

bella rae

VALUE + BEAUTY + PURPOSE



THE UNMATERIAL GIRL | SISTAS BEFORE MISTAS | CAREER SNAPSHOTS
BEARDED LADIES | SUMMER SWIMWEAR | SEAFOOD SPECTACULAR



changing the world through woodwork

Sawhorse Revolution is a non-profit organisation that teaches teens carpentry and design through inspiring community projects... and treehouses!

In the city of Seattle, America, a bunch of teenagers are building tiny houses for some of the homeless people who live there. If you haven't heard of tiny houses, the name is a dead giveaway. They are creatively designed homes, usually small enough to fit on a trailer, or on wheels, so they can be moved fairly easily if they need to be.

In Seattle, homelessness is a big deal. There are whole communities of people who for some reason or other have found themselves living on the streets. And for them, a tiny house is a shelter and safe space – and that can make a big difference for someone who is trying to move on from just surviving to living!

The Sawhorse Revolution team carefully designs individual tiny houses after lots

of talking to each person about what they need. The teenagers then get to work building. They're not alone, of course. There are professional carpenters who lead the build along with an intelligent, motivated group of young adults who started the Sawhorse Revolution.

Imagine you graduate from uni with your shiny new education degree for which you worked hard and sacrificed years – only to find there are no jobs in the area you studied, simply because the economy had taken a dive. This is what happened to Sarah Smith, one of the Sawhorse Revolution co-founders. Sarah could have given up and spent her days crying in the corner but instead she went out to a farm with a bunch of her friends and built stuff!

"Three or four professional carpenters would lead a build with a bunch of know-nothings like myself. We would all be engaged helping out and we just learnt so much doing that. Your body gets into all these interesting positions and at the end of the day you're just buddies with whoever you were working with, whether you had a common interest or not."

They had a blast and learned so much they thought more people could benefit from a similar experience. After eight years of dreaming, designing and building, Sawhorse Revolution now runs all year round, with an after-school program and camps on the same farm Sarah started at. They teach way-cool carpentry skills not usually taught at schools, to hundreds of teenagers from all different backgrounds. And they don't just build tiny houses.



They have built treehouses, bridges, animal pens, chicken coops, a lookout tower, a tea house and an outdoor kitchen – as well as projects around their city such as new benches for the library.

Some of the Sawhorse programs are just for women, which Sarah says gives girls a safe space to develop their ideas and their voice.

“Carpentry is a male-dominated field and you have to learn to navigate that. So the women’s programs are a beautiful space for girls to work with strong women making a difference in their community.”

“At Sawhorse we also teach best safety practices – that personal protective equipment is not negotiable, how to use equipment correctly, and to be aware that a clean job site is a safer job site.”

What else makes Sawhorse Revolution so special?

- It’s different. It’s not sport or theatre, but it’s fun and challenging and teaches valuable life skills.
- It builds confidence! Sarah says girls and guys who build feel more confident to learn, ask questions, think deeply and try something new.
- People see that they can make a difference in their community and city.
- There is opportunity to work with all sorts of people to provide a service or

solve a problem. Sarah says getting to know people different from yourself helps break down assumptions and stereotypes and gives an increased awareness of social issues.

- Eating together builds community. Sarah says they know teenagers are hungry all the time so there is always food!
- Did I mention treehouses?!

Some questions for daydreaming: What does your community need? What’s a skill you want to learn that isn’t taught at your school? If you could do something to help your community, what would it be? If you could start a project or business with your friends, what would it be? If you were a carpenter, what would you build?



karlee the kupcake kween

We challenge you to find Karlee's Kupcakes on Instagram and not have your mouth water within seconds! Karlee Prior is one clever, business-baker-woman!

Karlee, how did you start your business?

I was working an office job and I didn't have any hobbies – which sounds a little tragic! I wanted to do something outside of work, so I started baking for fun.

I was baking for family and friends and taking treats into the office. People started asking me to do specific orders for them. It gained momentum and I've been baking full time for two years now.

Why cakes? I think for me it's a creative outlet. I was terrible at art in school, but I was always good at cooking. When I sort of combined the two it seemed to work! Cakes can be really aesthetically pleasing – they look, smell and taste amazing!

I think it's cool and fun that people can look at a cake and think *"That looks incredible!"* Then ten minutes later it's on their plate in front of them. It's a work of art we get to eat!

How do you not eat all the cakes?!

When you are working with sugar all day the desire quickly wears off. But that's not to say I won't go and get myself an ice cream! I still definitely have a sweet tooth but I know how all my cakes and icings taste, so I don't need to sample one every day.

How did you know you were good at making cakes?

People kept commenting – and not just my mum telling me she loved it! I've got a very honest group of friends and I've got a mentor who saw I had something good going and sort of pushed me to start the business.

How do you promote yourself? Through social media, my website and business cards - which I love because I think they're personable and something tangible I can give to people. For social media I make lots of little videos of putting the cakes together. This keeps me organised because I have to have everything laid out ready to go before I hit 'Record'. People seem to enjoy watching them. I am careful not to discount anyone as a customer, you never know where your next order will come from, everyone has celebrations that call for cake!

What is your favourite part of it? I run workshops every two months covering a bunch of different baking skills, which is really fun. But I think I thrive off the feedback I get from people. I love getting a message from a client saying I made their day or *"This is the first special cake I have had made for me!"*.

What is the hardest part? Managing my time! When you run your own business there are eight thousand different things that need to be done but you have to work out which are most important and prioritise.

What is the biggest lesson that you have learnt? Learning how to navigate friendships along with business relationships and knowing which is which has probably been the hardest. It can really sting when someone messes you around. It can be tricky to balance being friendly and personal with being clear, firm and professional.

What kind of cake disasters can happen?

Wedding cakes can fall over, you can drop cakes, there are a million different things! Lucky for me I haven't had that happen. There was a lot for me to learn about wedding cakes, which need extra care. Wedding cakes usually have wooden doweling in to keep them standing upright. The first one I made I didn't know that and someone asked me what doweling I had used and I said, *"What? What's that?"*. They had a panic attack but the cake didn't fall over. I have been lucky I haven't had any disasters yet.

What is the secret to top notch cupcakes?

People seem to think I put some sort of magic potion in my cupcakes! If I had a dollar for every time someone asked for my buttercream recipe, I would be a very rich woman! There's actually nothing that special to it. I think it is really important to start with good quality base recipes, and work from there. For me it is important the cupcakes keep their homemade feel. They're made with heart, not mass produced.

Is there such a thing as a healthy cupcake?

Yes and no. I think everything is good in moderation. You're not going to die if you eat a cupcake once in a while as a treat. I make vegan cupcakes which don't have any dairy or eggs in them but they still contain sugar and there's still flour. If you go overboard you can make yourself sick for sure, but I think cake is special, fun and fine in moderation. Go eat a banana if you want to be healthy!



riding the crimson wave around the world

Every day, all around the globe, women are having periods. It is a mysterious inner marvel all women share - sacred women's business. Mattea Taylor asked eight women how they see periods in their cultures.

EUROPE

Rebeca from Galicia, Spain

It wasn't talked about at school. It's more of a personal thing and up to the family. When I got my first period, I thought I'd injured myself from doing lots of splits in gymnastics. I thought the blood would just go away and got worried when it didn't but I didn't talk to my mum about it. When she found out, she was really happy and told everyone which made me so embarrassed. She told me, "Welcome to womanhood!" and threw me a party. In Spain they throw a party about everything!

MIDDLE EAST

Fatimah from Kerman, Iran

In Iran girls are not told about periods or what happens. They just find out when they get it. Boys aren't told about periods either so usually they don't know anything about periods until they're married. We can tell our family we are on our period but it is kept fairly quiet. We are also able to buy pads and other hygiene products from the shops. Iranian girls who are on their period can't pray and are not allowed to touch the Qur'an but they can still read it.

INDIA

Dhriti from Himachal Pradesh State, India

In North India it's very secretive and shameful. You've got to be careful with what you do when you have your period so that guys don't know. Parents often don't tell their children but my parents were more educated so they told me a bit. In some schools a lady teacher tells the girls, when the boys aren't there, that they are going to grow up and will have their period and that there will be bleeding. In parts of southern India, when a girl has her first period, relatives and others

gather and celebrate. There are only pads, not tampons, in India but they are really expensive so most people don't buy them. They just use cotton cloth from rags or old clothes and keep using them and washing them until they're in really bad condition. Some families with more than one girl will take turns to use the pads or cloths.

PHILIPPINES

Noelle from Luzon

One of the things I was told is what to eat and not to eat. Apparently you can't eat too much sour stuff, like vinegar or sour mangoes that we have lots of, because they think you get cramps. Years ago Filipino women used to use a thick white cloth which they'd wash really well and bleach and dry in the sun, sanitising it. After a few uses they'd throw it away. Some people still use cloth but it's really common for people to use pads unless they don't have any money. They don't use tampons. Periods are something that you definitely don't talk about around guys because it's shameful if you do.

MELANESIA

Helen from Port Moresby, Papua New Guinea

Periods aren't normally talked about. It's very private. When you buy pads at shops, they get them quickly and wrap them up in newspaper so no one sees them. In some parts of PNG, women on their periods are not allowed to cook meals especially when men are going to eat. In other parts, it's a big deal when someone's daughter has her first period and they have a huge feast. I got taught about it in middle school but I already knew because girls in my school had got it and been frightened and cried. When I got it, my mum told me, "You're a woman

now." I think it's seen a bit as a thing of shame but I think it's actually more seen as a sacred thing.

SOUTH AMERICA

Natasha from Buenos Aires, Argentina

I think it depends on the personality and the family background. For me, it was a taboo thing and I wouldn't talk about it with anyone but some of my friends in primary school felt proud because they were a señorita now. When I first got it, I didn't want to tell anyone but I finally told my grandma who said, "Why didn't you say it before? It's something common." In school, male friends would ask if I had my period and I would lie because I didn't want anyone to know. Pads and tampons are commonly used but 100% cotton pads and the menstrual cup are becoming more popular because there has been more concern about the environment.

AFRICA

Aman from Jonglei, South Sudan

It's quite a sensitive topic in our culture and you're not told about it. So when you get it, you're scared. Then the women sit you down and explain what it is, the things that come with it, how often it will come and what to do to take care of yourself. Then they get together and pray for you and hold a celebration for you as an adult. Only women are allowed – no men and no girls who haven't got their period yet. At the party they cook, eat and have fun but it's more talking and lecturing you about being an adult and advising you on boys and things. Girls know more about periods now in Sudan because there's more education. Tampons aren't often used because in our culture it is believed when you use tampons it breaks your virginity. Pads are very expensive so lots of women still use pieces of clothing.

AUSTRALIA

Claire from The Ngarinyin people, Mt Barnett Community, the Kimberley, Western Australia

My mum told me a little bit before I went to high school and I learnt more from school nurses. When I got my first period, my sister reminded me about the PE class where my whole class, boys and girls, was told about periods. From what I know, everyone in my community uses pads and tampons. Some younger girls are a bit ashamed to buy them when there are people in the shop so they'll try to keep them hidden or wait until there's nobody in the shop. There's no cultural or traditional stuff that happens for us and I don't think there used to be. It's not really a thing of shame or embarrassment – it's more uncomfortable than anything.

So you see, all women go through the same weird and wonderful experience as you, every month! We all face the challenge of the other half of the population – guys – not fully understanding what is happening for us. If you're feeling funny about it give it time. Listen to your body. Try to celebrate your womanhood despite the mess, cramps, sore boobs and violent moods. You might get to make a baby one day, and that is a wild, miraculous thing! Reject shame and bleed with dignity, sweet souls.

We're curious to know how you feel about your lady cycle? How are periods talked about in your family? Are you people awkward or open? We want to hear your period stories – the triumphs, the disasters and the hilarity of it all! Spill your uterus!

what is the deal with... sexting?

My boyfriend has been asking me to send him a nude pic. I really love him but I'm not sure I feel comfortable about sending one and he won't drop it. I don't know what to do. Can you help?

You are not alone! Many young people feel pressured to send nude pics. Some are even manipulated into it when they're not really sure it is what they want to do. But you don't have to give in to the pressure. Good on you for holding your ground and wanting to consider your choice.

Here are some really important things to think about and discuss with your boyfriend to help you put the brakes on what could potentially, go very, very wrong.

How far could my nude pic travel?

If your photo somehow gets online, it becomes very hard to track, and the internet is a global platform. Is a naked or half-naked photo something you would be happy for your parents, aunts, uncles, neighbours, grandparents, future employer, future partner or anyone in the world to see? Giving up control of an image carries a lot of risk and, regardless of how much you trust the person you shared the pic with, there's no guarantee what happens with that image now or in the future. A pic that ends up online can weigh heavily on a person, particularly if it was shared without permission.

Who can get a hold of these pics even when I post on my private social media accounts?

Any pic that is digitally transmitted can be screen grabbed by someone else. Occasionally accounts are hacked. Other times, the recipient uses it in a way that the sender did not consent to. There are whole sites dedicated to displaying leaked nudes from apps such as Snapchat and Kik. The way that some guys talk about those images is incredibly degrading and once it's on a site like that, it's almost impossible to get it back.

Could it impact my future job opportunities? Even when a pic is willingly uploaded, it can still have huge

implications. I know of an adult woman who was denied a job interview at a day care centre because she was out and proud with her sexual images. She loudly protested, yet it was company policy to screen potential employees for their digital trail and hire or deny based on online reputation.

What about the pressure from my boyfriend?

Feeling pressured is not consent, which is an essential part of healthy, respectful relationships. Often people 'give in' to pressures at times when they experience big emotions – sad, mad, bad, hungry, lonely or crazy (in a fun, out-of-control kind of way). So if big emotions are taking over, pause and remind yourself of all your reasons for saying no. Talk to your boyfriend about the pressure and expectations he may be feeling from his mates to even ask you in the first place. Let him know that expecting you to share a pic because he may be feeling pressured is not a healthy foundation for a respectful relationship.

Is it illegal for me to send someone a nude pic?

Yes. A naked image of someone under the age of 18 is illegal and considered child sexual exploitation material. Sometimes, posting or sharing someone's sexual images can attract heavy penalties. Police usually only progress to pressing charges when there's clear evidence of coercive behaviour, abuse or non-consensual image sharing, however sexual images of anyone under 18 is still illegal. Frustratingly for law enforcement, teens sharing nudes contribute to wider issues of child exploitation, particularly when those images end up online.

What if you can't really tell that it's me?

It's rare for an image to exist without some sort of identifying information etched within the pixels so even sending a naked pic without showing your face carries

huge risk - photo forensics are incredibly accurate. When an image is uploaded into the never-never-land of the world-wide-web, we have limited control over it. And, if geotagging (location settings) on mobile phones is not switched off, the person who takes the nude could be unwittingly sharing the exact location of where they live. That means that if a pic ends up online, any predator can track it, potentially resulting in a situation of sextortion with the image used as a way of blackmailing the victim for more pics.

What if it makes me feel sexy? Is that bad?

We all like to feel sexy and be desirable – that's a completely normal part of being human. However, translating those sexy feelings into sending nudes adds permanency. A 'fleeting' feeling results in a 'forever' naked photo – if you don't 'feel' the same way about it in an hour, 2 days, 2 months, 2 years or even 20 years, you can't take that 'fleeting' feeling back. A confident woman embraces her 'sexiness' as a teen, emerging woman, wife and mother. Most get by just fine without sending nudes and permanently sharing those stages.

What if I already sent one?

Reach out and ask for help – don't try to deal with this on your own. A person who has shared a sexual image can feel incredibly vulnerable afterwards, even if it seemed like a good idea at the time (more so if that image is non-consensually shared). All of us have a role to play in not adding to the drama or slut-shaming, but instead offering unconditional support. This approach can go a long way in preventing a person from spiralling into a state of despair.

Can nude photos get taken down?

Although there are no guarantees, ask for assistance to have nudes (child sexual exploitation material) taken offline. Go to www.eSafety.gov.au to ask for help.

**A HUGE NUMBER OF GIRLS,
JUST LIKE YOU, ARE SPEAKING
UP AND SAYING THAT SEXTING
HAS TO STOP**

"Toxic decisions seem rational in toxic environments" – Dr John Briere

Young people have been swept into a culture that normalises exploitation – an imbalance of power where a person or industry abuse or take advantage of someone for sexual purposes, in order to gain personal, social or financial benefit. Voyeurism is looking at other people having sex, and exhibitionism is exposing genitals or nude bodies in a public forum. These behaviours are normalised by a multi-billion-dollar porn industry, who make no apologies for exploiting children and creating an incredibly sexually toxic environment.

Recently in Australia, girls' photos were uploaded onto a revenge porn site. Over 70 schools were impacted. Any sense of control these young women may have

had when they took the pics was totally ripped from them. The vast majority of the pics were non-consensually shared or pulled off platforms such as Snapchat and some photos were taken without the girls even knowing. This is a clear example of why it's so vitally important for us to be aware that **we have absolutely no control over other people's behaviour. We need to be realistic and understand that we give up control when an image leaves our hands.**

The great news is, **you can be an active agent for change and lead the way for younger teens.** You can think through these steps and develop a plan to make a positive difference to the culture, rather than add to the toxic environment. You can come alongside a younger person, support them as they navigate this space, help them understand why being pressured is not OK and give them tips to say no. **In helping someone else, you will reaffirm all the great reasons why you've decided not to share a nude and keep your private parts private!**

**A RECENT AUSTRALIAN
SURVEY SHOWED THAT:**

7/10 girls aged 15-19 believe online harassment and bullying is out of control

Most do not want to share sexual photos of themselves online

81.5% say: "It's not OK for a boyfriend to ask for a naked pic", although they believe pressure to do so is now common.

Source:
www.plan.org.au/dontsendmethatpic



she plays we win

Los Angeles-based Christin Rose takes photos celebrating how sports grow girls into strong, smart women.

Did you know girls who play sports perform better in school, are more likely to graduate from uni, and more likely to earn a bigger salary as an adult?

Participating in athletics sharpens concentration and memory skills - which translate directly from the playing field to the final exam. It is proven that working out the hard stuff on the court instills in young women persistence, teamwork, and confidence. Girls who play sport have higher self-esteem, lower levels of depression, and are more inclined to take action toward their goals (check out www.australia.gov.au/girlsmove for more info).

I think we can all agree that we need more confident young women leading the way!

So when girls get stronger, bolder and wiser through sport the whole world benefits!

Being a girl in society today can be so hard. You see so many images on what it means to be beautiful and frankly we need to see more strong, tough girls who can hang with the boys, more girls with their own style.

Social media has made connecting with each other easier than ever, but

it's also made it easier to be bullied and bombarded with confusing and impossible images of beauty and femininity. *She Plays We Win's* mission is to show that strength is beautiful, perseverance is power, and confidence is super cool.

Christin Rose says her simple goal is to celebrate girls in athletics everywhere, and to be an inspiring contributor to the media and how the world views girls! This is her story!



I've been taking photographs for about 15 years – it's what I love the most. I wanted to pursue a career in photojournalism for as long as I can remember. But the She Plays We Win project is my heart and soul. It's something I care deeply about. I couldn't be happier than to be creating images that celebrate girls' athletics and the effects it has on their lives.

I came to a point in my photography career where I was looking for inspiration, searching for something that got me excited – something I really stood for! I wanted my shots to have a positive effect on the world. I then realised an opportunity was right under my nose! I began photographing young skate girls, then baseball girls, then basketball girls... using quotes combined with the images to tell their stories. Not long after, the She Plays We Win project was born!

When I was a young girl, sport taught me everything! It taught me about teamwork, how to be tough, how to communicate. Much of my strength and confidence came from my time spent on the softball field and basketball court. Above all, sport taught me to work hard and believe

in myself... truths and lessons I value so much.

The stories of the girls I photograph are all unique, which is a huge part of the project – every girl's story and sport are equally important. I've photographed Charli, the only girl on her ice hockey team, Annie, a para-athlete, Poppy, an Australian skater and surfer, Hailie, a race kart driver and many other amazing young female athletes. I've photographed downhill longboarders and young track stars. I've shot over 15 sports so far and really only feel like I've scratched the surface of what's possible.

Every single girl, every single story inspires me for different reasons.

*I have been able to really work with young girls on the ground level and see what photographing them playing their sport does. It makes an impact, not only on the girls being photographed, but on girls who see the images on social media – they can really relate! **Can you, bella rae reader, also relate to some of these photos?***

Something I am really excited about is SPWW's latest partnership with Movemeant Foundation. Together, we're awarding \$20,000 in financial grants to up to 20 American girls of economically-disadvantaged communities with high incidences of health-risk behaviours. The goal is to uncover, support and document the powerful journey of girls as they take charge of their bodies through sport and fitness, sometimes for the very first time.

www.sheplayswewin.com

Instagram – @sheplayswewin

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Have you heard about something like this in Australia? The bella rae team would like to spread the word! We love hearing (and then sharing) about people, campaigns and movements that are making a real difference in the world, especially for women! If you know of any incredible movers and shakers who have a story to tell – give us a holla!