

RIDE OR DIE

"A POWERFUL MUST-READ BOOK FOR BLACK WOMEN. THIS ENGAGING, THOUGHTFUL BOOK USES HIP HOP AS A BACKDROP TO HONOR OUR STRENGTH AND HEALING AS A COLLECTIVE." — GABRIELLE UNION



A FEMINIST MANIFESTO
FOR THE WELL-BEING
OF BLACK WOMEN

SHANITA
HUBBARD

BOOK CLUB KIT

DISCUSSION QUESTIONS

- 1.** Describe three archetypes of Black women in hip hop mentioned in the book.
- 2.** How does the ride or die archetype appear in Shanita's relationship with Anthony? What were her reasons for staying in the relationship?
- 3.** How does the reception of the hip hop genre in mainstream American society differ from that of Black communities in the United States?
- 4.** How does hip hop capture the state of Black women's physical health and safety? In what ways does the genre exacerbate these issues?
- 5.** Compare and contrast Shanita and Yenny's responses to Lauryn Hill's *Miseducated* album versus Cardi B and Megan Thee Stallion's song, *W.A.P.* How has the model for liberation and women's empowerment changed over time?
- 6.** Define respectability politics. How do the rules and guidelines mask patriarchal views against Black women?
- 7.** How are queer Black people generally portrayed in hip-hop according to the book? How can Black sisterhood help shift us away from homophobia in music and culture?
- 8.** How do the words and actions of celebrities and musicians in the public eye affect interpersonal relationships in our everyday lives?
- 9.** Will Black men's physical and mental health improve if hip hop reflects the needs and wellbeing of Black women? Why or why not?
- 10.** You turn: Write eight bars (or lines of music) that uplift a community that you are a part of.



How do you think hip hop compares to its sister genre, R&B when it comes to Black woman's health?

R&B, more so than hip-hop, makes room for Black women to be emotionally open about who they are. It honors singers like Mary J. Blige for being a raw and vulnerable voice for girls from the hood alongside singers like Jill Scott who has more of a neosoul vibe.

What's a tool you can pass along to help your readers identify and address their trauma responses?

I am a big fan of Cognitive Behavioral Therapy (CBT). It's a form of talk therapy that teaches people to connect their behaviors with deep rooted beliefs and thoughts in order to create positive life changes. I'm far more emotionally healthy when I consistently practice cognitive reframing, which is a CBT exercise that pushes you to reframe negative thought patterns in a healthier way. Say I miss a work-related deadline. I can spend hours mentally berating myself, which contributes to more work delays and emotional stress. Reframing helps me to avoid interpreting my mistake as incompetence and instead focusing on the fact that I accomplished several other tasks in the same timeframe. That way, I can redirect that energy to a helpful solution.



A CONVERSATION WITH SHANITA HUBBARD

Hi Shanita! Who are you listening to these days?

I listen to a lot of hip-hop from the 90s, but with a new perspective centered around Black women. I still love Nas, and I devour Rapsody and Meg Thee Stallion. Recently, Saba and Vince Staples have been heavy on my playlist.

We know that issues of sexism and racism are not isolated to hip hop. How does the world pick up on and reflect the social queues and sentiments expressed in our beloved genre?

Hip-hop shapes the entire world—from fashion to language, hip-hop sets the tone for what's hot and relevant. In terms of homophobia and sexism hip-hop reflects the world we live in since sexism and racism are the bedrock of our society. That real-time vantage point makes it especially important for artists to challenge the world's sexism and homophobia rather than participate in it.

There's been a surge of women rappers making their way into the game with the recognition that matches their talent, artists like Cardi B, Meg Thee Stallion, Young MA, and Rapsody. Who were the women who laid the ground for these artists and what can the male rappers mentioned in your book learn from them?

Artists like Lil Kim, Queen Latifah, and Foxy Brown laid the foundation. Rapsody is a good example of someone whose work is informed by the greats. She has a whole album dedicated to Black women from different walks of life to model how to celebrate the Black women as whole people. I love that she writes outside of the male gaze that views us as either mom-like or as vixens. A lot of male rappers can learn from women in the game

RIDE OR PIE

GINGER APPLE PIE COCKTAIL RECIPE



INGREDIENTS:

- 1.5 OZ CINNAMON SIMPLE SYRUP
- 2 OZ VANILLA VODKA
- 1 CUP APPLE CIDER
- A SPLASH OF GINGER BEER
- APPLE SLICES, CINNAMON STICK, AND WHIP CREAM TOPPING

THE RECIPE:

1. MAKE CINNAMON SIMPLE SYRUP
2. IN A SEPERATE GLASS, STIR 1.5 OZ SIMPLE SYRUP WITH 2OZ VANILLA VODKA AND 1 CUP APPLE CIDER
3. POUR MIXTURE OVER ICE
4. TOP THE DRINK OFF WITH A SPLASH OF GINGER BEER
5. GARNISH WITH CRISP APPLE SLICES, CINNAMON STICK, CINNAMON POWDER, AND A DOLOP OF WHIP CREAM
6. ENJOY!

THE OFFICIAL RIDE OR DIE READ ALONG PLAYLIST

1 Ride or Die by the LOX and Eve (pg 9)

2 The Corners by Common and Kanye West (pg 9)

3 That Thing You Do by Lauryn Hill (pg 71)

4 444 by Jay-Z (pg 99)

5 Song Cry by Jay-Z (pg 102)

6 WAP by Cardi B and Meghan Thee Stallion (pg 121)

7 Where The Hood At by DMX (pg 150)

8 Bad Bitch by Gucci Mane (pg 160)

9 Bodak Yellow by Cardi B (pg 160)

10 Get Money by Biggie, Junior Mafia, and Lil Kim (pg 160)

11 All That I Got Is You by Ghostface Killer (pg 168)

12 Dear Momma bt Tupac (pg 168)



LISTEN ON
SPOTIFY

