji Hamid grew up in Khana Sor, a small town in the Sinjar mountain region of northern Iraq near the Syrian border, which is entirely populated by people of the Yazidi faith. She had six sisters and 12 brothers; her father had two wives.

“We had a stable life there,” she told the court. “I was happy with being with all my cousins.”

Then armed members of the Islamic State rolled into town on Aug. 3, 2014.

“They told us we were infidels and that our sect needed to become Islamic,” Ms. Haji Hamid testified. The Yazidi religion is shaped by a variety of faiths, including Zoroastrianism, Islam and Judeo-Christian practices.

Her father declared that they were committed to their faith.

The militants gave him a day to decide whether to convert. After that, they warned, those who did not would be “slaughtered, except for the women,” Ms. Haji Hamid said.

The family resolved to escape by night and loaded up their cars. More than 70 of them piled in, but before they could leave, a group of ISIS members intercepted them. They separated men from women, and then young girls from their mothers.

Ms. Haji Hamid was with a group of nine girls who were sold to Islamic State fighters for “\$100 or \$200,” she said. “Four of my sisters were sold in Syria, and me and my younger sister were sold in Nineveh Province in Iraq,” she said.

Later, she was held in a place with about 50 girls.

“We were forced to change our clothes,” she said, “and they kept us almost naked, like dancers, and they told us to do prayers in the Islamic way five times a day.”

Eventually, Ms. Haji Hamid was given to Mr. Sahab, who at the time was about 30, and had escaped from prison with the help of the Islamic State.

In court on Monday, the judge asked if she recognized her captor in the room, where he was now wearing prison yellow.

Ms. Haji Hamid looked at the defendant directly and nodded.

“I know him better than I know myself,” she said.

She said it was just one day after she was given to Mr. Sahab that he “forcibly raped me.” At the time, she said, she was a virgin.

He asked her to marry him, and when she refused, he went to an Islamic judge and had a ceremony anyway. Under Iraqi law, marital rape does not exist.

“He raped me every day, sometimes two or three times a day,” Ms. Haji Hamid said.

The only reason she did not become pregnant, she said, was because she got her captor to take her to the doctor on the pretext that she was ill. When she was alone with the doctor, she begged for birth control pills, and then took them secretly, she said.

During her captivity, Ms. Haji Hamid testified, she tried to cut herself with the idea of committing suicide.

Finally, she went to the doctor and asked for sleeping pills, saying she needed them to get some rest. Instead, Ms. Haji Hamid and the other Yazidi girls prepared a meal for the ISIS fighters, and put the sleeping pills into their food.

While the fighters were sleeping, the young women escaped to Sinjar mountain.

When the Islamic State took control of northern Iraq in 2014, it singled out

Shiites and Yazidis for the worst treatment, killing or enslaving many and sending the Yazidis fleeing from their homes around Sinjar. Many of the atrocities came to light after the Iraqi army, backed by the American forces, retook the north.

Mr. Sahab is originally from Anbar Province, an overwhelmingly Sunni area of western Iraq. When he was 19, he killed a taxi driver and stole his car, and was sentenced to 20 years in prison. When ISIS broke into the prison, freeing the prisoners, Mr. Sahab quickly swore allegiance to the group.

At his trial, Mr. Sahab expressed neither regret nor a sense that he had done anything wrong.

In court, he described himself as “a Quran teacher,” and said, “I also did spiritual things like driving demons out of people.”

Mr. Sahab said that he had been told by the Islamic State leadership to participate in the attack on the Yazidis, and that he had been injured, spending a few weeks in the hospital.

“They came to me and said they had a captive, a sabiha, for me,” he testified. He said, “She was given to me as a gift.”

Mr. Sahab insisted he could not tell if his “gift” had been happy or unhappy. “I did not see her crying or laughing,” he said.

Although Ms. Haji Hamid is now back with her family, not all of her brothers and sisters were able to do the same.

“My father bought five of my sisters from Daesh,” she said. “He paid \$15,000. They were all forcibly raped many times.”

“We have them all back except Reham — we do not know her destiny,” she said.

Then she paused: “And five of my brothers went with Daesh, and they are lost.”

Falih Hassan contributed reporting.

[原文](#)

[返回目录](#)