

No Me Tapes La Boca

A Phrase Guide for Women Who Refuse to Be Quiet

No me tapes la boca. Don't cover my mouth. This is a guide for women who refuse to be quiet — in any language, in any room, in any country. These phrases have been earned through generations of women who spoke when they were told not to. They belong to you.

En la Calle / In the Streets

No me tapes la boca.

Don't cover my mouth.

Ni una más.

Not one more. (Anti-femicide movement)

Aquí estamos y no nos vamos.

We are here and we are not leaving.

No nos callarán.

They will not silence us.

Sí se puede.

Yes, we can. (Cesar Chavez / Dolores Huerta)

Votamos.

We vote.

En la Familia / In the Family

No me llames hija como si fuera una niña.

Don't call me 'hija' like I'm a child.

Tengo voz y la voy a usar.

I have a voice and I'm going to use it.

Mi cuerpo, mi decisión.

My body, my decision.

No estoy siendo difícil. Estoy siendo honesta.

I'm not being difficult. I'm being honest.

Merezco respeto.

I deserve respect.

En el Trabajo / In the Workplace

Eso que dijiste no está bien.

What you just said is not okay.

Necesito que me escuches.

I need you to hear me.

Mis ideas tienen valor.

My ideas have value.

No voy a quedarme callada.

I will not stay quiet.

No es un favor. Es mi derecho.

It's not a favor. It's my right.

En la Política / In Politics

Somos más.

There are more of us.

La resistencia es amor.

Resistance is love.

No en mi nombre.

Not in my name.

El pueblo unido jamás será vencido.

The people united will never be defeated.

Si no luchamos, perdemos.

If we don't fight, we lose.

Para las Niñas / For the Girls

Eres suficiente.

You are enough.

Tu historia importa.

Your story matters.

Tienes derecho a decir no.

You have the right to say no.

Pregunta todo.

Question everything.

El silencio no te protege.

Silence will not protect you. (Audre Lorde)

El silencio no te protege. — Audre Lorde Silence will not protect you.