

# THAT'S WHAT SHE SAID



# IDENTITY



# The Who, the What, the Why.

## WHO?

So with that being said let's get into the name 'Who would even call a magazine 'that's what she said'?

We are aware that this phrase is used often in humour, however we want to reclaim this back to its rightful owners and bring power back to this saying because that is what she said, what you said, what I said, what they said. This reflects in what we are trying to do with the magazine, bring power back to Women.

## THEME

Our theme for this month's edition is; **IDENTITY**

The definition of identity is – 'Who you are; the way you think about yourself, the way you are viewed by the world and the characteristics that defines you' Be confident, be unique, be unapologetically **YOU.....THATS** what she said!!

## WHY

We were inspired to write these editions of magazines due to us all being youth workers based in New-Lodge Youth Centre who work with women on a daily basis, and throughout all our years have recognised that not often enough are women comfortable with talking about topical issues that affect them (especially the embarrassing ones) and we want to help remove the stigma from these.

We wanted to create a space for all women 14+ who want their voices to be heard and to tell their story in how these topics have impacted their lives. We want to also give out factual information, signposting numbers to different organisations and thought provoking pieces to challenge our readers to be more open.

## INTRO

Where do we begin? Okay well let's take it from the beginning since we are only getting to know our fabulous readers. Our names are Sarah-Louise, Rebecca, Christina and Ruth and we are first and foremost Women! who want to educate, inspire and empower all women regardless of their age, race, religion, abilities or sexual orientation to be more confident in being themselves.



# IM A DREAMER



## IDENTITY

I have been very honoured to be asked by a group of young women from New Lodge Youth Centre to write a piece on identity for the 1st edition of their intergenerational women and empowerment magazine. Of course when asked I immediately accepted. Then I sat down to write and thought 'YIKES' what are the things that make my identity? I can immediately identify, my name, my age, my job, my family, my community etc... but whilst these things help define me externally they are not necessarily WHO I AM. I have approached this by using the acronym IDENTITY to offer a few insights into what identity means to me.

I is for Individual - I have a mantra that 'I came into the world alone, I will leave the world alone and a lot of the time I spend in it I am also alone'. This awareness is important to me as it made me value my own company. And to value my own company I have also had to learn about myself. I cannot learn about myself without taking risks. So saying YES to every opportunity that came my way, regardless of feeling afraid or overwhelmed by them, has meant that I have put myself in situations where I cannot fail to grow as a person and become more aware of myself. I have been uncomfortable but have never regretted taking risks.

D is for Dreams – I was once asked what my goals were and I actually couldn't think of any. I have never been a person who has set goals. I am not a goal setter I am a dreamer and dreamers can dream big. This has meant that I seldom feel defeated or give up on the small and big things that are important to me, including myself.

E is for Energy – I think that the things you put out into the world are the things that you receive back in abundance. For example, if I am down and moody and angry it affects those around me to mirror that negative energy. However, if I am quick to smile and laugh and be silly and see and point out the good things in other, that positive energy comes back to me through them. I don't always get it right but part of my identity is to strive to put positive energy into the world, plus I think I am hilarious.

N is for Never- I believe that no person is all good or all bad. Humans are very complicated. As I get older I have become more accepting of the existence of aspects of my character that I don't like, for example if I make a promise I don't keep, or if I hurt someone by what I say or what I do. In my acceptance of that it has made me much more accepting of others. However, I do strive to be better and I NEVER give up trying to do better and be a better person.

T is for Time – In recent years I have had a few major health scares both coming out of the blue. Despite being, what I thought was a healthy person, I had a heart attack in 2017 and a stage 3 breast cancer diagnoses in 2019. Both of these things have made me very conscious of the fact that as human beings we are time limited. This reminder had made it clearer about what is important and what is not. For example, now, when I go to make a decision I ask myself; if I have only 10 years left to live is this what I want to do or how I want to spend my time? If the answer is no, then I do something different. Time is indeed very precious.

I is for idols – I am continually influenced by external forces; the things other people do, write and say. I am conscious of how easily influenced I am so I try to pick my role models carefully. One such role model is Malala Yousafzai who has continued to campaign for girls' rights to education despite having been shot at 15 years old for speaking out. Malala said – "I don't want to be remembered as the girl who was shot, I want to be remembered as the girl who stood up". I identify entirely with that, as a woman I don't want to be a victim, I want to be a person with power and who uses that power to enable the strength of others.

Y is for Yesterday - "nothing of me is original, I am the combined effort of everyone I have ever known" Chuck Palahniuk. I would add to this, 'and everything I have ever done', all my yesterdays. The people around me, the culture I live in and chances and opportunities I have had and have taken have all shaped the person I have become. Who am I?

I am a daughter, a sister, a mother, a wife, a friend

I am a teacher, a writer, a cook, a poet, a singer

I am a feminist, a socialist, an idealist, an activist

My name is Susan Morgan and I am 51 years' old.

'WHAT DO YOU DREAM OF BECOMING, DOING, SEEING, BEING?'

# "TRUE HAPPINESS LIES IN KNOWING WHO YOU ARE"



What makes me, ME?

This is a tough question to ask ourselves, do we really know who we are and what makes us the people we are today?



Which who is you?  
The person who were 5 years ago?  
The person you are today?  
The person you'll be when your 50 years old?

Which aspect is I?  
Our physical body?  
Our thoughts and feelings?  
Our actions?



All these things come into account when we try to have a deeper sense of ourselves.. We have constantly changing parts that is our body, mind, emotions, circumstances and quirks yet we are still ourselves.

We are so much more than what we were born with; our character, our personality, our energy and spirit are what make us individual and different from each-other and its time to celebrate these differences.

The identity of woman has changed drastically in the past 100 years. Things we were not able to do then, we do so now with ease and joy and we want to promote this change and celebrate how each individual person can contribute to their wider communities through reflecting and speaking about their dreams, aspirations, goals, their beliefs, their achievements, what empowers and inspires them, their behaviours, thoughts and actions, everything that makes them who they are today and who they want to become in the future.

Having these open conversations with each-other is what informed change in the past, having these conversations now can create change for the future.

Aspirations

Character

VALUES

PERSONALITY



\* IF YOU COULD CHOOSE TO BE ANYONE OR ANYTHING, WOULD YOU STILL CHOOSE TO BE YOU? \*

# STAND OUT

We asked women between the ages of 14-66 the same three questions to find out more about their identity and who they are as women in the world today. The questions are as follows

1. Things you like people to see about you
2. Tell us one thing about yourself that nobody would know
3. What do you want to see in the future about how women see themselves



Chloe 23

1. I like people to see that I'm a very welcoming/ approachable person, and that I'm very positive and optimistic
2. Something that people may not know about me is that I love trying new things/ places- every month I try to go somewhere or try something different in Northern Ireland
3. In the future I want women to feel confident in challenging people who have stereotypes based on their gender



Jeannine 25

1. I like people to see how hardworking I am
2. I like to set myself small goals to get out of my own comfort zone as I find I learn more about myself when challenged
3. - women should believe in themselves more and believe in their own potential Like being a guardian off your own self esteem- the way you speak to yourself has impact on how you feel about yourself



Ceadh 14

1. Things I like other people to see is that im funny, confident not shy and that im very upfront what you see is what you get with me
2. Things people may not know is that I'm shy when I first meet people or I can go the opposite and act overly loud and confident
3. What I want to see in the future is women being treated equally to everyone and deserving of the same respect



Kerryleigh 30

1. I like people to see that i am a kind person with a good heart and is up for any challenge as well as a good laugh and that i am trustworthy and approachable.
2. One thing about myself that no one would know would be how bad my anxiety can get even through a big personality
3. For the future i would like women to see them selves as an equal sex and, to believe in themselves more and to never have to seek validation from anyone.



Sarah 28

1. My courage- with all the hardships and tough times I have been through im proof that you can get through anything life throws your way. Whether it be getting over the death of a loved one or beating cancer, we are all dealing with things that a smile can hide and that's why it's so important to always be kind to others.
2. Something people may not know is that i grew up in the care system until the age of 18 (being fostered by my grandmother).
3. That you achieve anything you put your mind to.



Joan 65

1. A good first image well presented and friendly
2. I have a natural ability to be friendly and welcoming especially if I'm even having a bad day with bad thoughts and fears I can put on a facade to hide that and support others
3. they don't have to be superwoman and do every thing. we don't have to work and always look after children. We need to remember to be kind to ourselves

‘ WOULD YOU BE FRIENDS WITH YOURSELF, IF YOU WERENT YOU?’

# WHAT DO YOU LOVE ABOUT BEING A WOMAN?



These were comments made from woman age 14-80 on what they love about being a woman, we felt it was important to ask this question as we want woman to explore their thoughts and feelings on womanhood.

We think women speaking about themselves in a positive way and appreciating all they can do can have a positive impact on their mindset. We have included some affirmations for all our readers to say out loud everyday to encourage more self confidence, self love and self worth



I AM WILLING TO BE SEEN  
 I AM WILLING TO SPEAK UP  
 I AM WILLING TO KEEP GOING  
 I AM WILLING TO LISTEN TO WHAT OTHERS HAVE TO SAY  
 I AM WILLING TO GO FORWARD EVEN WHEN I FEEL ALONE  
 I AM WILLING TO GO TO BED EACH NIGHT AT PEACE WITH MYSELF  
 I AM WILLING TO BE THE BIGGEST MOST POWERFUL VERSION OF MYSELF

# A TOAST TO WOMEN

## WHO WE WERE, WHO WE ARE AND WHAT WE WILL BECOME



Here's to strong women. To bold women. To beautiful women, inside and out. Here's to the brave, the sweet, the fierce, the quiet, the tom boys, the girls girls, the assertive, the smart, the emotional, the "unlady like" and the downright scandalous women.

Here's to the the advocates, the activists the glass-ceiling breakers. The women who shout until womens voices are heard. Here's to the women who know where they are going and won't stop until they get there and the women who work hard every single day to be better than they were the day before.

Here is to the girl bosses, the single mothers, the hard workers, the go-getters putting their best selves forward in a world that can be quick to push them down. Here is to the brave and resilient women, who get knocked back over and over again but push themselves further despite it.

Here is to the mothers, the wives, the sisters, the daughters, the grandmothers, the aunts. Here is to the friends, the teachers, the helpers. To the the women who are kind, to the woman love with every bit of their hearts, who nurture and support others. Here is to the women who came before us and those who will come after.

Here's is to the women pushing past the invisible boundaries that we have been set by society. The women proving people wrong, exceeding expectations. Showing the world how unrealistic their views of us are.

Here is to women in all our differences and beauty!

"Here's to strong women. May we know them, may we raise them, may we be them!"

Please raise your glass to **WOMEN!**

"TO UNDERSTAND  
where we are, we  
must UNDERSTAND  
where we came  
from"



1900S WOMEN



1980S WOMEN



1960S WOMEN







MODERN DAY WOMEN

WE WANT TO THANK ALL OUR READERS AND THE WOMEN WHO HAVE HELPED CREATE THE CONTENT BY TELLING US THEIR STORIES THIS MAGAZINE IS FOR YOU. RAISE A GLASS TO YOURSELVES AND TAKE A SELFIE, SEND THEM TO OUR FACEBOOK PAGE @THATSWHATSHE SAID OR ALTERNATIVELY @NEWLODGEYOUTHCENTRE AND WE CAN SHOW OUR APPRECIATION TO BEING WOMEN #TOASTTOWOMEN

# from us to you

"I WANT TO APOLOGIZE TO ALL THE WOMEN I HAVE CALLED BEAUTIFUL BEFORE I'VE CALLED THEM INTELLIGENT OR BRAVE I AM SORRY I MADE IT SOUND AS THOUGH SOMETHING AS SIMPLE AS WHAT YOU'RE BORN WITH IS ALL YOU HAVE TO BE PROUD OF WHEN YOUR SPIRIT HAS CRUSHED MOUNTAINS FROM NOW ON I WILL SAY THINGS LIKE YOU ARE RESILIENT, OR YOU ARE EXTRAORDINARY NOT BECAUSE I DON'T THINK YOU'RE BEAUTIFUL BUT BECAUSE I NEED YOU TO KNOW YOU ARE MORE THAN THAT"



<p><b>BOOKS</b> </p>	<p><b>MUSIC</b> </p>
<p>Women Don't Owe You Pretty- The Ultimate book for anyone who wants to challenge the out dated narratives supplied to us by the patriarchy</p>	<p>Lady GaGa- Born This Way</p>
<p><b>PODCAST</b> </p>	<p><b>TV/FILM</b> </p>
<p>The Guilty Feminist</p>	<p>The Bold Type- At a women's magazine in New York, three millennials juggle their career, romance, friendships and big city life's while finding their own voice</p>

