

Social Justice Watch 0213

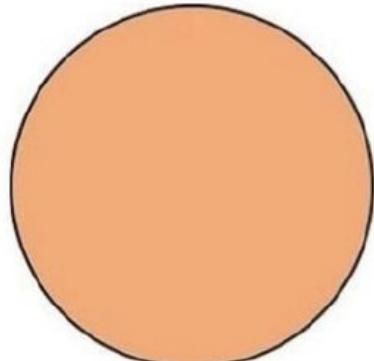
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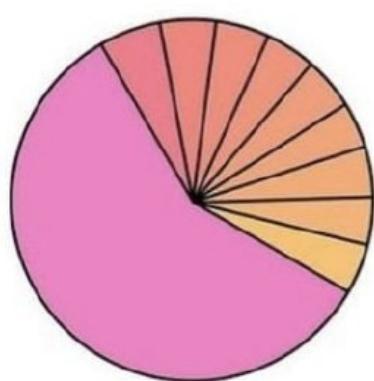
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What people think PTSD is

@what.is.mental.illness

- Not being able to move on after a traumatic event



What PTSD actually is

- | | |
|------------------------|------------------------------|
| ■ Unwanted memories | ■ Anxiety/depression |
| ■ Negative self-image | ■ Excessive blame |
| ■ Hypervigilance | ■ Dissociation |
| ■ Emotional distress | ■ Easily scared |
| ■ Sense of threat | ■ Flashbacks |
| ■ Intrusive thoughts | ■ Nightmares |
| ■ Avoidance/isolation | ■ Sleeping problems |
| ■ Memory problems | ■ Self-destructive behaviors |
| ■ Anger, guilt & shame | |

[source](#)



Dr. Vassilia
@JunoCounseling

...

Parents saying that you owe them something because they fed you and put a roof over your head is emotional abuse. It implies you don't inherently deserve basic needs. The responsibility of feeding and housing a person was their choice.

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[source](#)



A.S.L
@scraptown79

I build powerlines for a living, and I make a good, union, wage. If a bunch of burger flippers started earning the same wages and benefits that I make, dude...

...I'd be celebrating with them and their families! Working people are my people! Their win is my win!

[source](#)



Dr. Vassilia
@JunoCounseling

...

You can love someone AND put space between you.

You can forgive someone AND refuse to let them back in.

You can have boundaries AND keep people close.

You can put yourself first AND give back to others.

Life is not black and white.

[source](#)



si

@bbycherubs

...

horrible “fun” fact: most people do not realize they have been sexually assaulted until years later. your brain will block these traumatic memories out, or you wont even think twice about how violating of an encounter you had.
listen to people who come forward years later.

[source](#)



Women are at the
frontline of the **COVID-19**
pandemic response.





Globally, **70%** of
health and social care
workers are women.

SOURCE | WHO, 2019





Yet, they get paid
11% less than their
male counterparts
**with similar occupation
and same working hours.**

SOURCE | WHO, 2019





[source](#)

for most of
history,
anonymous
was a WOMAN.

-Virginia Woolf-

[source](#)

WHEN you DEBATE A PERSON about something that AFFECTS THEM MORE than it AFFECTS YOU, REMEMBER that it will TAKE A MUCH GREATER EMOTIONAL TOLL ON THEM THAN ON YOU. FOR YOU it MAY FEEL like AN ACADEMIC EXERCISE. FOR THEM, it FEELS LIKE REVEALING THEIR PAIN only to HAVE YOU DISMISS THEIR EXPERIENCE and sometimes THEIR HUMANITY. THE FACT that you might REMAIN more CALM UNDER THESE CIRCUMSTANCES is A CONSEQUENCE of YOUR PRIVILEGE, NOT INCREASED OBJECTIVITY ON YOUR PART. STAY HUMBLE.

When you debate a person about something that affects them more than it affects you, remember that it will take a much greater emotional toll on them than on you. For you it may feel like an academic exercise. For them, it feels like revealing their pain only to have you dismiss their experience and sometimes their humanity. The fact that you might remain more calm under these circumstances is a consequence of your privilege, not increased objectivity on your part. Stay humble. [source](#)

darling,
you feel heavy
because you are
too full of truth.

open your mouth more.
let the truth exist
somewhere other than
inside your body.

- della hicks-wilson

#LOVEWARRIOR

[source](#)



socially squidward

@AlienNationzzz

▼

rt if you know why

Open Culture @openculture

Maria Anna Mozart Was a Musical Prodigy
Like Her Brother Wolfgang, So Why Did She
Get Erased from History? goo.gl/s39qH8



<https://www.openculture.com/2017/10/maria-anna-mozart-was-a-musical-prodigy-like-her-brother-wolfgang-so-why-did-she-get-erased-from-history.html>

*He runs like a girl.
She's not like other girls.
He's such a ^{@farida.d.author}pussy.
She's got balls.*

Without even telling you at all how each statement translates, you already know that the ones referring to female and feminine are insults while the male and masculine are praise. This is the way the patriarchy insidiously operates.

And if that's not horrific, just imagine how many other aspects of your life this kind of thinking dominates. -Farida D.

[source](#)



“ When I was a student at Cambridge I remember an anthropology professor holding up a picture of a bone with 28 incisions carved in it. ‘This is often considered to be man’s first attempt at a calendar’ she explained. She paused as we dutifully wrote this down. ‘My question to you is this – what man needs to mark 28 days? I would suggest to you that this is woman’s first attempt at a calendar.’ It was a moment that changed my life. In that second I stopped to question almost everything I had been taught about the past. How often had I overlooked women’s contributions?

Sandi Toksvig

“When I was a student at Cambridge, I remember an anthropology professor holding up a picture of a bone with 28 incisions carved in it. ‘This is often considered to be man’s first attempt at a calendar,’ she explained. She paused as we dutifully wrote this down. ‘My question to you is this — what man needs to mark 28 days? I would suggest to you that this is woman’s first attempt at a calendar.’ It was a moment that changed my life. In that second, I stopped to question almost everything I had been taught about the past. How often had I overlooked women’s contributions?” [source](#)



laura
@lauratnelson



My mom: wow it's so nice of Jeff to
watch your kids for the next few days
while you're gone

Me: yes, he is very excited to
continue to be a father

[source](#)



Marjane Satrapi

The world is not divided between East and West. You are American, I am Iranian, we don't know each other, but we talk and we understand each other perfectly. The difference between you and your government is much bigger than the difference between you and me. And the difference between me and my government is much bigger than the difference between me and you.
And our governments are very much the same.

- Marjane Satrapi, Iranian Graphic Novelist

[source](#)



Kenyan runner Abel Mutai was only a few meters from the finish line, but got confused with the signs and stopped, thinking he had finished the race. A Spanish man, Ivan Fernandez, was right behind him and, realizing what was going on, started shouting to the Kenyan to keep running. Mutai did not know Spanish and did not understand.

Realizing what was going on, Fernandez pushed Mutai to victory. A reporter asked Ivan, "Why did you do this?" Ivan replied, "My dream is that one day we can have some sort of community life where we push ourselves and help each other win." The reporter insisted "But why did you let the Kenyan win?" Ivan replied, "I didn't let him win, he was going to win. The race was his." [source](#)

THINGS WE MUST
NORMALIZE FOR MEN

**CRYING
SHARING
THE CARE
SHOWING
EMOTIONS
SEEKING HELP
SHARING
FEELINGS**



[source](#)

Just a friendly reminder
that when you say
ignorant things about
women in power, they
don't hear you.

But your daughters do.
Your mother does.
Your sisters hear you.
Your nieces hear you
too.

[source](#)

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