

What is your relationship to the Black femme body? Either you have one, or you know someone who has one; however, when was the last time you've thought critically about it--how you see it, how you treat it? Below, take a minute to write freely about the Black femme body. Be 100% honest (no one will see but you!) and don't think too hard about it; just sit still, take a deep breath, and see what comes up for you.

After you've written for a few minutes, take some time to go back and review your thoughts. As you read, take a pen or pencil to highlight specific parts that strike you as interesting, odd, or uncomfortable. What about them makes them stand out to you? Do any of them relate to ideas you heard during the show? How do systems like capitalism, fatphobia, transphobia and anti-Blackness inform or run counter to these ideas? And how can the effects of your ideas be either enhanced or mitigated--particularly for other Black femmes? Share your reflections below.