



SPRING 2025

PORTFOLIO

CGSS Social Media
Assistant



Cierra Evans



GRADUATE Spotlight

Kayla says "Being a CGSS minor shaped me into a much better activist and intersectional feminist. The things I didn't know before, I know now, and it has been through Dr. Angie's classes that has made it such a fun experience. My favorite memory was being the opening speaker for Sesali Bowen during the "WMST Spring Speaker Series".

I look forward to continuing my activism for reproductive justice and working full-time as a medical receptionist at the Women's Health Center of Western Maryland. I plan on becoming a doula and getting certified as a sex-educator soon as well.

Kayla Donaldson
CGSS Graphic Designer 23-24



@wmst.fsu



GRADUATE Spotlight

Faith says "I transferred into Frostburg Fall '22 and joined the WMST program shortly after. Working with the fellow minors and Dr. Angie has been an incredible experience. My favorite thing that I have learned as a women's studies minor is about gender and healthcare.

"I am now attending Towson University for experimental psychology, and enjoyed going to the west coast for the first time this summer!"

Faith Myers



@wmst.fsu



GRADUATE Spotlight

Elizabeth says "My CGSS minor explored various topics that will make me a well-rounded mental health counselor. The skills I gained, and the concepts studied have taught me the importance of intersectional thinking and made me a more well-informed individual. Classes also allowed me to explore my interests such as working with children in foster care.

I hope to use my counseling degree to help foster children and the experiences gained during my classes for this minor helped me realize this goal."

Elizabeth Emerick

 @wmst.fsu



WOMEN'S HEALTH MONTH

MAY 2025

MARCH
31

International Day of Transgender Visibility

Each year on March 31, the world observes Transgender Day of Visibility (TDOV) to raise awareness about transgender people.

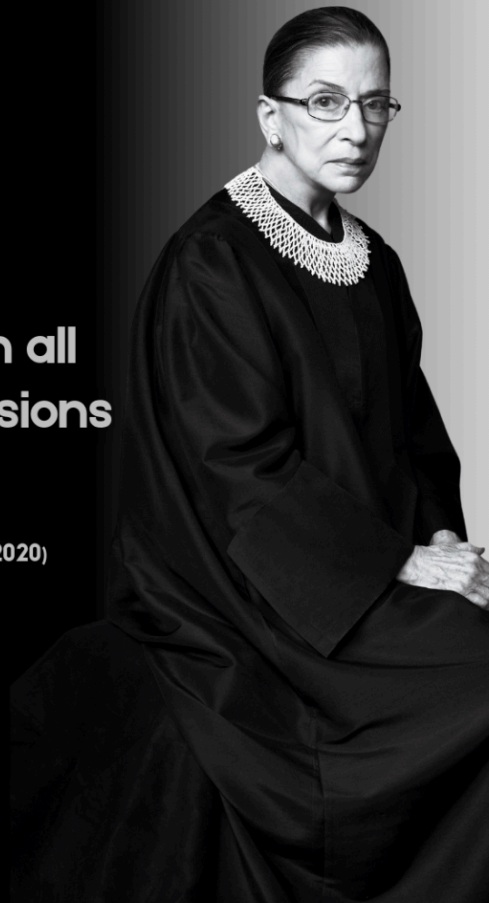


It is a day to celebrate the lives and contributions of trans people, while also drawing attention to the poverty, discrimination, and violence the community faces

(source: university of kentucky college of public health)

**"Women belong in all
places where decisions
are being made"**

- Ruth Bader Ginsburg
(March 15th, 1933 - September 18th, 2020)



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DID YOU KNOW

ACT UP (Aids Coalition to Unleash Power) was founded on March 12th 1987, making today the profound organizations 38th Birthday.

Join us as we spotlight what this organizations mission is!

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WHAT IS ACT UP?

According to ACT UP's official website: "The AIDS Coalition to Unleash Power (ACT UP) is a diverse, nonpartisan group of individuals, united in anger, and committed to direct action to end the AIDS crisis."

"We focus on HIV/AIDS and closely-related issues. Many of our members are also involved in other types of activism or activist groups, but ACT UP recognizes the importance of staying focused on HIV/AIDS until there is no longer an epidemic."

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WHY WAS ACT UP FORMED?

“ACT UP was formed in response to social neglect, government negligence and the complacency of the medical establishment during the 1980s. Soon it found itself needing to fight corporate greed, lack of solidarity and various forms of stigma and discrimination at home and abroad.”

They end their mission statement with a call to action: “While ACT UP has an incredible history, HIV/AIDS is not history. HIV/AIDS is very much with us. And we call on you to join our fight to end AIDS.”

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HOW CAN WE HELP OUT?

You can visit ACT UP's website @ actupny.com to view all the awesome protests and events they have coming up!

In addition, ACT UP hosts weekly virtual meetings Monday's at 7pm open to the public.



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Motivational Monday

You Made It To
Finals Week!

Swipe for some ways to finish the
semester off strong!

Tip #1:

Create a study plan for
each course so you
have your week
structured.

Tip #2:

Take productive breaks like taking a walk or eating a quick snack.

Tip #3:

Get enough sleep and rest to optimize your focus.

Tip #4:

Don't panic! It'll all
work out :)





Motivational
Mondays

**“No matter what happens, or how
bad it seems today, life does go on,
and it will be better tomorrow”**

- Maya Angelou

@wmst.fsu

Posts for Next Semester

THE RED ZONE

WHAT IS IT?

The "Red Zone" refers to the period from the beginning of the fall semester through Thanksgiving break, during which more than 50% of campus sexual assaults occur.

First-year students are at the highest risk during this time. We are currently in the Red Zone.

THE RED ZONE

SAFETY TIPS

- Be aware of your surroundings and plan your nights out carefully
- Stick together with others, leave any event with who you came with
- Cover your drinks and watch them closely
- Don't be a bystander; Remember that people who are under the influence cannot consent!

NATIVE AMERICAN HERITAGE MONTH 2025

JOIN CGSS THIS NOVEMBER IN CELEBRATION OF
NATIVE AMERICAN CULTURE!



NATIVE AMERICAN HERITAGE MONTH 2024

STATISTICS ON GENDER NON-CONFORMING INDIGENOUS PEOPLE

- NEARLY HALF OF INDIGENOUS LGBTQ YOUNG PEOPLE (47%)

IDENTIFIED AS NONBINARY

- 22% IDENTIFIED AS CISGENDER WOMEN OR GIRLS,
- 16% TRANSGENDER MEN OR BOYS,
- 7% WERE QUESTIONING THEIR GENDER IDENTITY,
- 5% AS CISGENDER MEN OR BOYS,
- 3% AS TRANSGENDER WOMEN OR GIRLS.

NATIVE AMERICAN HERITAGE MONTH 2024

DID YOU KNOW: INDIGENOUS PEOPLE HAVE ALWAYS RECOGNIZED GENDER- NONCONFORMING PEOPLE

- THE TERM **"TWO-SPIRIT"** REPRESENTS AN INDIGENOUS PERSON WHO ALIGNS WITH BOTH MASCULINE AND FEMININE TRAITS--IT IS OFFICIALLY AN UMBRELLA TERM UNDER LGBTQIA+
- ACCORDING TO THE INDIAN HEALTH SERVICE: "TRADITIONALLY, NATIVE AMERICAN TWO-SPIRIT PEOPLE WERE MALE, FEMALE, AND SOMETIMES INTERSEXED INDIVIDUALS WHO COMBINED ACTIVITIES OF BOTH MEN AND WOMEN WITH TRAITS UNIQUE TO THEIR STATUS AS TWO-SPIRIT PEOPLE. IN MOST TRIBES, THEY WERE CONSIDERED NEITHER MEN NOR WOMEN; THEY OCCUPIED A DISTINCT, ALTERNATIVE GENDER STATUS"

NATIVE AMERICAN HERITAGE MONTH 2024

A COMMONLY USED "TWO-SPIRIT" FLAG:



NATIVE AMERICAN HERITAGE MONTH 2024: AWARENESS

COMMONLY IGNORED STATISTICS ON MISSING AND MURDERED INDIGENOUS WOMEN: BECAUSE THEIR VOICES NEED TO BE HEARD.

- MORE THAN FOUR IN FIVE AMERICAN INDIAN / ALASKA NATIVE WOMEN (84.3 PERCENT) HAVE EXPERIENCED VIOLENCE IN THEIR LIFETIME.
- 6.1 PERCENT OF THOSE WOMEN HAVE EXPERIENCED SEXUAL VIOLENCE
- MURDER IS THE THIRD LEADING CAUSE OF DEATH FOR INDIGENOUS WOMEN
- DESPITE THESE STAGGERING STATS, INDIGENOUS WOMEN ARE RARELY FACTORED INTO CONVERSATIONS ABOUT MISSING PEOPLE / VIOLENCE

NATIVE AMERICAN HERITAGE MONTH 2024

SOME WAYS INDIGENOUS PEOPLE ARE PROTECTING THE PLANET:

- DESPITE MAKING UP 5% OF THE GLOBAL POPULATION, INDIGENOUS PEOPLE PROTECT 80% OF EARTH'S REMAINING BIODIVERSITY
- THE FOOD SYSTEMS OF THE WORLD'S INDIGENOUS PEOPLES ARE HIGHLY PRODUCTIVE, SUSTAINABLE AND EQUITABLE. THESE SYSTEMS PRESERVE RICH BIODIVERSITY, PROVIDE NUTRITIOUS FOOD AND ARE CLIMATE RESILIENT AND LOW CARBON.
- FAWN SHARP, PRESIDENT OF THE NATIONAL CONGRESS OF AMERICAN INDIANS, STATED "WE HAVE NO MARGIN OF ERROR"
- SHE ADDED "THE MOST SIGNIFICANT THING THAT PEOPLE CAN LEARN FROM NATIVE AMERICANS IS OUR SPIRITUAL CONNECTION TO OUR LANDS, OUR SPIRITUAL CONNECTION TO OUR CREATOR"

NATIVE AMERICAN HERITAGE MONTH 2024

SOURCES

BROOM, DOUGLAS, AND MADELEINE NORTH. "HERE'S HOW INDIGENOUS PEOPLE ARE PROTECTING THE PLANET." WORLD ECONOMIC FORUM, 7 AUG. 2023, WWW.WEFORUM.ORG/STORIES/2023/08/INDIGENOUS-PEOPLE-PROTECTING-PLANET/.

NATIVE HOPE. "MISSING AND MURDERED INDIGENOUS WOMEN (MMIW)." WWW.NATIVEHOPE.ORG, NATIVE HOPE, 2024, WWW.NATIVEHOPE.ORG/MISSING-AND-MURDERED-INDIGENOUS-WOMEN-MMIW.

OFFICE OF JUSTICE SERVICES. "MISSING AND MURDERED INDIGENOUS PEOPLE CRISIS | INDIAN AFFAIRS." WWW.BIA.GOV, 2024, WWW.BIA.GOV/SERVICE/MMU/MISSING-AND-MURDERED-INDIGENOUS-PEOPLE-CRISIS.

"THE MENTAL HEALTH AND WELL-BEING OF INDIGENOUS LGBTQ YOUNG PEOPLE." THE TREVOR PROJECT, 15 JULY 2024, WWW.THETREVORPROJECT.ORG/RESEARCH-BRIEFS/THE-MENTAL-HEALTH-AND-WELL-BEING-OF-INDIGENOUS-LGBTQ-YOUNG-PEOPLE/.

"TWO-SPIRIT." LESBIAN, GAY, BISEXUAL AND TRANSGENDER HEALTH, WWW.IHS.GOV/LGBT/TWOSPIRIT/.

October is Breast Cancer Awareness Month



STATS TO KNOW

- A U.S. woman's lifetime risk of breast cancer is 1 in 8
- Women who attend regular screenings for breast cancer have a 26% lower breast cancer death rate than women who do not attend screenings.
- In 2024, an estimated 42,250 women will die from breast cancer in the U.S.
- Black women are 40% more likely to die from breast cancer than white women.
- Hispanic women are more likely than white women to be diagnosed with breast cancer at later stages when it is more difficult to treat.



FACTS AND STATS

- **An average of 24 people per minute are victims of rape, physical violence or stalking by an intimate partner in the United States**
- **Nearly 3 in 10 women (29%) and 1 in 10 men (10%) in the US have experienced rape, physical violence, and/or stalking by a partner and reported it having a related impact on their functioning.**
- **Black and African American members of the LGBTQIA+ community are more likely to experience physical violence.**
- **Approximately 40% of Black Women experiencing Domestic Violence in their lifetimes**
- **26% of gay men and 37% of bisexual men have experienced forms of rape and physical violence by an intimate partner**
- **Lifetime intimate partner violence among the transgender community ranges from 31% to 50%**