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February  
2006

Note from the Director

Greetings!

Spring semester at Messiah College is officially underway! Those students who endured a January class can now breathe a sigh of relief because the fast-paced three weeks has now come to an end and a fresh semester is ahead. The beginning of the new semester brings with it a sense of expectancy of what we can each accomplish over the next four months. For some, a difficult course load may be promised with the coming of the new semester, and for others, relationships, friendships and family will consume most of our thoughts. Despite our busy schedules, hopefully there will be time for needed relaxation and time with those who mean the most.

I am the new student assistant for the Gender Studies Project and I am looking forward to being part of this exciting program at Messiah College! I am a junior Human Development and Family Science major and I hope I will be able to use my interest in gender studies to bring to you a newsletter full of current gender-related issues! Please come visit me in the Gender Studies office, Hoffman 315, because I would love to visit with you and help you get involved with the Project!

The Gender Studies Project hopes to meet the gender-related needs of students, faculty and the greater Messiah College community in new and exciting ways this spring! We encourage you to become involved in the Project with the many volunteer opportunities; hint: come to our planning meeting on 2/15 at 5:30 in B102 and be part of the excitement. Please attend as many of our events as you can; see our calendar for our exciting events in the coming months! We anticipate great things from this semester and we hope you can join us!

McKenzie Griffin  
Gender Studies Project  
Student Assistant

**Table of Contents**  
1...Note from the Director  
2-3...21 Leaders for the 21<sup>st</sup> Century  
4...Spring Programs and Announcements  
5...Both Genders and the Internet  
6-7...International News  
8...Poetry  
9...Interesting Research!  
10-11...Harassment on Campus  
12...Events Calendar and Announcements

Stand Up:  
Violence  
*Women's eNews 21 Leaders for 21<sup>st</sup>  
Century 2006*  
By Karen James

An African American daily newspaper columnist openly discusses being in an abusive relationship; a girl who picked cotton alongside her parents in South Carolina now fights for the government benefits owed to female veterans; a professional football player turned film star now raises awareness about the cost of family violence; an art collector and psychologist combines her two passions to advocate for women's health issues; and a Haitian expatriate who returned home organizes other women to press for their rights. These are just a few of the inspirational women (and one man) named as Women's eNews' 21 Leaders for the 21st Century 2006.

Out of a pool of hundreds of impressive candidates nominated by Women's eNews readers during the past several months, these 21 determined and passionate trailblazers stand out for their extraordinary visions and commitment to working on behalf of women.

"In a year where many believe there has been a profound scarcity of leadership, it is thrilling to once again find so many women and men who are dedicated to expanding values that cherish the lives of women," says Rita Henley Jensen, editor in chief of Women's eNews. She describes each award recipient as a combination of innovation, dedication and energy in her or his commitment to women.

Now in its fifth year, Women's eNews' 21 Leaders for the 21st Century 2006 will be honored during a gala evening in New York City on May 16. Readers can look forward to learning about these remarkable people in a series of profiles to be published over the next three days.

Creativity Mixed with Activism

Three leaders have used their artistic natures to further women's well-being. Creative dynamo S. Renee Mitchell, named the winner of the Ida B. Wells Award for Bravery in Journalism, is a Pulitzer Prize-nominated columnist, poet, playwright, teacher, publisher and single mother who uses her artistic energy to encourage women to find emotional healing through writing. As an

*"...these 21 determined and passionate trailblazers stand out for their extraordinary visions and commitment to working on behalf of women."*

art collector and psychologist, Helen Kornblum combines her two fields to encourage dialogs about women's health issues such as breast cancer and eating disorders through her thought-provoking art exhibitions. Artist and activist Willa Shalit helped spur the creation of V-Day, a global movement to stop violence against women and girls, and is forging a relationship between Rwandan basket-weavers who were widowed by genocide and the retail giant Macy's that provide the women with a lucrative market for their products.

Women's Safety A Priority

Recognized for their profound efforts to call attention to and fight the epidemic of violence against women, three of the 21 Leaders are developing unique ways to enhance women's safety. Mary Kay's vice president of government relations, Anne Crews, has led her company to lobby Congress for passage of the Violence Against Women Act, committed \$3 million to domestic violence shelters and safe houses across the country, and underwritten two PBS documentaries on domestic violence. Former Miami Dolphin and now a Hollywood star Victor Rivas Rivers manages the pain of growing up in a brutally violent household by serving as the first male spokesperson for the National Network to End Domestic Violence. And Oglala Lakota nation's Karen Artichoker was instrumental in the creation of the nation's most comprehensive domestic violence program, Cangleska Inc., and serves the women and families living on the Pine Ridge Indian Reservation in South Dakota.

Getting and Using Clout

A player in electoral politics nationwide every election cycle, Ellen Malcolm founded the country's largest grassroots political network, EMILY's List. Supporting pro-choice Democratic candidates to win political office, Malcolm's brainchild has contributed to the election of over 70 female members of Congress, eight female governors and hundreds of women to state and local offices. Darlee Crockett is proud to call herself a Republican, but she is undaunted by her lifelong party's anti-choice stance. She raises money for women's reproductive health care as the national co-chair of Planned Parenthood's Republicans for Choice. As a young woman in San Diego, she was inspired to advocacy by observing scores of women heading to Mexico for abortions.

Anita P. DeFrantz, president of the Los Angeles-based Amateur Athletic Association and a 1976 Olympic Games bronze medalist who was the first U.S. woman and first African American in history to serve on the International Olympic Committee, is now a champion of equal opportunity for women in international sports.

## THE GENDER STUDIES PROJECT

Seeking to make the votes of female union members count too, Anna Burger heads the newly formed Change to Win Federation of labor unions and represents over 5.4 million workers. She has become the "most influential woman in the U.S. labor movement" and is committed to ensuring that unions evolve to address the needs of women workers and to see more women take up leadership positions. Powerful, truthful and vivid films focused on women's lives are the trademark of HBO's Sheila Nevins . She uses her gut and her leverage to ensure women are heard and seen in her often controversial award-winning documentaries produced during her almost 30-year career in the cable television industry. And ensuring that the experiences of women are recorded and preserved, the founder of the Jewish Women's Archive in Brookline, Mass., Gail Twersky Reimer , commits her life to ensuring that Jewish women of the past and present are recognized for their contributions and achievements and that their stories are preserved in history.

### Transforming Economics

Women's eNews is also recognizing three for the work they've done, and will do, to help women around the world achieve economic parity. In London, Arab International Women's Forum founder Haifa Fahoum Al Kaylani uses her multicultural background and expertise in economic development to build mutually productive relationships between businesswomen in the Arab and Western worlds. Carol Bernick , chair of the board of Alberto-Culver, a global personal care and household products company, is blazing the way for female employees to have the option of balancing careers and families, including instituting flextime and job share options. Cindy Hounsell , founder of the Washington-based Women's Institute for a Secure Retirement, works to ensure that women of all ages and economic backgrounds have access to solid financial and retirement planning.

College student Elizabeth "Bibi" Schweitzer uses her presidency of Wharton Women, an undergraduate network of over 400 aspiring businesswomen at the University of Pennsylvania, to expand the club's reach to low-income teens living near the Philadelphia campus, providing training in basic business skills.

### Reaching Out to Women in Danger

Working to improve the lives of women in the developing world is the lifeblood of three of Women's eNews' leaders. Josette Perard , as co-founder of the Lambi Fund in Port au Prince, Haiti, helps poor women create economically and environmentally sustainable communities throughout that country. Esther B. Hewlett began her philanthropic career in 1987 by pairing her lifelong interests in foreign cultures and women's issues to become a founding donor of the San Francisco-based

Global Fund for Women. She has not stopped working to improve women's lives and circumstances ever since. After Eva Haller lost her brother in the Hungarian resistance during World War II, the philanthropist has dedicated her life to working on behalf of the underdog—with a special focus on women. As the chair of the board of directors for Washington-based Women for Women International, which helps women in war-torn regions rebuild their lives, Haller does the work that needs to be done, even if it means digging a latrine.

### Working Within for Women

Irene Trowell-Harris is a cotton farmer's daughter who went on to become the first African American woman to serve as a general officer in the National Guard. Today she is the director of the Dept. of Veterans Affairs' Center for Women Veterans, where she works to make the male-centric bureaucracy more responsive to the needs of female veterans.

Dr. Donna J. Nelson , the first tenure-track female professor hired into the University of Oklahoma's chemistry department, observed that minority and female students in the white male-dominated world of math and science were being discriminated against. But as a scientist, she needed the data to prove her theory. She began counting the numbers of female and minority faculty members at the top 50 departments in 14 science and engineering disciplines and created the database that confirms that women and minorities are relatively rare and earning less than their white male counterparts.

In the next three days, Women's eNews will publish fuller profiles of these remarkable 21 Leaders for the 21st Century. Please enjoy them and print them out to read them whenever you need inspiration.

Karen James is a Women's eNews intern and master's candidate at the Columbia University Graduate School of Journalism.

Women's eNews welcomes your comments. E-mail us at [editors@womensenews.org](mailto:editors@womensenews.org) .

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For any comments about this story, please send a letter to the editors at

<http://www.womensenews.org/letters/discus.pl>

Women's eNews is a nonprofit independent news service covering issues of concern to women and their allies

## IT'S YOUR CHANCE TO GET INVOLVED!

Would you like to be a part of our advisory board to help plan the programming for 2006?

Here's your chance to help the Gender Studies Project have its best year yet!  
Please bring your ideas and get involved!

When: February 15, 2006

Where: Boyer 102

Time: 5:30-7:00pm

\*\*Pizza and drinks provided\*\*



## Gender-Related Organizations at Messiah

**Women's Rights Issues:** This group will take actions on behalf of women's rights internationally. (Agape Center)

**I'm Worth Waiting For:** Connected with a local chapter of this national organization, *I'm Worth Waiting For* focuses on developing awareness and support behind abstinence. (Agape Center)

**One in Four:** Men have the opportunity to teach others about rape prevention and sexual violence. (GSP Program)

**Lifesavers:** Volunteer at local pregnancy centers and supports pro-life activities. (Agape Center)

**Women's Studies Minors:** Those with women's studies minors or similar interests share resources, support, and attend local activities related to women's studies. (GSP Program)

If you would like more information or know a group that should be added, please contact the Gender Studies Project

Looking for information? Check out our online database

Through the database you can:

1. Find contact people
2. Discover resources, including internet sites, books and articles
3. Keep up to date with the Events Calendar

You are also able to submit events to the Calendar right online

Use this database for research and personal purposes

[www.messiah.edu/gender/](http://www.messiah.edu/gender/)

## HOW WOMEN AND MEN USE THE INTERNET:

WOMEN ARE CATCHING UP TO MEN IN MOST MEASURES OF ONLINE LIFE. MEN LIKE THE INTERNET FOR THE EXPERIENCES IT OFFERS, WHILE WOMEN LIKE IT FOR THE HUMAN CONNECTIONS IT PROMOTES

BY: DEBORAH FALLOWS

A wide-ranging look at the way American women and men use the internet shows that men continue to pursue many internet activities more intensively than women, and that men are still first out of the blocks in trying the latest technologies. At the same time, there are trends showing that women are catching up in overall use and are framing their online experience with a greater emphasis on deepening connections with people. Some highlights from a new report show how men's and women's use of the internet has changed over time.

□ The percentage of women using the internet still lags slightly behind the percentage of men. Women under 30 and black women outpace their male peers. However, older women trail dramatically behind older men.

□ Men are slightly more intense internet users than women. Men log on more often, spend more time online, and are more likely to be broadband users.

□ In most categories of internet activity, more men than women are participants, but women are catching up.

□ More than men, women are enthusiastic online communicators, and they use email in a more robust way. Women are more likely than men to use email to write to friends and family about a variety of topics: sharing news and worries, planning events, forwarding jokes and funny stories. Women are more likely to feel satisfied with the role email plays in their lives, especially when it comes to nurturing their relationships. And women include a wider range of topics and activities in their personal emails. Men use email more than women to communicate with various kinds of organizations.

□ More online men than women perform online transactions. Men and women are equally likely to use the internet to buy products and take part in online banking, but men are more likely to use the internet to pay bills, participate in auctions, trade stocks and bonds, and pay for digital content.

□ Men are more avid consumers than women of online information. Men look for information on a wider variety of topics and issues than women do.

□ Men are more likely than women to use the internet as a destination for recreation. Men are more likely to: gather material for their hobbies, read online for pleasure, take informal classes, participate in sports fantasy leagues, download music and videos, remix files, and listen to radio.

□ Men are more interested than women in technology, and they are also more tech savvy.

Still, our data show that men and women are more similar than different in their online lives, starting with their common appreciation of the internet's strongest suit: efficiency. Both men and women approach with gusto online transactions that simplify their lives by saving time on such mundane tasks as buying tickets or paying bills.

Men and women also value the internet for a second strength, as a gateway to limitless vaults of information. Men reach farther and wider for topics, from getting financial information to political news. Along the way, they work search engines more aggressively, using engines more often and with more confidence than women.

Women are more likely to see the vast array of online information as a "glut" and to penetrate deeper into areas where they have the greatest interest, including health and religion. Women tend to treat information gathering online as a more textured and interactive process – one that includes gathering and exchanging information through support groups and personal email exchanges.

2/28/2005  
PEW/INTERNET  
PEW INTERNET & AMERICAN LIFE PROJECT  
www.pewinternet.o

*International News*

## U.S. Commitment to Afghan Women: The U.S.- Afghan Women's Council

In January 2002, President George W. Bush and President Hamid Karzai announced! the creation of the U.S.-Afghan Women's Council. The Council promotes public-private partnerships between U.S. and Afghan institutions and mobilizes private sector resources to help Afghan women. Specifically, the Council seeks to identify concrete actions to bring real and practical benefits to the women of Afghanistan and to enable them to participate and take leadership roles in the political and economic life of their country. To this end, the Council focuses on four areas: political leadership and legal awareness, economic empowerment, education, and health. The Council meets twice a year, alternating between Kabul and Washington, DC, to discuss programs and priorities for assisting Afghan women and to review progress. Under Secretary of State for Democracy and Global Affairs Paula Dobriansky co-chairs the Council with the Afghan Foreign Minister and the Afghan Minister of Women's Affairs.

Since the Council's inception major accomplishments include:

### Political Participation

Women's Resource Centers. As announced in 2003, the United States Agency for International Development (USAID) is committed to building 17 Women's Resource Centers in Afghanistan. Since then 11 Centers have been completed, and six are under construction with completion scheduled in 2005. Through the Council, women executives of AOL (Time Warner) donated \$60,000 for the construction of the resource center in Parwan. USAID formally contributed \$2.5 million in 2005 to support the network of Women's Resource Centers and the Ministry of Women's Affairs. The Council also committed \$1 million in education and exchange programs for the centers. Programs at these centers focus on basic education literacy, microfinance and small business opportunities, human rights education

and the development and management of non-governmental organizations (NGOs).

### Economic Opportunities

Arzu Carpets (\$1.2 million) is a program that provides training and literacy skills to Afghan women in the hand-knotted carpet industry. Over 1150 people are currently in the program and Arzu has expanded its operation to Bamyan Province. With support from USAID, Arzu has more than doubled initial investments. Arzu has been profiled in *Time* magazine's *Global Business World Briefing*, the *Financial Times*, *Chicago Tribune*, the *Wall Street Journal* and was featured in *Town & Country* and *Traditional Homes*.

Women's Conservation Corps. A division of the Afghan Conservation Corps, this \$1-million initiative trains vulnerable and unskilled women to rehabilitate Afghanistan's environment by growing flowers and vegetables and planting trees

### Media

Women Journalists. Since 2003, Public Broadcasting Services (PBS), through USAWC auspices and with private donations, has trained Afghan women journalists who work for AINA, a Kabul-based media training non-governmental organization and donated modern digital video production and editing equipment for the women video filmmakers to use in Afghanistan. AINA was an implementing partner for a U.S.-funded documentary film oral history project in 2002 with The Asia Foundation that produced an award winning film called "Afghanistan Unveiled" and trained 14 aspiring women film makers. PBS broadcast the film in November 2004. The women trained for this project made a second film, "If I Stand Up" that toured Afghanistan via mobile vans in the months before the October 2004 elections.

## THE GENDER STUDIES PROJECT

### Health

Midwife Training. The \$5-million Rural Education and Community Health Care Initiative (REACH) provides health-related accelerated learning and basic literacy training for women and girls.

Training takes place in the Women's Centers and targets provinces with the highest maternal mortality rates such as Ghazni, Baghlan, and Badakhshan. In April 2004, REACH graduated its first 25 midwives from the program, after they completed an 18-month program in Jalalabad. The goal is to train 700 women by the end of 2005 and 1,830 in 2006. For each new midwife, the U.S. is supporting a lifetime of lives saved.

Afghan Family Health Book. In Fall 2004, U.S. Health and Human Services (HHS) Secretary Tommy Thompson initiated the roll-out of the "Afghan Family Health Book" across Afghanistan. This "talking book" provides useful and practical information about health practices and hygiene, focusing on health promotion and disease prevention. The books are being distributed via hospitals, clinics, and women's centers. The project was developed with Leapfrog Enterprises Inc., a developer, designer, and manufacturer of technology-based educational products.

### Education

Women's Teacher Training Institute (\$10 million). Located at Kabul University, the Women's Teacher Training Institute opened in September 2004. In cooperation with

USAID, the First Lady announced the U.S.-Afghan Women's Council Initiative to establish a Women's Teacher Training Institute in Kabul at the opening of UNESCO. The first program, the Afghan Literacy Initiative, is underway and is designed to help teach basic literacy to Afghan women in rural areas of Afghanistan. The Institute's second program, Learning for Life, has also started. This innovative program is an



accelerated health focused literacy project designed to reduce maternal and child mortality. Additionally, MicroSoft facilitated a donation by DELL Computers in March 2005 of \$100,000 worth of computer equipment and software with teaching applications to support the Women's Teacher Training Institute, the International Association of Women Judges, the Ministry of

Education, and the Women's Resource Center in Kabul.

Afghanistan Teacher Education Project. Since 2002, the Bureau of Education and Cultural Exchanges (ECA) and the Council have supported a multi-year project at the University of Nebraska -- Omaha to provide training for 85 women educators and teachers. The program enables small groups of teachers to upgrade their skills in English teaching and curriculum and materials development, and acquire basic computer literacy and train-the-trainer skills in six/eight-week seminars in the U.S. By the end of 2005, the 85 alumnae will have trained 500 local teachers through in-service workshops in Afghanistan.

Office of the Senior Coordinator for International Women's Issues  
Washington, DC  
January 1, 2006

**Did you know?? Messiah College has a Women's Studies minor! For more information, go to the Human Development and Family Science Department website and look under Minors, or contact Debra Berke at [dberke@messiah.edu](mailto:dberke@messiah.edu).**

## Poetry

*Dedicated to Healthy Living Week February 27-March 3*

### *Loving Yourself*

By Stacey Chillemi  
November 10, 2004

Life should feel as you would feel waking up on a sunny day,  
Feeling the warmth of the sun as the sunlight peers through the window shades.  
It is a refreshing feeling,  
A feeling of peace.  
The planet is blessed to have you in our world,  
As a person, you are as beautiful as the pedals of a rose  
The laughter of children's voices,  
When I look outside my bedroom window,  
I see the beauty of the world that God has created and the window of  
opportunities it holds.  
I need to feel good about myself,  
I need to have hope  
I must succeed,  
I must love myself  
Moreover, accept who I am  
I must be an inspiration to others  
As others were to me.

### *Quote of the Month:*

"Many persons have a wrong idea of what constitutes true happiness. It is not attained through self-gratification but through fidelity to a worthy purpose."

—Helen Keller

### *Student Entry*

#### *Curves*

By Rebecca Bryan

You'd like to think this body is an accident  
That these arms are nothing but massive laziness  
Honey, they are my angel wings  
They sway, they surround, they stupefy my lover.

You'd like to think I envy your thread thin thighs  
Please  
Mine hold powers as do my rhythmic hips  
Boys may like your waist, men pant for my curves.

You'd like to think I desire that tush  
While you labor to move it from side to side  
My strut demands the air to part  
And my wake is far more rocky.

Baby, don't get down on your skinny minny self  
You four, you six, you eight and ten  
There are those who love their candy stick girls

## INTERESTING RESEARCH!

Do you need an excuse to take a vacation or to drink more tea?

Read on learn more...

### **Vacations May Be the Cure for Stress and Depression in Women**

Jennifer Wider, M.D.  
Society for Women's Health Research  
December 15, 2005

Planning a vacation? You should be. New evidence from researchers at the Marshfield Clinic in Wisconsin reveals that women who take frequent vacations are less likely to become stressed out or depressed. In addition, women who take time to get away report a higher rate of marital satisfaction.

The study, published in the November 11 issue of the *Wisconsin Medical Journal*, was conducted from 1996 through 2001 and involved a random sample of 1,500 women from central Wisconsin. The researchers set out to look at stress, quality of marital life, and disruptive life at home due to work in women who vacationed frequently versus those who did not. The study showed that depression and tension was highest among women who took vacations only once in two years or once in six years. Among the women involved in the study, the majority took one vacation a year, followed by those who took vacation two times a year and then those who took vacation once every two to five years.

"Women who take vacations more often have more relaxed time with their spouses, not thinking about daily home stresses, and thus the opportunity to renew their relationships," said Catherine A. McCarty, Ph.D., M.P.H., a senior epidemiologist and director of the Center for Human Genetics at the Marshfield Clinic Research Foundation.

Relaxation time is important for women, especially during the holidays. Between visits from extended family members and hosting dinners or get-togethers, women often assume a greater burden of work. Stress levels can definitely increase. "I dread the holidays because there's never enough time to get things done," said Katherine Marker, a stay-at home mom, living in Connecticut with two kids. "I can feel my blood pressure rise two weeks before the holidays arrive and two weeks after my in-laws leave."

Studies have shown that rates of depression increase sharply during the holiday season and, overall, women are more likely to be depressed than men. This fact is not lost on the multitude of women out there who have suffered from the holiday blues. A study conducted by Pacific Health Laboratories in California reveals that a whopping 44 percent of American women report feeling sad through the holidays. "I can totally understand why women would get depressed without a vacation," Marker said. "Being stuck in the same routine day in and day out can be tedious and grueling."

That's precisely why women need to schedule time for vacations.

"I think women have less on their minds and do not have the need to constantly multi-task when they take vacations," McCarty explained. The study did not specify a time-span for the vacation, so even a few days may do the trick, especially after the holidays.

### **Ovarian cancer risk lower in tea drinkers - study**

December 12, 2005

CHICAGO, Dec 12 (Reuters) - Drinking two or more cups of tea per day may dramatically cut the risk of ovarian cancer, a Swedish study of more than 61,000 women said on Monday. The findings by researchers at the Karolinska Institute in Stockholm were based on a look back at the habits and long-term health of the women, the report published in the *Archives of Internal Medicine* said. Of the women recruited for the study that began in 1987, two-thirds reported drinking tea. When it concluded at the end of 2004, 301 participants had developed ovarian cancer, a particularly deadly form of the disease.

"We observed a 46 percent lower risk of ovarian cancer in women who drank two or more cups of tea per day compared with non-drinkers," study authors Susanna Larsson and Alicja Wolk wrote. "Each additional cup of tea per day was associated with an 18 percent lower risk of ovarian cancer."

Black and green teas are believed to contain

antioxidants that help ward off the cell mutation that leads to cancer. The researchers cautioned that additional studies were needed to confirm their findings. Ovarian cancer will be diagnosed in about 22,000 U.S. women this year and 80 percent of

cases are not detected until the cancer has spread. That means more than 16,000 U.S. women will die of ovarian cancer in 2005, according to the American Cancer Society. [www.Reuters.com](http://www.Reuters.com)

## Both Sexes on Campus Are Harassed

By Allison Stevens – Women's eNews correspondent  
01/25/06

WASHINGTON, D.C. (WOMENSENEWS)--In the familiar storyline about sexual harassment, men are typically cast as the aggressors and women as the victims.

But a new report shatters that stereotype.

College men are equally as likely as their female peers to experience sexual harassment, according to a national survey of more than 2,000 college students conducted in May 2005 and released Tuesday [01/25/06] by the American Association of University Women, an advocacy organization in Washington, D.C.

The study showed that nearly two-thirds of the respondents--61 percent of men and 62 percent of women--reported experiencing some form of sexual harassment, defined in the study as unwanted and unwelcome sexual behavior that interferes with student life.

Respondents were between 18 and 24 years old and were enrolled in two and four-year programs at private and public colleges and universities around the country.

Analysts found the numbers surprisingly high, especially given the increase in public awareness of the subject in the aftermath of allegations against high-profile personalities such as President Bill Clinton, Supreme Court Justice Clarence Thomas and former Sen. Bob Packwood, a Republican from Oregon. Still, sexual harassment pervades college campuses, with jokes and comments part of daily life and physical harassment--such as groping, shadowing or forced sexual activity--fairly common, the report showed.

Men are the majority--51 percent--of harassers. But nearly one-third of female respondents--or 31 percent--also admitted to committing sexual harassment, especially making jokes, offensive comments or gestures. Most said they harassed others because they thought it was funny, even though many

targets did not, the report said.

The findings break down stereotypes about men and women at a time when societal expectations for both are changing, said Elena Silva, director of research at the AAUW Educational Foundation and a co-author of the study.

Anthony Rodriguez, founder and clinical director of The Men's Center, an organization in Davenport, Iowa, that treats male victims of sexual trauma, agreed. "Women aren't as passive as one would think and males can be victimized," he said in a telephone interview.

### Culture Shift Creates Uncertainty

That a considerable number of female students admit to harassing other students reflects a cultural shift that has left women uncertain about their roles in society, Silva said. As women have entered the work force, they have been encouraged to become more assertive, she said. It is a new social pressure that is reflected in their more aggressive approach toward social relationships and sexual behavior.

At the same time, women are still encouraged to exhibit traditional "feminine" characteristics, resulting in confusion about their gender roles, Silva said.

"We're talking about nearly a third of female college students saying they've sexually harassed somebody," Silva said. "This is indicative of this larger struggle about how they should behave, how they should assert themselves."

Men, on the other hand, have not traditionally been perceived as victims of sexual harassment because it is assumed that they welcome all sexual remarks and physical advances, a reflection of a cultural attitude that equates masculinity with intense interest in sexual activity.

"But not all men think it's fabulous for a woman to come up and pinch him, grab him and make sexual remarks or text message pictures of herself," Silva said. "It seems as though we want to believe that men want that and yet many men don't want that."

## THE GENDER STUDIES PROJECT

Men bear the particular brunt of jokes and insults about their sexual orientation, the study showed. Thirty-seven percent of male students said they had been slurred for seeming or being homosexual, compared with 13 percent of female students.

Men were also more likely to receive unwanted sexual images and messages, have sexual messages about them posted electronically, be asked for sexual favors and be spied on as they dressed or showered at school.

### Physical Harassment More Likely for Women

Women, on the other hand, were more likely to experience sexual harassment that involves physical contact, such as being touched, grabbed or pinched, or have someone brush up against them in a sexual way. Thirty-five percent of women reported physical harassment, compared with 29 percent of men.

Female students were also more likely to receive sexual comments, jokes, gestures or looks, or be blocked, cornered or followed in a sexual way.

Men and women were nearly equally likely to be flashed or mooned, have sexual rumors spread about them, have their clothing pulled in a sexual way, be forced to kiss someone or forced into other sexual activity, or have their clothing pulled off or down.

Although men and women said they experienced harassment in similar numbers, the harassment takes a particularly heavy toll on women, the report showed.

A solid majority of female students who said they were harassed--68 percent--said they were upset by the behavior, whereas only 35 percent of the males expressed similar feelings. Women were also more likely to report negative emotional reactions and changing their behavior to avoid harassment, the report finds.

Female students were more likely to feel embarrassed, angry, less confident, afraid, confused or disappointed with their college experience after experiencing sexual harassment. They also said they were more likely to avoid the perpetrator or certain places on campus and have difficulty sleeping or

concentrating. They were also more likely to get someone to protect them, change their group of friends, lose their appetite, refrain from class participation, drop a class or skip an activity.

"Female students are particularly troubled by sexual harassment," AAUW Educational Foundation President Barbara O'Connor said at a Tuesday press conference. "They are upset, embarrassed, angered and scared by these experiences, although it is rare that they actually report harassment to a college official."

### Men Unable to Articulate Feelings

Rodriguez questioned the validity of that finding, noting that many men do not possess the "emotional capital" to articulate feelings about sexual harassment or abuse.

Women "are able to say, 'This is how I feel, and this sucks,'" Rodriguez said. "Men aren't able to do that, so we compensate with more socially acceptable behaviors" such as aggression, isolation or diving into work. "If we're talking college boys, they'll say, 'I'm going to play X-Box or whatever,' and zone out there."

The report showed that women were far more likely to tell someone about being harassed than were men. Neither men nor women, however, were likely to tell someone about the incident outside their circle of friends and family. Only 9 percent of women and 4 percent of men said they told a school employee about their experience.

The association is launching an effort to curb sexual harassment on campuses. It is conducting projects at 11 universities across the country that will assess policies and procedures, foster campus dialogue on the subject, raise awareness of the issue through campus media and publicity campaigns, examine student experiences via surveys and studies, and experiment with Web-based tools for learning about and reporting incidents of sexual harassment.

### Women's eNews

Women's eNews welcomes your comments. E-mail at [editors@womensenews.org](mailto:editors@womensenews.org)

## THE GENDER STUDIES PROJECT

### Events Calendar

February 15- Gender Studies Project Planning Committee  
Boyer 102, 5:30-7:00pm

February 27-March 3- Healthy Living Week for Every Body

March 29- Riegsecker Lecture, Speaker: Joe Ehrmann  
Anderson Auditorium, Frey Hall (open to public), 7:00-8:00pm  
Reception and Book Signing, Frey Hall, 8:00pm

#### **Get to know our Riegsecker Lecture Speaker:**

Joe Ehrmann played professional football for the Baltimore Colts from 1973-1980 and for the Detroit Lions from 1981-1982. Joe is now a minister who also coaches high school football and runs a program called Building Men for Others. He is changing lives by teaching boys how to be men of substance and impact by focusing on relationships and a cause beyond themselves. Check out his story by reading his book, "**Season of Life: a Football Star, a Boy, a Journey to Manhood**". It is written by Jeffrey Marx who knew Joe when he was a child and reconnected later in life, which resulted in this New York Times best seller.

We would love to hear from you! If you have ideas or submissions for *Who I Am* please contact McKenzie Griffin, Box 5540, email [GenderStudies@messiah.edu](mailto:GenderStudies@messiah.edu).

Or stop by the Gender Studies Project office in Hoffman 315  
Phone ext. 7214

**THE GENDER STUDIES PROJECT**