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Nota di contenuto	Decolonization from Prescriptive Gender Roles and Sexism – Living Gender AWake -- Patriarchy and Its Handmaid, Sexism -- Introduction and Application of the Framework of Historical Oppression, Resilience, and Transcendence (FHORT) to Gender-Based Violence -- How Did It Happen? A Case Example of the Incremental, Cumulative, and Massive Efforts of Historical Oppression to Reverse Indigenous Women's Roles and Statuses -- Divides, Disruptions, and Gendered Rearrangements: How Historical Oppression Impairs Communities and Contributes to Violence -- Contemporary Forms of Historical Oppression: Experiences and Consequences of Gendered IPV and Sexual Violence Experiences -- How Historical Oppression Undermines Families and Drives Risk for Violence -- Interlocking Experiences of Violence Across Women's Life -- How Patriarchal Gender Roles, Early Childbearing (ECB) and Early Marriage (EM) Contribute to IPV -- Understanding Indigenous Women's Experiences and Barriers to Liberation From Violence.-Patriarchal

Gender Roles: Interconnections With Violence, Historical Oppression, and Resilience -- Gender Inequities in Home Life: Moms “Mostly Pulling the Weight” -- Gendered Differences in Experiences of Violence and Violence Perpetration -- Consequences of Violence on Women, Children, and Families -- Tipping the Balance: Violence Across the Life Course and Socioeconomic Strain Posing Risks While Family and Social Support Offsetting Anxiety and Depression -- Understanding Depression as an Embodiment of Historical Oppression and Ways to Transcend -- Land, Loss, and Violence: Contemporary Manifestations of Historical Oppression -- Family and Culture as Structures for Resilience, Resistance, and Transcendence From Violence -- Bending But Not Breaking: Resilience of Women Survivors of Violence -- What to Do Now? Listening and Learning From Survivors and Professionals Affected by Violence -- Understanding Gender and Connections Between Mental, Physical, Social, and Community, Cultural Health -- We Never Go Hungry There Cause My Mom Uses the Resource of the Land”: Returning to Sacred Roots of Subsistence to Promote Wellness and Resilience -- Understanding Interconnections and Factors Driving Gendered Mental Health Inequities -- Cultural, Community, Familial, and Individual Factors Related to Wellness Among Youth -- Family Resilience: Resisting and Offsetting Historical Oppression While Transcending -- Decolonizing Family Connectedness Enhancing Family Resilience -- “Your Kids Come First”: Plugged in and Protective Parenting Practices Promoting Resilience -- “Trust Us Enough to Come to Us”: Communication as a Building Block of Family Resilience -- “He Had Rules and He Had Guidelines”: Establishing Family Accountability and Structure Love: A Decolonizing Act of Rebellion to Promote Family Resilience and Reduce Alcohol Use -- “They Called [Great Grandmother] the Famous Storyteller Around Here”: Elders Transcending Historical Oppression Through Language, Story, and Culture -- “She Always KnowsWhat to Do”: Mothers Maintaining Central Roles in Family -- “We’ ve Kind of Always Come Together”: Humanizing, Complementary, Fluid, Balanced, and Transcendent Gender Roles to Move Forward -- Tying It All Together: Living Gender AWAke.

## Sommario/riassunto

This book focuses on the inequities that are persistently and disproportionately severe for Indigenous peoples. Gender and racial-based inequities span from the home life to Indigenous women’s wellness—including physical, mental, and social health. The conundrum of how and why Indigenous women—many of whom historically held respected and even held sacred status in many matrilineal and female-centered communities—now experience the highest rates of gendered-based violence is focal to this work. Unlike Western European and colonial contexts, Indigenous societies tended to be organized in fundamentally distinct ways that were woman-centered and where gender roles and values were reportedly more egalitarian, fluid, flexible, inclusive, complementary, and harmonious. Understanding how Indigenous gender relations were targeted as a tool of patriarchal settler colonization and how this relates to women more broadly can be a key to unlocking gender liberation—a catalyst for readers to become ‘gender AWAke.’ Living gender AWAke encompasses living in alignment with agility (AWA), with clear awareness of how gender and other sociostructural factors affect daily life, as well as how to navigate such factors. To live in alignment, is to live from ones’ center and in accordance with one’s authentic self, with agility, by nimbly responding to life’s constantly shifting situations. This empirically-grounded work extends and deepens the Indigenist framework of historical oppression, resilience, and transcendence (FHORT) by delving deep into the resilience, transcendence, and wellness components of FHORT while

centering gender. Understanding the changing gender roles for Indigenous peoples over time fosters decolonization more broadly by enabling greater understanding of how sexism and misogyny hurt people across personal and political spheres. This understanding can foster the process of becoming gender AWaKe by identifying and dismantling of sexism and by becoming decolonized from prescriptive gender roles that inhibit living in alignment with one's true or authentic self. Readers will gain: a research-based approach linking historical oppression, gender-based inequities, and violence against Indigenous women understanding of how patriarchal colonialism undermines all genders a tool to dismantle sexism more broadly pathways to become gender AWaKe through the understanding of Indigenous women's resilience and transcendence.

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