

**YOU'VE SEEN YOUR ADVISOR
SIX TIMES AND HE STILL
DOESN'T KNOW YOUR NAME.**

YOU'RE THREE WEEKS LATE.

**YOU WANT TO PLAY
LACROSSE BUT THERE'S
NO WOMEN'S TEAM.**

YOUR BIKE HAS A FLAT TIRE.

**YOU NEED A JOB BUT THE
ADS SAY "MALE PREFERRED."**

What do you do?

A Guide for Stanford Women

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Members of the Committee on the Education
and Employment of Women in the University
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INTRODUCTION

Read "A Guide for Stanford Women."

A lot of information just floats around in women's heads. Nobody collects it. Nobody writes it down. Nobody makes it available to the community. When women leave they take essential information with them.

We decided to collect it, write it down, and make it available to the community. This Guide is the end product of that decision.

It is only a beginning, but the possibilities for the future are great. We would like to see this Guide grow to serve the needs of more women, to be revised and redone each year.

We encourage you to take advantage of what's available, and join together with other women to provide answers as new needs arise.

Terri Kay Borchers
Barbara Brown
Cynthia Davis
Debra Herman
Wendy Scott

THE ACADEMIC WOMAN

Stanford offers its students an almost unlimited amount of freedom in directing and creating their own academic programs, yet the direction a woman takes in developing and creating this program is greatly influenced by the interaction she has with faculty members, administrators, and other students. Being a woman student can be difficult here: there are no women deans, few women in high administrative staff positions, and so few women faculty that it is possible to go through four years of education without taking a course from a woman. For this reason, it is important for a woman student to know where she can find other women to consult and to question. It is crucial that a woman student try to maximize her exposure to, and take advantage of, the resources available at Stanford.

This chapter includes information which is useful in several ways. Faculty and staff people are identified by the services they offer to women; programs are publicized for the opportunities they provide. By investigating these often invisible resources, women can make their education more meaningful.

It is important to note, however, that the incentive to pursue any resource depends on the individual. No one professor or counselor can give you the complete picture; it is important to talk to as many people as possible to determine all the factors involved in your decisions.

Project ahead: ask yourself what you seek in your educational experience, and for what you are preparing yourself. Plan to devote serious effort and time to planning career options and to discussing your future. Explore alternatives to a standard academic program, take time off by serving as an intern, or run for an office, serve on a committee, or initiate a course.

Stanford is attempting to evaluate the needs of women students. Now that you are aware of the opportunities available, it is up to you to participate and to make those needs known.

WOMEN TAKING ACTION FOR WOMEN AT STANFORD

Resource People

Leah Kaplan, Assistant to the Dean of Student Affairs for Women Students
Old Union, 310; ext. 72733

"...The consultant would identify individuals or groups of individuals with common concerns, and provide the leadership to help the group act out its common concern...Before, no administrator had specific responsibility to take issues concerning women faculty, student, and staff seriously, or to recommend, investigate, and analyze issues (or to implement changes)."

Ms. Kaplan, in her role as counselor, advocate, and woman's representative, works to determine the academic needs of women. In this capacity, she can assist you in initiating a new course, and direct your problems through the appropriate academic channels. (See also Chapter 2 "Mind and Body.")

Amy Metcalfe, Assistant to the Provost
Building I; ext. 73493

As past Chairperson of C.E.E.W., Ms. Metcalfe is aware of women's problems in general, and with career and employment problems in particular. She welcomes all questions on these matters. Feel free to write, call, or visit her.

Sally Mahoney, Registrar
Room 141, Old Union; ext. 71550

Ms. Mahoney is concerned about the advising of women and is available to answer questions concerning educational procedures.

List of Women, Faculty and Professional, who are available to counsel women students (contact Sally Mahoney, ext. 71550, or A.I.C.).

Ombudsman (John Goheen); Mrs. Stephenson
Building 80, Room 85; ext. 73862

Ann Carter
ASSU Office, Tresidder Union, 2nd floor

As the woman member of the ASSU Council of Presidents, Ann is available to answer questions and refer you to the appropriate people when you have problems.

MIND AND BODY

Women need special medical services, such as gynecological, obstetrical, contraceptive and abortion care, that men do not. Women also need special counselling and psychological services. Our minds and bodies face the real possibilities of giving birth or of terminating an unwanted pregnancy.

We wish to highlight two trends in women's health care that have resulted, at least in part, from women acting on the recognition of these special needs.

The first of these is the greater interrelation between psychological and medical care. A woman who seeks birth control can receive counselling as well as a pap smear; a woman who seeks to terminate an unwanted pregnancy can be advised both as to her medical options, and the personal costs each might entail.

The second trend is called "self-help." The idea began with the first Feminist Women's Health Center, in Los Angeles, designed to create an alternative to the authoritarian treatment women receive from male doctors, and to change women's consciousnesses about their own bodies. In self-help clinics, small groups of women (5-12) might meet to discuss things they have read or their own sexual experiences, to learn to examine their own breasts, or with the aid of a plastic speculum, to examine their own cervixes. These groups aim toward giving women skills with which they can maintain and improve their own health.

Lastly, we want to emphasize the practice called menstrual extraction or menstrual induction. In this procedure a pipette, which is attached to some tubing, a syringe and a hand pump, is inserted into the uterus in order to empty its contents. Women have used this procedure to drastically reduce the "bleeding" time of their periods from three to five days to several minutes. This removes the fear of pregnancy, until the time of their next ovulation, since, in the process, the egg has been removed.

The most important use of this procedure, however, is for women who either fear, or feel certain they are pregnant before positive proof of pregnancy can be made. The procedure costs less than does a clinic abortion, and the cervix does not have to be dilated.

The facilities mentioned in this chapter were chosen because of the special services they provide to women and other minorities, their proximity to Stanford, and/or their good, low-cost care. Most of these also have women doctors, nurse technicians, or counselors, while some others are run exclusively by and for women. These considerations will be more or less important to each of you; please contact the Stanford Women's Center if you have any additions to, or feedback on, this list of services.

"Carol Downer, co-director of the Feminist Women's Health Center, was arrested after having helped a friend diagnose a yeast infection and insert yoghurt as treatment. She was later acquitted of charges of 'practicing medicine without a license.' The law defines practicing medicine as diagnosing and treating a disease. Downer's defense attorney, Diane Wayne, said the statute was so vague that she 'wouldn't be able to discuss a cold with a friend or offer her a Kleenex for it' and 'half the mothers in the country could be charged with diagnosing that their children had the measles.'"

Though the Feminist Health Collective had consulted a lawyer when they began their program of self-help health care, the law was so vague that it took a test case to find out whether this type of health care is legal. Carol Downer believes that this case has set a precedent that the self-help clinics may continue their work."

[From Off Our Backs, 19
The New Woman's Survival
Catalog, p. 71]

"Any woman who has seen her own cervix with a speculum and has a newly vitalized concern for her own body can call her friends and say 'I've seen mine! What's yours look like?' We can teach each other self-awareness and how to care for ourselves. It's not professional, but very personal. No one tells us 'You don't know anything.'"

[Contributed by a member
of a self-help group]

STANFORD AND PALO ALTO

The Bridge

634 Campus Drive (between Salvatierra St. and Lane B), Stanford University; 497-3392

eligibility: open to anyone

hours: 9 a.m.-12 midnight, 7 days a week; phone service 24 hours a day

fees: free

services: individual, couple, and group counselling services from trained students, your peers, (rather than professional counselors) in a relaxed, informal setting

Whether you want a place to sit and read, escape from your roommate, a new friend or a counselor, the Bridge is ready to meet your need. Your relationship with a staff person at the Bridge will depend entirely on the two of you.

Workshops are offered every quarter on everything from self hypnosis and personal growth to electronics. Workshops are usually started by someone who wants to share a skill, or a group who wants to learn together. Women's groups on sexuality and consciousness-raising have been offered before, and will most likely be offered

again. Workshops are advertised at the start of each quarter, but drop in regularly because new workshops may start at any time.

The Bridge is interested in creating non-threatening ways for people to meet, share, and grow in themselves and with each other. Feel free to drop in at any time.

Cowell Student Health Center

Stanford University; 497-4841

eligibility: must be a currently enrolled Stanford student

hours: 9-5, M-F; emergency care is available at any time during night or day by calling the Health Center. If a phone is not available, the patient may be delivered to Cowell or the Stanford Hospital Emergency Room.

fees: free (student pays for prescriptions);
IUD insertion: \$10

services: for common medical problems, illnesses, or injuries, Cowell operates a walk-in clinic. Unless you request a specific doctor you are assigned the first available one qualified to deal with your problem.

Contraceptive care: Cowell prescribes birth control pills, fits diaphragms and inserts IUD's. You must make an appointment to receive these birth control methods which require an initial examination and periodic check-ups.

Birth control counseling: You have two options; you may make an appointment with a gynecologist, either male or female, or with a member of the Peer Counseling staff.

The Peer Counseling Program grew out of a task force on women's health care in the spring of 1974. A group of concerned student women, willing to commit their time and energy, were largely responsible for providing you this service. Now you may either walk-in, or make an appointment to be counseled by trained peers, rather than by a professional. Peer counselors cannot prescribe birth control, fit or insert devices, but can give information, support and advice.

Peer counselors often advise students to bring in their partner. Peer Counseling and Cowell believe that contraceptive care is the responsibility of both men and women.

Gynecological care: Most routine gynecological care is taken care of on a walk-in basis. Pregnancy tests are available in this way. Remember, pregnancy tests are usually not accurate until after your period is at least 2-3 weeks late.

VD testing: This is also done on a walk-in basis. If the test is positive, the doctor will give you the proper medication.

Morning After Pill: Prescribes this on an emergency basis for unexpected and unprotected exposure at particularly dangerous times. You may

walk-in and an appointment with a doctor. The t whether or not this i individual problem. considered a form of safe method, under th for those who need it

"People Should Feel C booklet about Cowell often encountered by

Cowell Counseling and

Cowell Health Cent
575 Salvatierra, S
497-4841 or 497-37

eligibility: must b
student

hours: office, 9-5,
appointment,
on call; 24-

fees: free

services: are essen
these loc

Huston House is facilities into an c Individual, couple a for anything from pr tity crises.

There are two w Workers, Charlotte S a psychiatrist, Varo Women at Huston Hous ogist, and Peg Ferr testing. You should member of the staff

Unless you req a specific type of an appointment with fied to deal with y satisfied with the why, what you want, you to someone else

Registered stu or partners to be c group counseling at must be a currently an appointment.

Don't forget t working relationship without having a se Psychological Servi a counselor with wh and throughout your uous relationship v personal crisis you counselor who alre help and support.

Collective Psychoti

4222 El Camino R

eligibility: open

in order to make a "security inspection?" An officer will examine the house for "weak spots" and places of possible entry and will recommend ways in which the house can be made more secure. The business phone numbers and units to contact for this service follow:

Stanford Police Services; 497-3444
Palo Alto Police, Crime Prevention Unit; 329-2406
Menlo Park Police, Richard Hutton; 324-4481
Atherton Police, Crime Prevention Unit; 323-9227
Mountain View Police; 968-1661 or
Mountain View Community Services; 968-0836

Part of protecting one's person involves vigilance and foresight. It also involves a solid recognition of the facts. For instance, it is a common fact that women frequently get raped while hitch-hiking or when they pick up hitch-hikers. To say that a woman should refrain from hitching is to assume that she has a car or an adequate mass transit system at her disposal. Many times, neither of these is the case.

We find it hard to recommend that a woman not hitch-hike when alternatives are frequently unavailable to her, but our first concern here is safety. Perhaps, however, this is the place to provide information on the mass transit systems that do exist in the area. Perhaps this is also the place to encourage women to pick up other women.

First, some suggestions to keep in mind if you must hitch-hike: try to avoid accepting a ride in a car with more than one man (check the back seat). Think carefully about accepting a ride from someone who has changed directions or made a U-turn to pick you up. Never get dropped off directly at your home. If trouble does develop and you ask to get out and the driver refuses, do anything to attract attention and make him stop! Pull keys from the ignition, honk the horn, open the door.

MASS TRANSIT

A handy guide to check for mass transit information is the SWOPSI publication, "Ride on!" (It is on sale in the Bookstore.) Other hints: if you are a regular traveler, inquire about purchasing books of tickets in advance. Also, check to make sure you have exact change before boarding a bus. Other than that, you can obtain further information by contacting these transit facilities.

Around Campus

Santa Clara (Palo Alto) Municipal Transit
965-3100
hours of service: 6 a.m.-6 p.m., M-Sat
fares: 25¢ for adults, 10¢ for students under 17
schedules available at: City Hall (250 Hamilton)
in Palo Alto or Southern Pacific Train Depot at
University and Alma
Menlo Park Carriage Authority; 325-6731
hours of service: 6 a.m.-6:55 p.m., M-F
8:30 a.m. to 5:55 p.m., Sat
fares: 25¢ for adults, 10¢ for children under 19
transfer information: joins with Redwood City

Municipal Transit District at Marsh Manor and with Santa Clara Municipal Transit at the Southern Pacific Depot (at the base of Santa Cruz Ave) or at the Stanford Hospital.

Redwood City Municipal Transit; 365-0425
hours of service: 6 a.m.-6:30 p.m., M-F
9:30 a.m.-6:30 p.m., Sat
fares: 25¢ for adults, 15¢ for children
schedules available at: Redwood City Chamber
of Commerce or call 345-3565

To San Francisco

Greyhound Bus Lines; Alma at Lytton; 322-5361
Southern Pacific Railroad; Alma and University;
323-6105

AFTER THE CRISIS

But suppose the horrible happens. Suppose you took as many precautions as possible and still were plunged into a crisis situation. What now?

The community provides the most obvious source of assistance: the police. The inside cover of your telephone book lists police emergency numbers for several towns. (Contact the telephone company to request an adhesive label for your telephone identifying your local police department's phone number.)

RAPE

But in certain cases--for example, rape--a woman may not immediately want to deal with the police. She may be too emotionally distraught to deal with a perhaps grueling interrogation. She may desire compassionate support from other women who may have shared the same experience. The Stanford area is extremely fortunate to have a Rape Crisis Center--complete with 24-hour hot line--to meet these needs.

WOMEN AGAINST RAPE-Palo Alto

DIAL 493-RAPE

An advocate is on call 24 hours a day to provide information and support, to accompany the women to the police, and/or to help her through the prosecution process.

STOP RAPE-Sunnyvale

DIAL 287-3000

Rape is another issue that should not be reflected on only after the fact. There are many facets of the crime (particularly its legal aspects) which deserve some contemplation and correction. Included is a description of the inequities in the current rape laws: [contributed by Women Against Rape]

Rape is defined in Section 261 of the California Penal Code as follows:

Rape is an act of sexual intercourse, accomplished with a female not the wife of the

rator, under either of the following
stances:

Where she is incapable, through lunacy or
r unsoundness of mind, whether temporary
permanent, of giving legal consent;
Where she resists, but her resistance is
come by force or violence;
Where she is prevented from resisting by
ats of great and immediate bodily harm,
panied by apparent power of execution,
y any intoxicating narcotic, or anesthetic
tance, administered by or with the privity
he accused;
Where she is at the time unconscious of
nature of the act, and this is known to
accused;

Where she submits under the belief that
person committing the act is her husband,
this belief is induced by any artifice,
tense, or concealment practiced by the
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The difficulty of successfully prosecuting a
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that our legislators introduce and support bills
such as those discussed above and to work to des-
troy the myths and attitudes that prevent rape
victims from receiving justice.

Those who wish to take on this work can begin
by contacting a local Rape Crisis Center.

Women Against Rape is housed in the Mid-Peninsula
YWCA.

4161 Alma St., Palo Alto, (between San Antonio
and Charleston Rds.); 494-0972
Director: Jacquie Reynolds

W.A.R. provides on-going training programs
for advocates and a speakers bureau on self de-
fense, any aspect of rape (legal, political,
psychological) etc. Women who are interested in
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ally helping out should get in touch with them.

WOMEN TOGETHER

Speaking of the Rape Crisis Centers has
brought us to the final section of the Guide,
the section which most hopefully outlines our
prospects for the future: Women Together. Women
together helping, supporting, working, and playing.
As we said in speaking of survival, every woman's
destiny is intricately intertwined with every other
woman's. Knowing this--knowing that by helping
each other we are affirming our woman-hood--is one
of the most important discoveries a woman can make.

In light of this, many women have collected
in various groups and organizations. From the
small "consciousness-raising" (C-R) group to the
National Organization for Women (NOW), women are
banding together for friendship, emotional support,
the fulfillment of common objectives and the at-
tainment of social justice.

The Women's Movement recognizes the close
interplay between a woman's personal life and the
social and economic milieu in which she lives.
It is this interplay that lies at the heart of
consciousness-raising--and it is consciousness-
raising that lies at the heart of the current
Women's Movement.

CONSCIOUSNESS-RAISING*

What is consciousness-raising? It is a
personal, internalized awareness of the sexist
and male-dominated nature of our society. It
is the realization that we are meant to be
"products" of this society, that this society
is designed to inhibit our full development as
human beings, and that our dissatisfaction and
"rebellion" is not a sign of inadequacy or oddity,
but rather a sign of health, maturity, and
strength. From a personal reaction to "problems"
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Intercommunal Survival Committee of
e also has a program in which mostly
e trained on-the-job to do plumbing and
airs. They then perform their services
throughout Palo Alto and E. Palo Alto.

contact person: Barbara Mooney
878 Lakewood Dr., Sunnyvale, CA
968-3725

Institute

eghorn, Mountain View, CA; 964-5400

private automotive trade school which
an involved accredited mechanics training.
are program takes 6 months, 40 hrs./week.
t is \$1,820. Upon completion of the course
ent will have a California class "A"

e Institute also works on cars, doing
for only the price of parts. It restricts
however, to 1967 or later models.

Urban Lane, Palo Alto, CA; 327-1771

atures full-hydraulic lifts to raise cars
o work on them. The rental fee by the
\$3.50 with a one-hour minimum. Power
nt and tools are made available, but no
tion is provided.

e California Auto Repair Act stipulates
l licensed auto and motorcycle repair
ies display an approved repair sign
ng customers of their rights. Basically,
e Act requires is that the customer
an accurate written estimate for all
work and that no work shall be done on
o without customer approval. This is to
against unscrupulous mechanics "finding"
problems and "fixing" them--at a high
without the customer's knowledge and
onsent.

toll-free phone number has been provided
complaints:

800-952-5210

REPAIR

"E" Cyclery

astro St., Mountain View, CA; 965-0665

T-Sun, 9 a.m.-6 p.m.

asses have been offered in the past and
continue weekly throughout the autumn if
t is expressed. Provides free use of
Staff is especially interested in women's
needs.

DEFENSE

e of the most important skills a woman can
ned in--one which will have direct bearing
ability to handle herself in a crisis--is
protecting herself. The martial arts
, judo, etc.) include a program consisting

of both the development of physical prowess and
the building of a strong philosophy of control and
confidence. In addition to the standard, rigorous
martial arts curriculum, however, special "self
defense" courses are being taught in the area.
These include training techniques of self-protec-
tion, some general hints about personal safety,
situations to avoid, and the value of alertness
and quick-thinking.

One such generalized course in self defense
is available through the Stanford Women's P.E.
Department. (Also available through the P.E.
Department are courses in the martial arts.)

Other sources for courses in the fundamentals
of self-protection include:

Mid-Peninsula YWCA

4161 Alma St., Palo Alto, CA; 494-0972
Director: Jacquie Reynolds

Beginning October 7th at 7:30 p.m. on the
first Monday of each month: a free course
entitled, "Personal Safety for Women in the Home
and on the Street."

The Sunnyvale YWCA

422 S. Murphy Ave., Sunnyvale, CA; 735-8980
contact persons: Carol Evans, Maxine Malstrom

Offers two courses--one especially for teen-
age women--taught by Laura Lorman, a karate
instructor. The courses will probably be held
one evening a week.

Stanford Police Services

711 Serra St., Stanford, CA; 497-3444
contact person: Debbie Whittemore

Classes are scheduled by arrangement with
interested groups of women.

Palo Alto Police

contact person: Officer Richard M. Blackwell

Officer Blackwell delivers two presentations
(lecture, film, demonstration) when requested by
groups. Their titles are "Self-Protection for
Women" and "Home Security and Burglary Prevention."

This last entry brings us to another whole
segment of women's survival: the value of pre-
vention and precaution. Training in self defense
is an excellent preparation for dealing with a
crisis situation, but there are additional things
that should be considered. These include checking
the security of our homes and neighborhoods, being
aware of the community services for the protection
of individuals, and making sure that we do not put
ourselves in dangerous and vulnerable positions.

SAFETY: PRECAUTION & PROTECTION

POLICE SERVICES

Did you know that every Police Department in
the Stanford/Palo Alto area will visit any house