

Resources for Gender and Women’s Studies

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Online Resources

Resources for All Bodies

ASHLEY HARTMAN ANNIS

(ashleyhartmanannis.com)

“Are you feeling curious about your body?”

Ashley Hartman Annis — somatic practitioner, zine maker, community educator, and full-spectrum doula — asks this on her landing page. Below the question, visitors can scroll through issues and needs for which they’ll find informed, respectful support here:

“Maybe you want to learn more about consent and what a ‘yes’ or a ‘no’ feels like in your body.”

“Maybe you’d like to feel more ‘body literate.’”

“Maybe you’d like to learn about fertility, reproduction, & sexuality so you can make more informed decisions.”

“Maybe you’re going through a difficult medical experience and want some additional emotional support.”

“Maybe you’re looking for support for your pregnancy & birth.”

“Maybe you’d like to reconnect with your body after your pregnancy & postpartum experience.”

“Maybe you’d like your nervous system to feel a little more balanced.”

“Maybe you feel like you’re always stuck in ‘fight, flight, or freeze.’”

Ashley offers resources for dealing with all of these situations, through workshops and education (“Was your sex education a pile of poo?” she asks), nervous system regulation (she’s trained as a tension/trauma release provider, among other things), and full-spectrum doula support (a doula is someone who can accompany a person through a pregnancy outcome or other medical experience). Her work is “gender inclusive & trauma-informed,” and she also “tr[ies] to bring humor, compassion, and a non-judgmental vibe” into it all.

Ashley helps people in person around the Madison, Wisconsin, area and online everywhere. And her eight-page mini-zines, which she mails out via USPS, are a treasure chest of gems, with titles like “Disability and Sexuality,” “How to Not Get Pregnant,” “Informed Consent,” “Birth Control Options for People Who Have a Penis,” “WTF Is

Cervical Fluid?” and “Tension/Trauma Release Exercises,” to name just a few. Order zines individually from the website, or subscribe and automatically get a new one in the mail every month; see www.patreon.com/ashleyhartmanannis.

OUR BODIES OURSELVES TODAY

(ourbodiesourselves.org)

Collaboration between a nonprofit organization and a university center powers this website, which offers “trustworthy, up-to-date, curated information on the health and sexuality of women, girls, and gender-expansive people.”

Does its title ring a bell? You may have heard of — or even own — the best-selling classic from which it evolved: *Our Bodies, Ourselves*, by the Boston Women’s Health Collective, first published in 1970, revised eight times over 40 years, and adapted for many other countries and languages. Maybe you know some of the book’s spinoff publications, which include *Changing Bodies, Changing Selves: The Book Every Teenager Should Have* (Three Rivers Press, 3rd edition 1998), *Our Bodies, Ourselves: Menopause* (Atria, 2006), and *Trans Bodies, Trans Selves* (Oxford University Press, 2nd edition 2022).

“Our Bodies Ourselves Today’s online platform enables the unique contributions, approaches, and functions of the groundbreaking book...to live on,” explains the site’s “What We Do” page, “while adding new features and connecting with new audiences across the globe.... Our materials are rigorously evaluated, carefully curated and regularly updated by panels of leading feminist health experts drawn from the fields of medicine, public health, academia, consumer activism, policy, and media.”

The site’s current content is organized into nine “core topic areas” — contraception and abortion, gender-based violence, growing older, heart health, menstruation through menopause, mental health, pregnancy and childbirth, sexual anatomy, and sexuality — and more areas will follow.

Bonus: Read about and see covers of all nine U.S. editions of *Our Bodies, Ourselves* in the “History & Legacy” section of the site.