"Of Age" Zine

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RUTGERS Institute for Women's Leadership

The Leadership Scholars Certificate Program is a two-year selective, interdisciplinary certificate program that prepares Rutgers undergraduate women to be informed, innovative, and socially responsible leaders.

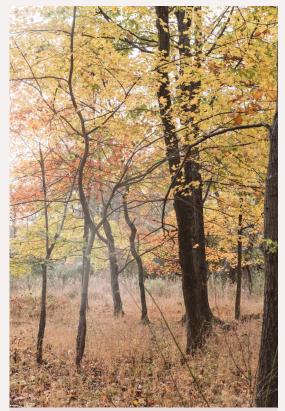
Leadership Scholars design and implement social action projects to expand their understanding of issues and problems and to develop leadership skills.

This project gives Scholars the opportunity to apply the theoretical knowledge they have gained about leadership, advocacy, and social change with the practical and experiential knowledge they have developed about a particular policy issue or problem through the field site placement. It also further develops leadership skills by giving undergraduates the opportunity to practice leadership through action.

To find out more please visit the Institute for Women's Leadership's website at http://iwl.rutgers.edu.

Growing Up...

- **18-25 year olds** have the most anxiety towards aging (Cummings et al., 2008)
- Average girl ranks attractiveness as a top concern starting at age 10 (Saucier, 2004)
- 400-600 images of women fitting "traditional"
 beauty standards seen per day (Saucier, 2004)
- Young girls rushed into creating "coherent" and normative identities (Rishoi, 2003)



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...And Growing Old

- Men concerned with deterioration of physical *ability* with age; women with deterioration of physical *appearance* (Halliwell & Dittmar, 2003)
- "Silver ceiling" in media
 - Disproportionately affects women (Saucier, 2004)

Aging women internalize negative viewpoints of **ability** and **worth** (Kinsel, 2005)

- Key factors of resilience:
 - Social connectedness
 - Extending self and help to others (Kinsel, 2005)

Goal Statement & Method

Of Age Zine will provide a traditional feminist space in which the diverse reality of aging can be represented honestly and positively, creating a source that women from adolescence to seniority can look towards to ease their anxieties that result from age and ageism.



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The Process So Far

Outreach and Research Engagement Photographer Engaging with Piecing together (Madison Neumann) materials on aging, collected Model (Karla ageism, and media materials Jackson-Brewer) Adding my own Friends and Cohort thoughts and Local high schools **Rutgers Creative** vision Writing Club; Rutgers Art & Design Club



Zine Content

Becoming Adult

Fiction, Poetry, Art

BECOMING?

donetimes I fonget my own name.

alts not that it doesn't come to mind,

Nather it's or the tip of my tongue bout doesn't feel right.

Her voice was light and small in the way other means both argry + afraid.

It should be something different than this, but I don't know what it would be. I'm just so tired.

Luna Laliberte



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Beauty/Strength in Aging

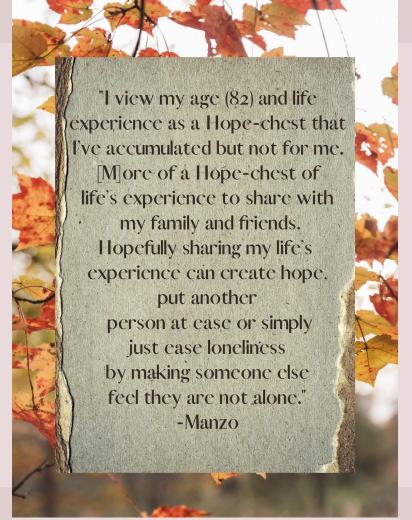
Photoshoot



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Wisdom/Purpose in Old Age

Interview question responses



Next Steps

This Year...

- Publication
- Distribution

Desired Impact

- Measured on the individual level
- Changing a person's mood, self-view, etc is enough



For Future Scholars

- Contribute to my own potential future issues of the zine
- Create their own zine
 - Engage more deeply with younger age groups?
 - Different forms of content?

Lessons of Leadership

- Allowing new insight and discovery to guide me along the way
- Collecting other voices
- Creating spaces of joy



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Other Insights

- Adaptability
- ☐ There may be a lot of stress...
- But passion makes it worth it in the end





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