



**#F THE  
FAIRYTALES**

**Info Pack**

# Introduction

---

## *Hello and welcome!*

#FtheFairytale is a new project from No Ordinary Experience which bring creativity together with individual stories and campaigns supporting the fight for women, girls & non-binary people who are locked up across the globe. It was designed with Covid in mind. We knew #IWD might be during lockdown this year and we wanted to keep the causes we cared about, on the agenda.

This pack contains everything you need to get involved in this DIY performance flashmob - from your living rooms. It guides

you through a journey of discovery, helps you get creative in your own voice and exposes you to some amazing people fighting for gender equality. All activities are Covid safe and shouldn't take more than a few hours.

Get stuck in! What else are you gonna do on a rainy afternoon in March? Whether you take part alone, with mates or post on social media, this is your to take part in your own way on International Women's Day 2021, whilst still being part of something bigger.

**No Ordinary Experience & The Fam xx**



# How Do I Take Part

---

## WHAT IS FLASH-MAKING?

Flash making is when we make a performance or piece of art really quickly with items we have at home. It's not meant to be overly professional (unless you want it to be!). It is about trying something out and playing with everyday creativity. You shouldn't feel uncomfortable or exposed, so only share what you want to share.

## HOW

You can take part in #Fthefairytales alone, with a small group of mates or take it to a group you are already involved in. It is aimed at women & the LGBTQIA+ community but supporting men can take part too.

## HOW LONG?

Creating your piece shouldn't take more than a couple of hours.

## WHERE?

On Insta! And if you are new to social media posting. THAT'S OK! It's kind of the point - to try something new. You can make your offering, whenever but wait to post 6-8th March alongside the rest of our global family. And if you don't want to post, send it to friends and family offline. All the social media tags are below.

We'll be running free open workshops you can come along for help and inspiration. If you **can't** make them check out our creative tips online @ **noordinaryexperience** or in this pack.

# Get flash-making!

*All you need are some bits of card, a pen, camera, a sprinkle of creativity - and you! We are outlining our prompts for how you might want to create your DIY piece BUT its also up to you to get creative.*

**1** Creating your piece starts with you. What is your experience of being locked up, or oppressed? Get a tea or a juice and take some time to work this out. It might mean reflecting on experiences from the last year, or from parts of your life long before Covid-19. This is your chance to tell your journey of oppression. Go as slow as you need to, and see our 10min creative writing tool below if you want to be guided through this. It's the most important part and worth taking the time to get it right.

Reflect back on your thinking or writing and choose a photo that sums up your story. Create an image or response to that word and create your first card with your word, alongside #FtheFairytale

**2** Now we move to choosing a woman or non-binary character that relates to your story of oppression. This can be anything from a disney princess to a traditional folktale character.

Get creating! This is your chance to recreate the character you love, through your own eyes, in your own way! Create your second card with your character name, alongside #Fthefairytales

**3**

Who or what is the cause you want to stand for? Choose a campaign or liberation movement that you want to shout about on International Women's Day, and beyond! Once you have a cause you're happy with, check out their online campaigns - do they have hashtags you might want to use alongside #FtheFairytale?

This is card three! Commit your cause to card and create your third image with the name of the cause alongside #Fthefairytales

# Get flash-making!

## Caption

When you post in March, we ask that your caption includes the following to be part of the #Fthefairytales family.

1. Something about your story - this can be a word, like the one in your photo, or a longer unpacking of your story
2. Who your character is & why you picked them
3. The cause or campaign you want to shout about
4. One thing - big or small - that you will do to empower yourself or support their cause once your creation is finished. It might be read a blog, donate or tell your friends and family about their work.

## And that is it!

We will all post together during **6-8th March 2021** using #FtheFairytales & @noordinaryexperience (as well as any hashtags from your chosen campaign or cause) on Insta. And its *double* important to use the hashtags if you prefer to post on Facebook, TikTok or Twitter



## Go off script!

There are a million ways to skin a cat! (Fun Fact: Skinning a cat is actually a gymnastic trick! Who knew?!).

So if performing isn't for you, or you don't want to follow the three steps, that's OK. Do your own thing, in your own way - just use the hashtags and you're in!

Some other ideas could be to:

1. Create a Reel, you can jump in/out as different versions of your story and add music.
2. Share just one image & post with the caption below : Get crafty, this doesn't have to involve you, at all
3. Go full dress up but use the signs to cover your face if you want anonymity.
4. Use Naala's amazing face-painting tips, check out her tutorials which we will post on our @noordinaryexperience insta

## What can you use from home to flash-make?

Tin foil, loo roll, make up, your jewellery, old (or new!) clothes, cushion covers, glitter, gloves, chopsticks, old delivery boxes, pens, card.....

## A note on social media

Posting on social media can mean different things to different folks. We know social media can get dizzying, overwhelming, frustrating and trivial and this project is ALL about collective action. It is not about nominating or competing.

## Creative Workshops

Want to go through the process with us? Join one of our facilitated workshops and we will guide you through the flash-making or answer questions if you plan to lead your own group.

**Tues 23 Feb 5pm GMT**  
**Sat 27th Feb 4pm GMT**  
**Sun 7th March @ 4pm GMT**

Book via [www.noordinaryexperience.com](http://www.noordinaryexperience.com)

We will hold an open workshop as part of POW! 2021.

POW! organises and facilitates community projects throughout the year, as well as an annual festival which coincides with International Women's Day on 8th March. Their festival is insane, (in a good way), so make sure to tune in for more than just us.

*Children are welcome to participate alongside a parent, guardian or older sibling. They will need parental consent to post online.*

## Want to host your own #FtheFairytale workshop for others?

Set up or host your own group! Workshops can be informal and you don't need to be an artist. We even have more detailed workshops to support you here

<https://docs.google.com/document/d/1a2iGb4aK2sqN5OGldrsaqifxpBJmFzFCf4qbSVml90Y/edit>

Get a few friends together and take part on Zoom, Teams or another programme.

Only record with everyone's clear consent & don't share the workshops online, only the product. If you are on Zoom, remember you can change your name & pronouns on entering and it's fine if people might need to switch off their camera, or if kids come in and out - just check they have consent to take part.

# Some creative tasks to get you started

## In one minute....

Set a timer to one minute and write down as many characters who get locked up in fairytales, myths, Disney & Hollywood films as you can think of.

Take a look back and circle all the female and non-binary characters. Quite a few, we're guessing!

## Free-writing - What does oppression mean to you?

What is Free-Writing?

Free-writing is a way of expressing your thoughts in an unfiltered way. Write in the way that you might in your diary, in sentences and paragraphs but without stopping or correcting yourself. The idea is to let the ideas flow.

Using a journal or pen & paper, try writing for one minute in response to these prompts:

- What does oppression mean to you?
- Is everyone in the world oppressed?

- In what ways have you felt locked up in or by society? Can people see this? Or is it something that only you know to be true within yourself?
- How has being locked up during Lockdown made you feel?
- If you could wave a magic wand to get rid of this 'captivity' - would you? Has your experience given you anything positive?

Half the creativity is in going back over what you've written. Take a different coloured pen, if you have one, and underline key words & phrases from your writing - what surprises you? Underline what jumps out. This is the foundation of your piece, whatever you decide to make.

### What if this gets too much?

We aren't here to trigger you, or cause emotional distress but if you do find that exploring this project leaves you feeling unstable, please don't suffer alone. Pick up the phone and call Samaritans on 116123 (or 0330 094 5717 - local charges apply) or email [jo@samaritans.org](mailto:jo@samaritans.org)

You can also call SANEline on 0300 304 7000 (4.30pm-10.30pm every day). The Mix. If you're under 25, you can call The Mix on 0808 808 4994

# Choose a fictional character

- Go back to your list of characters you listed in the 1 min task. Having explored your own story, is there one you feel a special connection with?
- If there isn't a character that represents you and your background, you might want to do a bit of research to find someone you connect with more. =

## **Mulan**

According to legend, Fa Mulan lived in Northern China and her story was originally told in poem-form. Mulan means "magnolia" (spot all the magnolia's in the Disney movie!) and the story describes how Mulan joined the army dressed as a man to support her Father's appeal for more fighters to help the nations.

Mulan buys a horse and rides off to fight, becoming a hero. However instead of taking up the offer of accolades, she returns home and drops her gender-bending disguise, much to the surprise of those who fought alongside her.

According to campaigners, Stonewall, the number of LGBT+ hate crimes and incidents has significantly increased in the last year. This story definitely plays with the idea of gender identity and it also explores the lack of opportunity and status for a woman in a man's world.

## **Belle, Beauty and the Beast**

In this well known Disney movie, we see a Prince punished and turned by magic into a bad-tempered Beast. Belle becomes imprisoned in his castle in exchange for letting her father go free. At the end of the tale, they fall in love and Belle's devotion transforms the Beast

back into a Prince.

You might connect with Belle because she's kind, sacrificing herself for her family. But there is also a sinister side to the story. Whilst Belle waits patiently for the Beast to open up, there is a constant threat of violence in the background. Will the Beast turn on Belle?

We have sadly seen the rise of Domestic Violence during Covid-19's lockdowns but this issue isn't new. Government statistics show that one in three women aged 16-59 will experience domestic abuse in her lifetime.

So how does the story of Beauty and the Beast make us feel now?



## **Elsa, Frozen**

We've all seen Frozen, right? But do we all see the story in the same way? While one sister, Anna, entertains romantic feelings for princes in the story, Elsa has no time for a love interest. She is on a journey of self-discovery and preoccupied with her supernatural powers.

Many Frozen fans of the film believe that Elsa is exploring an LGBTQI+ journey. Locked up in a castle, Elsa's parents want to keep her magical powers a secret, whilst Elsa struggles to hide her identity and fit into society's idea of 'normal'.

Sadly this isn't just make believe. Attitudes are slowly changing in the UK but one in five LGBTQI+ people (21%) have experienced a hate crime or incident due to their sexual orientation and/or gender identity in the last 12 months.

## **Cinders**

Cinderella might just be the best known fairytale of all time, and we love it! The first version of this story was documented in ancient Egypt and another popped up in China around 860 B.C.E, and again in Medieval times.

In each version, Cinders is hidden away from sight and forced to do domestic labour for her family after her dad passes away. With the help of her fairy godmother, she transforms from house servant to sexy Princess, which means she can go to the amazing Balls thrown by the local Prince. Except, Cinderella she can't stay. Cue pumpkin, olympic sprint home and the abandoned slipper.

Cinders is hidden away, invisible and sadly many women & girls are forced into domestic labour and sex work across the globe.

Closer to home, campaigns like #itsnotok and #everydaysexism highlight how micro-aggressions to women still exist in the UK; on a daily basis at home, work, school and on the streets. It is most definitely NOT ok.

# Your Cause

---

*Which cause or campaign do you want to shout about on International Women's Day? Here is a campaign we know we want to keep in the headlines*

Nazanin Zaghari-Ratcliffe is a British-Iranian charity worker. In April 2016, was returning from visiting family in Iran when she was arrested at the airport by Iran's Revolutionary Guard, with no arrest warrant or reason. After a rigged trial that August, Nazanin was sentenced to five years in prison on unspecified charges and in 2017, Nazanin was informed of three new charges linked to her charity work back in the UK, increasing her sentence by 10 more years.

Nazanin was transferred to a prison in Tehran, enduring eight and a half months in solitary confinement, without access to legal counsel or medical treatment - with the lights in her cell permanently switched on. Recently, after much work from lawyers like those at Redress, Nazanin has been moved to house arrest and tagged. Her fight for freedom continues.

You can read more about Nazanin's story, and sign the Free Nazanin Ratcliffe petition here: [www.change.org/p/free-nazanin-ratcliffe](http://www.change.org/p/free-nazanin-ratcliffe) and we hope to talk with Redress on IGTV, so watch @noordinaryexperience to join.

You might have a cause that is already close to your heart, or your writing might offer some inspiration. Take a look at some campaign which inspired the project and that we don't always see in the headlines.

## **#Fivexmore**

In researching this project, we discovered black women in the UK - yes, here - are 4 times more likely to die during pregnancy, in childbirth or soon after. Five X More is a grassroots organisation committed to changing Black women's maternal health outcomes in the UK. It was initiated in 2019 when two Black mothers came together with the dream of improving maternal mortality rates and healthcare outcomes for Black women in the UK [www.fivexmore.com](http://www.fivexmore.com)

## **#AskHerToStand**

Did you know that only 34% of the UK Parliament & Government is female? How can we 'be what we see', if we can't see it? To be clear, that's twice as many male MPs as there are female MPs. At the last election only 12 extra women MPs were elected. At this rate it will take another 50 years for equal representation in Parliament. That's 50 years too long! #AskHerToStand and loads of other charities support women to run for political office. And by the way, we think you should consider it. Yes, you!

## **#BringBackOurGirls**

In 2014, the #BringBackOurGirls social media campaign transfixed people around the world concerned about the plight of 276 schoolgirls kidnapped by a terrorist group for over three years. A documentary was made about the incident, but there are other examples across the world of girls, boys and women being kidnapped. Charities like Hibiscus are leading the way, working in prisons and airports to tackle the challenges here in the UK

[hibiscusinitiatives.org.uk/about/](http://hibiscusinitiatives.org.uk/about/)

## **#FreeBritney**

Britney Spears has not been able to control choices around her career or her finances since 2008, due to a court-enacted agreement (instated for people who are deemed unable to make their own decisions). For the last 12 years, her father and attorney have managed her assets and personal life - including being able to restrict her visitors and communicate with doctors about her treatment.

## **#everydaysexism & #sayitsnotok**

The #everydaysexism campaign was set up by Laura Bates in 2012. It offers a UK-wide digital platform to talk about sexism, equality and women's rights in modern, British society that perceives itself to have achieved gender equality. Other campaigns, like Plan-UK's #sayitsnotok go further, protesting against girls & women getting harassed on UK streets where girls can be the opposite of invisible (and not always in a good way). 51% of girls in the UK have experienced public sexual harassment since June 2020.

## **#FreeLatifa**

Latifa Al-Maktoum is the daughter of the ruler of Dubai. Her story made the headlines in March 2018 when she tried to escape Dubai in a yacht. The yacht was intercepted and Latifa has been trapped against her will ever since. The #FreeLatifa campaign continues to lobby for her release.

[www.latifa.info/about-latifa](http://www.latifa.info/about-latifa)

## **ME Action**

Fights for recognition, education, and research so that, one day, all people with ME and Chronic Fatigue Syndrome will have support and access to compassionate and effective care.

[www.meaction.net](http://www.meaction.net) | @meactnet

## **ONE BILLION RISING**

Is the biggest mass action to end violence against women (cisgender, transgender, and those who hold fluid identities that are subject to gender-based violence) in human history. It happens every valentine's day, globally.

[www.onebillionrising.org](http://www.onebillionrising.org)

## **#FreePrincessBasmah**

In Saudi Arabia, Princess Basmah, a cousin of the Crown Prince Mohammed bin Salman has been detained without charge with her two daughters since March 2019 in al-Ha'ir prison. A critic of the Saudi Monarchy, Princess Basmah has not been seen since attempting to leave Saudi Arabia for Switzerland

[www.codepink.org/saudiprincess](http://www.codepink.org/saudiprincess)

### ***Sick Women Theory***

Johanna Hedva is a Korean-American writer, artist and musician who has written about Sick Women Theory, exploring the invisible modes of protest made by women who are physically incapacitated.

[www.maskmagazine.com/not-again/struggle/sick-woman-theory.%5D](http://www.maskmagazine.com/not-again/struggle/sick-woman-theory.%5D)

### ***Sisters of Frida***

An experimental collective of disabled women who want a new way of sharing experiences, mutual support and relationships with different networks.

[www.sisofrida.org](http://www.sisofrida.org)  
[@sisters\\_of\\_frida](https://twitter.com/sisters_of_frida)

### ***Women and Girls Network***

A free service based in London offering empowerment and healing for women moving on from violence.

[www.wgn.org.uk](http://www.wgn.org.uk)  
[@womenandgirlsnetwork](https://twitter.com/womenandgirlsnetwork)

### ***Oasis***

A charity working to end violence and abuse, providing vital support for women and children in Thanet and Dover.

[www.oasisdaservice.org](http://www.oasisdaservice.org)  
[@oasisdomesticabuseservice](https://twitter.com/oasisdomesticabuseservice)

### ***The Sing for Freedom Choir***

An amazing and vulnerable community made up of Survivors affiliated with UK charity Freedom from Torture after facing extreme difficulties in their countries of origin, and Londoners who join to sing in solidarity with them.

[@singforfreedomchoir](https://twitter.com/singforfreedomchoir)

### ***Hopscotch***

A charity that seeks to address racial and gender inequality, and empower women facing this injustice and disadvantage in a culturally sensitive way, so they can be included and equal in society.

[hopscotchawc.org.uk](http://hopscotchawc.org.uk)  
[@hopscotchwc](https://twitter.com/hopscotchwc)

### ***Respond***

A national charity providing therapy and specialist support services to people with learning disabilities, autism or both who have experienced abuse, violence or trauma.

[respond.org.uk](http://respond.org.uk)  
[@respond\\_uk](https://twitter.com/respond_uk)

### ***The Russian LGBT Network***

A network that provides legal and psychological assistance, train LGBT activists and support regional LGBT and human rights organisations. They have been instrumental in alerting the international community to the mass persecution - abduction, torture and murder of LGBT people in Chechnya by the Chechen authorities. [lgbtnet.org/en](https://lgbtnet.org/en) | [www.instagram.com/lgbtnetru](https://www.instagram.com/lgbtnetru)

### ***Freedom Charity***

A charity which aims to bring awareness, help and support with regards to forced marriage, dishonour-based violence and female genital mutilation (FGM).

[www.freedomcharity.org.uk](http://www.freedomcharity.org.uk)  
[@freedomcharity](https://twitter.com/freedomcharity)

# Some alternative fairytales

Shusaku Takaoka is a Japanese graphic designer and author who writes witty reimaginings of our favourite films & fairytales and merges them with classical art. They are BRILLIANT and a massive inspiration for the project.

[www.instagram.com/shusaku1977](https://www.instagram.com/shusaku1977)

Charnaie Gordon takes us on a tour of 21 multi cultural fairytales to get you started

[www.readbrightly.com/multicultural-fairy-tales-for-children/](https://www.readbrightly.com/multicultural-fairy-tales-for-children/)

Fairytales Retold - books, podcasts and more...  
A modern exploration of fairytales where all the princesses don't need saving

[www.fairytales-retold.com](http://www.fairytales-retold.com)

Gender swapping fairytales

Authors Karrie and Jonathan have switched all the genders in the traditional stories and it makes the world of difference

[waterstones.com/book/gender-swapped-fairy-tales/karrie-fransman/jonathan-plackett/9780571360185](https://www.waterstones.com/book/gender-swapped-fairy-tales/karrie-fransman/jonathan-plackett/9780571360185)

The Bechdel Test Fest is an ongoing screening collective who present films with a positive representation of women in film. It was inspired by cartoonist Alison Bechdel's 1985 tongue-in-cheek comic strip 'The Rule' which became a basic measure to see if women are fairly represented in a film. For a film to pass *The Bechdel Test*, the movie must simply have the following: at least two female characters who both have names and who talk to each other about something other than a man. In 2020, only half of the top 10 Oscar winners passed. That's a lot of screen time NOT going to women.

[bechdeltestfest.com/about](https://bechdeltestfest.com/about)

## **Who Are We...**

#FtheFairytale is being led by No Ordinary Experience, an arts agency founded by Georgina Bednar

For #FtheFairytale George has been lucky enough to be joined by this amazing team:

Ellie Browning, Naala Lartey, Hanifa Mohammed, Loussin-Torah Pilikian, Lucy Pilgrim, Daisy Janes, Soofiya (soofiya.com)

Our Partners across the country are:  
20 Stories High, POW! Thanet, Sampad and Stratford Circus.

*We are proud to be funded by Arts Council England*

**#F THE  
FAIRYTALES**



Supported using public funding by  
**ARTS COUNCIL  
ENGLAND**

**20  
STORIES  
HIGH**



  
**sampad**  
south asian arts



**No | Or  
dinary  
| Exper  
ience**