

March is **Women's History Month**



**“We do not have to become heroes overnight.
Just a step at a time, meeting each thing that comes up,
seeing it is not as dreadful as it appeared, discovering
we have the strength to stare it down.”**

— Eleanor Roosevelt



Courtesy of Assembly Member **Rebecca A. Seawright**

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Not all superheroes wear capes!

It's important to study women's history because of their contributions to every field, including medicine, law and government. But it's also important to know it took a long time and a lot of hard work for women to enact change and progress. Women had to fight just to own property, earn (and keep) their wages, vote and even go to school.



Elizabeth Cady Stanton
(1815–1902)

A native of Johnstown, NY, she helped organize the first women's rights convention in Seneca Falls and traveled around the world fighting for equality.



Susan B. Anthony
(1820–1906)

Anthony is one of the most noted women's rights activists in U.S. history, advocating for human rights and helping win the right to vote.



Harriet Tubman
(c.1820–1913)

Tubman escaped slavery in 1849 and became a conductor of the Underground Railroad. She risked her life to rescue slaves to freedom. She purchased land in Auburn in 1859 where she lived the rest of her life.



Eleanor Roosevelt
(1884–1962)

A lifelong New Yorker and first lady of the U.S. from 1933 to 1945, Roosevelt was a speaker and human rights advocate. She fought for disadvantaged Americans and drafted the UN Universal Declaration of Human Rights.



Gertrude B. Elion
(1918–1999)

Elion, of Manhattan, developed treatments for malaria, meningitis and leukemia. She earned a Nobel Prize in Medicine in 1988, one of only 10 women at the time who had earned a Nobel Prize in the sciences.



Shirley Chisholm
(1924–2005)

Born in Brooklyn to immigrant parents, Chisholm was a member of the state Assembly and became the first African-American woman elected to Congress. In 1972, she was the first African-American and first female major-party candidate for the presidency.



Judith Heumann
(1947–)

Heumann is a renowned disability rights advocate. She was confined to a wheelchair after suffering from polio as a child. She fought back against discrimination, becoming the first person in a wheelchair to teach in a New York City public school and helped develop the Individuals with Disabilities Education Act so that all kids with disabilities get the education they deserve.



Sonia Sotomayor
(1954–)

A Bronx native, Sotomayor graduated from Princeton University and Yale Law School before working as a lawyer and judge in New York City. In 2009, President Barack Obama nominated Sotomayor for appointment to the U.S. Supreme Court. She is the court's first Hispanic and third female justice.



Kamala Harris
(1964–)

Harris was born in Oakland and served as the Attorney General of California for six years before being elected to the U.S. Senate in 2016. In 2020, she was elected Vice President of the United States. Harris is the first woman, first African American and first Asian American to serve in this distinguished role and is the highest-ranking female elected official in U.S. history.

Draw an important woman in your life!

Who did you draw?

Why is she great?

Jumble solutions: 1. Suffrage 2. Seneca Falls 3. Education 4. Ratify 5. Assembly 6. Equality 7. Activist 8. Supreme Court
Crossword answers DOWN: 1. Vote 2. Yale 3. Anthony 4. Auburn 5. Shirley
Crossword answers ACROSS: 1. Seneca Falls 2. Equality