



HER LEAD

18 EMPOWERING WOMEN TO FOLLOW ON SOCIAL MEDIA

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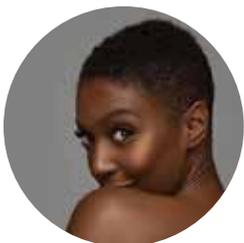
Any woman who knows women knows that women are absolutely amazing. That is just a rule of life. So here are some absolutely amazing women to follow on social to fill your feed with good feels, fashion, food and feminism.

MICHAELA ANGELA DAVIS



Michaela Angela Davis is a writer and activist. Her work centers on African-American culture, including fashion, gender dynamics and hip-hop. Her feed features gorgeous photography and odes to Black beauty and Black history.

FRANCESCA RAMSEY



Known lovingly on the interwebs as Chescaleigh, Francesca Ramsey is an actor, author, former writer for The Nightly Show, and current host of MTV Decoded. She uses her platform to encourage women and girls, especially Black women and girls, to love themselves and be unafraid to push back against racism, sexism, and homophobia. Follow her feed for fashion lewks and inspirational videos on how to slay the patriarchy.

BRITTANY PACKNETT



Brittany Packnett, affectionately known as @MsPackyetti, is an educator, activist and writer. After rising to prominence for protesting the shooting death of Michael Brown in Ferguson, Packnett continued to empower by lending her voice to Harvard University's Institute of Politics, co-hosting Pod Save the People, and joining Barack Obama's 21st Century Policing Task Force. Her Twitter is a must-follow for anyone immersing themselves in intentional knowledge on race and gender relations.

LIZZO



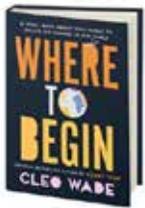
A wise prophet once said, “Why men great til they gotta be great?” and the Billboard Top 100 hasn’t been the same since (neither have we). Lizzo is the body-posi, rapping, twerking, singing, flute-playing sensation who keeps our heads held high and our hands clapping. But when @lizzobeeating isn’t busy being America’s Next Bop Star, she’s reminding her fans of the importance of self-love and extending that love to others around you. Follow Lizzo for laughs, positivity and honesty at every turn, exceptional flute-playing, and a little (a lot) of twerking.

FLORENCE GIVEN



A London-based artist, writer and Cosmo Magazine’s Influencer of the Year, Florence Given is a certified cool girl. As the author of *Women Don’t Owe You Pretty*, Florence explores feminism in a way that’s accessible and understandable for a wide range of audiences. Check out her feed for 70’s inspired photoshoots and captions that remind you to love yourself before you love the hottie who ghosted you two weeks ago.

CLEO WADE



Poet, author and artist Cleo Wade is an undeniable powerhouse. Her artwork encourages femme people of all ages to love themselves, prioritize self-care, and build communities inclusive of social justice. Follow @cleowade for reminders on falling in love with the self, and then falling into community.

JORDAN YOUNGER



Jordan Younger, known as @thebalancedblonde to her 211k followers, is a blogger and podcaster documenting her up-and-down journey healing from Lyme disease and being healthy. Priding herself on transparency and positivity, follow Jordan’s feed for good vibes and really good-looking avocado toast.

CAMILA ROSA



A digital artist from Brazil, Camila Rosa uses her art to uplift and empower women. In Camila's words: "My work translates women from an alternative perspective: Latin-American, brave, powerful, and not fitted to mainstream beauty standards. I believe it's important that my work can be used to support and educate girls and women around the world." Follow @camixvx for gorgeous digital art that inspires — and represents Latinx women often ignored by conventional outlets.

JANET MOCK



Janet Mock is a history-making author, television writer, director and producer. As a contributing editor for Marie Claire, Janet has shattered glass ceilings for transwomen worldwide. Janet continues to use her platform to advocate for transwomen, particularly trans Black women, through activism, writing, and her television shows. Speaking of television, Queen Janet recently signed a three-year, exclusive television deal with Netflix, making her the first trans woman of color to do so. Follow @janetmock for more than red-carpet looks (there are plenty!), but for daily inspiration to werk towards your goals.

MICHELLE OBAMA



Do we need to explain why you should be following Michelle Obama? You're probably already following her, but if you're not, the former (or forever) First Lady is an author, philanthropist and attorney. Follow 'Chelle from the South Side for a good virtual dance party and the intentional empowerment of girls all over the world.

SONIA GUIÑANSACA



Sonia Guiñansaca is a migrant, queer, poet and social justice activist from Harlem by way of Ecuador. A leading voice in undocumented and migrant movements, Sonia is working to launch a publishing house for undocumented and formerly undocumented writers. In addition to being a mainstay in liberation conversations and work surrounding undocumented peoples, Sonia's work also touches on climate-ecological justice, Queer liberation, and being a Queer/Femme gender-non-conforming artist. Follow @thesoniag for beautiful artwork, Indigenous representation and intersectional community justice.

17.21WOMEN



Founded by Doris Hokane, @17.21women documents a “League of Extraordinary Asian-Pacific Islander Women.” Follow this page for a digital archive and virtual celebration of often-erased API women and girls throughout history, complete with in-depth captions to use as starting points for further reading.

ELAINE WELTEROTH



A journalist and former Editor-in-Chief at Teen Vogue (she made history by being the youngest-ever person to be appointed to this position!), Elaine Welteroth recently published her self-described part manifesto, part memoir on growth as a woman, and coming into her own. She is often credited with Teen Vogue’s shift into a mature, social justice-focused publication. Follow @elainewelteroth for bright photographs and reminders to learn to love your own personal journey, wherever it takes you.

AUTUMN PELTIER



Chief Water Commissioner for The Anishinabek Nation and Clean Water Advocate Autumn Peltier (@autumn.peltier) is an Indigenous activist and young leader. At just 15 years old, Autumn has challenged the U.N. and Justin Trudeau to make clean and accessible water a priority for First Nations people across present-day Canada. Her feed reminds you that whatever your cause is, the work is never-ending but always worthwhile. Follow her for updates on her battle for clean water.

COURTNEY BATTERSON



Affectionately known as @thatgirlatnasa, Courtney Batterson is a climate scientist (and dog mom!) who uses her platform to share her day-to-day life as a scientist at NASA. As the youngest scientist in the Mars Climate Modeling Center, Courtney’s IG feed is a balance of equations and dog pictures.

**AMY
ATWATER**



Paleontologist and mental health advocate Amy Atwater is definitely one of the coolest women on the 'gram. Her IG handle, @mary_annings_revenge is a nod to Mary Anning, an 18th century English paleontologist who, despite her dynamic and monumental contributions to paleontology, was erased from history. Rising in a field still dominated by men, Amy advocates for girls and women in STEM, and makes her job look super cool while she's at it. Follow her for STEM inspo and rad dinosaur bones.

**BOZOMA
SAINT JOHN**



A self-declared badass, Bozoma Saint John is literally redefining badassery with each post. As the Chief Marketing Officer at Endeavor, Boz is a dynamic woman leader who uses her feed to openly relish in all things beautiful and luxurious, including family and friends, her daughter, traveling, and empowering women to tap into their own badassery. Follow @badassboz to feel like the ultimate baddie in the room at any given moment.

**LAUREN
SINGER**



Living a life of #zerowaste seems nearly impossible, right? Let me introduce you to Lauren Singer. Lauren, found on IG at @trashisfortossers is the CEO of @packagefreeshop which - you guessed it - is an organization on a mission to help consumers reduce waste. Considering that all of Lauren Singer's trash from the past five years can fit inside a 16 oz mason jar, we're inclined to follow her lead, and her feed. Follow her on IG for tips to live a reduced-waste lifestyle and the occasional humorous caption.