



That's What She Said

CHOICE



Home Owner



Married



Professional



Expecting



Travelling



Single Dog Owner

Introduce Yourself, okkk

Intro

Hello and welcome back from us all here at 'That's what she said' for those only joining us WELCOME!

We are a female intergenerational magazine here to educate, inspire and empower all women regardless of who they are!

This month's edition is focusing on 'Choices'. The choices we face and have to make, the choices that we feel were made for us and the choices to keep us safe. Every decision that has lead us to who we are today.

The definition of Choice is;

'The act of choosing is the opportunity or power to make a decision'

We hope you enjoy this month's edition.
THAT'S WHAT SHE SAID!

Flashback

For all those just joining us we want to recap on our last month's editions so that you are all in the loop.

June edition

In our 2nd edition we looked at;

Change

Women who helped change the world

Advice from a life coach on how we cope with change and how to embrace it
Personal Stories from different women on change that happened in their life and how it impacted them

A fun interactive flow quiz and 'from us to you' media recommendations on our theme 'Change'

Identity

We explored and posed thought provoking questions to gain a deeper sense of ourselves, asking ourselves 'who are we really?'

We looked at personal identity, how we see ourselves and how we want others to see us.

What we love about being a woman

And we also described and complimented every type of woman in every circumstance to celebrate how wonderful and amazing each and every single one of us. Oh and we have given some recommendations on a book, music, podcast and tv/film that's main focus are around identity.

We hope you enjoy this month's edition



CHOICES WE MAKE THROUGHOUT LIFE

When thinking about what life choices we make there is so many things' women must think of from such a young age, some things that can ultimately affect us later in life. A wise woman also known as my mum, once told me 'That we can't choose what happens to us, but we can choose how we react to things' I have always kept this with me, and it has always aided my decision-making process especially the big life decisions I've had to make as I've grew older.

Life choices that we can feel pressured into making can relate to a lot of different scenarios in our lives. There is a pressure from society that as a woman we should want children, women are naturally supposed to be maternal and therefore it is our rightful duty to want a family. This is not always the case and its totally okay! Yes, we are women, but we are also individual, unique human beings with our own wants and needs. If we make choices for ourselves that are true to who we are as people, then it is a positive choice.

Some choices women must make can be influenced by the generational choice's women have made in the past. There was always stigma attached to women working and having to choose between a career or a family. However, in today's society although this might be a factor still impacting this decision, women are becoming more open to the idea of balancing these two life choices and they do it amazingly.

As women another big choice we make is around our sexual relationships. In our generation women are becoming more open to how they express themselves sexually. Women from a younger age are now making this decision and its important they are aware and are educated before doing so and do not feel pressured to either by peers, Partners or society.

We make choices to settle down or travel, but why can't we do both? Do we feel that now more than ever the game has changed, has society caught up to the fact that women can make positive choices for themselves? The word choice can sometimes set fear into us that we must choose now and never have the ability to change what we want, but we can, life isn't about making choices that are set in stone, its about creating a life we are proud of. We make daily life choices that may seem small but are very relevant to life. Do we diet, get lip fillers, do we look better with or without a tan, do we whiten our teeth, do we shave our body hair or get waxed are we seen as weird if we do not shave? We go through these thought processes daily we might think these are trivial things however these have the ability to make us feel more confident within ourselves if we choose that they are!

Life is about choices some we are proud of some we regret some might even haunt us forever but what we need to remember is we are what we chose to be and if we do not like something we can choose to change it, the best choices we can make in life are the ones we make for ourselves.



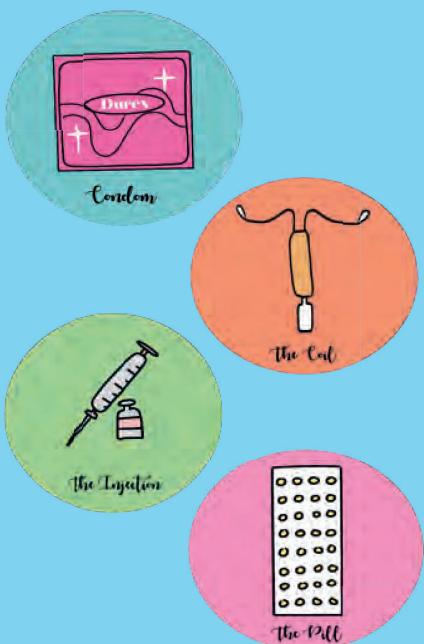
Health Choices

We as women make choices about our health on a regular basis, some choices we might actually feel aren't choices. We have to make choices that can have a direct impact on not only our physical body but our mind as well.

Some choices we have to make in regards to our health are;

Whether to take birth control and if so which form of birth control will suit us better?

We are able to make this choice in our early teenage years and sometimes with no knowledge of the potential affect it could have on our body and mind



We have to make a choice on whether or not we go for our smear tests, something that could potentially save lives but some women make a choice whether to go or not as this routine procedure can cause women to feel embarrassed, anxious and nervous.

We have to make a choice to attend STI screening clinics. It is recommended that if you are sexually active that you should get tested at-least once a year. However with the lack of education and awareness on sti's it can lead to misunderstanding of signs and symptoms which can lead to untreated infections



We make a choice to regularly check our breasts. It is encouraged that once a month we do a full self breast check which is something that is encouraged after we reach puberty to check for early signs of breast cancer - make choices that will benefit your future self



A choice that can be hard to make in regards to health is seeking the appropriate help and advice surrounding our mental health. There is still a stigma attached to mental health that you can be seen as 'weak' however this is not the case, strong is the person who asks for help to better themselves. Make choices that will help you, guide you and lead you back to the person you believe you are.

We base our choices on desirability, to get results, to make us feel better and what is best for us at that moment in time that we make them. Health choices are usually ones that we make a bit later than we should, this is based upon our need at that moment in time, if something isn't affecting you greatly it can be easily put off. However if we change our driving force for decision making and ask ourselves what is the choice that I can make that can have the most positive impact in my life our choices can tend to change

(See our back page for signposting numbers and information on what has been discussed on this page)

CONTROVERSIAL CHOICES IN THE WORLD

Abortion has been one of the most controversial debates around the world. The debate typically splits into two different viewpoints, pro life vs pro choice which both wrangle with religious, moral and philosophical beliefs.

Lets break it down

The Pro-Life perspective argues that life begins at the moment of conception, therefore being seen as an act of murder. People who support this perspective believe that government intervention to prevent abortion is completely justified.

On the other hand

The Pro-Choice perspective argues that people have the right to choose to have an abortion because they have body autonomy (complete control over their own body) They believe it is immoral and unjust for government to make medical decisions on behalf of pregnant people.

These two viewpoints of this debate can cause this choice for women around the globe to be conflicted.

All us females here at ‘that’s what she said’ are not here to comment on what is right and wrong, we are here to educate and raise awareness about this topical issue and the two perspectives that impact the decision making process around it.

Choosing to use your vote!

This choice can cause a lot of debate between women.

Women having the ability to vote was once non-existent. So for generations women fought to have this ability. In 1928 after years of fighting their cause and raising their voices to be heard

Women received the vote on the same terms as men! With this new right, women were given the opportunity to vote. A brand new choice opened up to women!

Some women however, may not follow world politics and feel like they don’t want to vote or that their vote wont make a difference.

Some women may feel society pressures that women never used to have the right to vote and now they do so they choose to vote because of this and some women choose to vote because they want to feel like they have been involved in decision making processes.

When faced with a big choice in our lives there are a lot of things we need to take into consideration.

We need to think about the consequences of each choice or the paths that each choice may take us on and when we land ourselves on a final decision we need to make sure we have chosen this path for ourselves and not for others. we can often be pressured into making certain choices to please society, our families or our friends but it is important that we focus on ourselves; what we need and what is best for us at the end of the day.

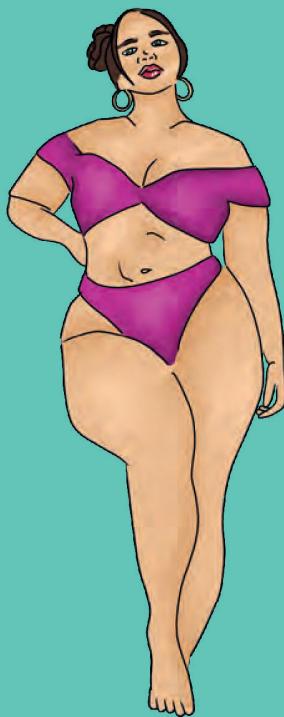


Positive Choices to keep us safe

The most important thing about making a positive choice is when doing it we are ensuring that we are keeping ourselves safe and doing what's best for us, this could be in many different ways we will be touching on a few main areas where we feel is most important to keep ourselves safe.

Relationships

When in a happy and stable relationship it is important that every decision that is being made is mutual and that you always have the choice to say no if it's something you don't agree with. Consent can apply to a lot of different aspects in a relationship it is not always related to sexual consent. You have the choice to say Yes or No to anything and you also have the choice to change your mind at any point in time.



Domestic Abuse

Domestic abuse can have a big impact in some relationships. Its important to remember domestic abuse isn't just physical its psychological, sexual and emotional abuse also. Its important to be able to recognise when you are in something that hurts you and makes you loose any sense of yourself. You have the right to choose to leave toxic relationships. Make your choices ones that you will be proud of.

'A common misconception about leaving an abusive relationship is that you can't be sad or upset about the break up because of the harm it caused. Actually, it is very normal and healthy to feel grief, to recognise the loss of what you thought your relationship and future would have been. This, coupled with the fact that the most dangerous time for a woman in an abusive relationship is when she is leaving/has decided she is going to leave, means that it is imperative for her to have a strong and reliable support network in place once she has made this decision. Be it family and friends or a professional, it is important to plan for her safety as she leaves, and to provide a safe space to allow her to explore her feelings and fears at this time.'

Online safety

70% of online harassment is aimed towards women. Majority being remarks and comments made about their appearance. Social media when used for this can have massive affects on women on the receiving end, it can lead to poor self esteem and confidence, anxiety, lack of self worth and in some cases suicide. Social media can be used as a platform to support and lift each-other up it can be really positive and can improve our self confidence, if we make the positive choice to use it like this.

For years sending indecent images were seen as a taboo subject, something that was rarely done and very rarely spoken about. However society now is working towards normalising women being proud of who they are in their skin and not sexualising womens bodies. Women want to celebrate their bodies and we encourage woman to make positive choices and keep safe while doing so, a reminder that once something is on the internet it is on it for life. How often do we sit down and have a conversation with ourselves with how safe we actually feel in our own life's not just in relationships or being online but in general, Gemma, 35- Young Womens Worker at Belfast & Lisburn Womens Aid. We would like you to take 5 minutes to ask yourself these questions;

1. How safe do you feel in your own life?
2. How safe do you feel in your community?
3. How safe do you feel in your relationship?
4. How safe do you feel when being online?

All feedback is more than welcome and can be sent to us via our Facebook (That's what she said)

CHOOSING TO LOVE MYSELF

One of the hardest things we chose to do

Choosing to love yourself- one of the hardest choices we make, we are our own work in progress which means choosing to love ourselves is something we have to work on everyday, and it doesn't come easy.

Loving yourself is not about you thinking that you are better than anyone else. You are no better than them and they are no better than you.

Loving yourself is not only about learning to love your body and outer beauty, but also about loving the inside of you.

We live in a community where we don't have enough men or women who can say they love themselves, it's just not "the norm" to express self love.

Why is it that we allow fear to stop us from loving ourselves?

We put ourselves inside a box believing that we need to live to please other people. Afraid of what people will say if you do something outside the box.

For example:

- Being afraid to love yourself because it's strangely shamed upon in society.
- Not wearing certain clothes because you are afraid of what people (even friends/family members) may think or say.
- Holding back on what you want to say because you're afraid you may be judged and shamed for having a difference in opinion
- People pleasing as you are afraid of hurting peoples feelings by saying no.

Don't allow yourself to be more concerned about making other people love you than you deny parts of yourself. The ONLY validation you need from anyone is YOURSELF.

When you start loving and embracing who you are, you will start to radiate love. This means to show others the same kindness, love and respect that you show yourself.

Surround yourself with people who are genuine with good intentions and you will no longer place yourself around people and situations that make you hate yourself.

As you understand your worth, you will love yourself so much that people who hurt or disrespect you will no longer have power over you. And that's because your self love will be stronger than the love for other people.

Do you really want to grow through your ONLY life comparing it to other people thinking "I wish I was them".

Unless you begin show gratitude and love for the life you already have, you will never reach true happiness as you will always compare to what you don't have rather than what you do.

Your only comparison in life should be yourself. So, if you really want more from life, be courageous enough to chase it whatever it may be. It doesn't matter who doesn't believe in you, the only person who needs to believe in you... is you.

LOVE YOURSELF! - enough to believe that you can; chase that dream, wear that outfit, say no, cut off any and all toxic relationships.

You are amazing. Feel it, believe it, embrace it.

From us to you



Podcast

Call Your Girlfriend: When you just want to talk to your bestie, turn on this podcast for a hit of fellowship. Best friends Ann Friedman and Aminatou Sow spend each episode chatting about both light and heavy topics in this funny and resonant conversational podcast. They cover so many bases — current events, cultural phenomena, and even random subjects that speak to both of them. Those can range from what we should do about body hair to books they love, and even sex education.



Song:
“RESPECT” by Aretha Franklin



Book:

Feminists Don't Wear Pink (and other lies): This collection of essays curated by writer Scarlett Curtis is a call-to-arms that allows us to unpick what it means to be a feminist in a safe space. It's not trying to be the definitive book on feminism, but it will keep the conversation going L-O-U-D-L-Y.



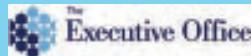
TV programme

High Fidelity: Rob, a recently single and heartbroken woman approaching her thirties and figuring out which route her life should take. Sound like a standard? Well, it's actually not. We soon find out that Rob is complicated and layered, a woman who has made mistakes in her relationships too.

“life is a matter of choices, and every choice you make, makes you”

Domestic Abuse: https://www.nhs.uk/live-well/healthy-body/getting-help-for-domestic-violence/	Lighthouse: https://lighthousecharity.com/	Common Youth: 02890328866
For all things breast: https://coppafeel.org	Action Mental Health: https://www.amh.org.uk/	GUM Clinic Belfast: 02896152111

This social Action/Civic Engagement Project delivered by Newlodge Youth Centre is part of the Communities in Transition Community Safety Programme (North Belfast) led by Ashton Community Trust



Communities In Transition
Ardoe & New Lodge

ashton
Supporting
North Belfast

