

## CURRICULUM for

SHE: a choreoplay  
created by Jinah Parker

"SHE is a powerful play that promotes greater awareness around sexual and gender violence, and uplifts women who've been directly impacted to speak out, share their stories, and find safe space with each other. As a long-time and vocal advocate for all women, I'm proud to support art that not only entertains, but that also educates and empowers others to take action and create change. SHE is a must-see production of dynamic performances integrated with real-life stories."

—New York City Public Advocate Letitia James

"SHE is a groundbreaking work of art, a community gathering, and a safe space all in one."

—Olivia Jordan, Medium.com

A statement from the creator, choreographer, playwright

When I think of SHE, I think of a journey, one that has been life-changing and ever-evolving. I am in awe when I think about where and how this project started. What began as a concept for a dance production morphed into a movement to end violence against women and girls. And because of this show, I now know more about myself—I have realized and accepted my past. This show is a source of healing and education for me along with several cast members old and new, and for people I do not even know. The strength and bravery I have built during this process is a gift, and through my own self-discoveries, I learn more and more how to help others on this journey. SHE has forever changed my life.

I created SHE out of a need—a need to challenge myself, and a need for women to be heard and experience a sense of release. Research has shown that movement increases the human sense of vitality, awakening the body and mind, and leading to a renewed energy for life. Movement truly has the ability to heal and therefore free the soul. With the above said, SHE is an artistic form of self-expression to promote healing from violence, rape culture, and sexual abuse. A little over a year ago, in April 2016, four brave women—non-artists—made the decision to step forward to share their stories of sexual violence. They allowed me to turn their stories into narratives and agreed to dance alongside professional dancers. The journey was incredible, and now it continues.

Since SHE's debut, has been turned it into what I am calling a choreoplay\*. The story is still driven by dance: however, I have written a full script to accompany it. The two elements, along with music and film, work homogeneously together. Research, interviews, and personal reflection were all key parts in my creation of the book for SHE.

SHE has opened me up to a group of new people, a new sense of self-worth, confidence, and freedom, for me, for us. Together we can make a change.

—Jinah Parker

\*choreoplay—a dramatic theatrical composition that emphasizes dance and movement to tell a story; monologues and dialogue between characters are also central elements.

I. BEFORE seeing SHE, for ALL people

- 1) What is a woman, to you?
- 2) What is a man, to you?
- 3) Where did you get your definitions of womanhood?
- 4) Where did you get your definitions of manhood?
- 5) How do these ideals inform your gender identity?
- 6) Let's talk about violence, in our lives, in our communities, in our country. What do you think are the root causes of violence?
- 7) 1 out of 4 women and girls in America will be the victims of sexual violence—rape, incest, molestation, domestic violence—in their lifetimes, most of it at the hands of men and boys. Why do you think this is the case, why does this happen, and why so often?
- 8) What do phrases like “sexism” and “gender violence” mean to you?
- 9) What relationship do you feel popular culture—music, videos, video games, sports, films, tv shows, magazines, books—play in there being so much violence in America, if any?
- 10) Have you ever been violent in your own life, or been the victim of violence? How did you feel, regardless of which side were you on?
- 11) What do you feel it will take to end sexual violence, all forms of violence, in our lifetimes?

II. AFTER seeing SHE, for ALL people

- 1) How do you feel after witnessing SHE, very honestly?
- 2) What particularly stood out for you in the choreoplay, and why?
- 3) What are your thoughts about womanhood now?
- 4) What are your thoughts about manhood now?
- 5) What are your thoughts about gender identity and gender roles?
- 6) What are your thoughts about violence now?
- 7) Why do you think the creator of SHE constructed the choreoplay the way she did? What elements of the choreoplay especially hit you artistically?
- 8) Why do you think these women created and produced SHE?
- 9) What does SHE make you want to do, say, feel, after?
- 10) As an exercise, create YOUR OWN MONOLOGUE about violence, whether personal or describing someone else or something you have witnessed, just like the characters in SHE. Write it down, make it two full pages, then let's get in a circle and share it with others, without fear, or any judgement.
- 11) What do words like self-love and self-care and healing and empowerment mean to you after witnessing SHE?

PLEASE NOTE we encourage those not comfortable to record their feelings via video or audio on their cellphones, about SHE, about these questions above AFTER VIEWING SHE. We believe it is important to not just witness a work of art like this, but to think critically about it, to

talk about it, with yourself, with others. And to think of ways that you can be part of the solution for a better world, a saner world, a healthier world, no matter how you identify yourself.

PLEASE VISIT [www.jinahparker.com](http://www.jinahparker.com) and click SHE for an extensive listing of resources, services, and information that can help you, or someone else in need of help.