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Kristen Day

The design of cities and suburbs in the second half of the twentieth century has often neglected women's needs and their lived experiences. Women are disadvantaged in settings that were not created with their views and experiences in mind (Greed 2006). Consider, for example, the creation of isolated suburbs where mothers strive to care for households and participate in paid employment without ready access to nearby stores, schools, and jobs; the design of transportation systems meant to accommodate single adult commuters on their journeys to work, rather than women with children running errands; and the layout of urban environments that does not ensure safe travel. Increasingly, we recognize that fundamental changes in urban design and form are needed to create cities that are more equitable for women.

In the last three decades, research and practice have begun to address this gap. Scholars in urban planning, geography, architecture, anthropology, environmental psychology, and other fields have explored women's relationships with built environments (cf. Ahrentzen 2003; Altman and Churchman 1989; Anthony 2001; Berkeley and McQuaid 1989; Dandakar 1993; Greed 1994; Miranne and Young 2000; Rendell, Penner, and Bordon 2000; Rose 1993; Rothschild 1999; Spain 1992;

Sprague 1991; Weisman 1992; Wilson 1991). This chapter focuses specifically on the gaps and opportunities revealed by feminist approaches to urban design.

Feminist perspectives

While no single definition of "feminism" prevails, feminist perspectives share a belief that justice requires freedom and equality for women. These approaches argue that patriarchy — a social system that attaches power to masculine gender — disadvantages women. Patriarchy burdens women through the gendered division of labor and activities, gendered access to resources, and the construction of gendered identities (Law 1999).

Feminist perspectives emphasize the differences between women and men (Greed 2006; Sandercock and Forsyth 1992). If we assume that no differences exist, then we may create systems and spaces that reinforce the status quo (Rakodi 1991; Wallace and Milroy 1999; Weisman 1992). In considering difference, we must also consider differences among women themselves (Anthony 2001). Race/ethnicity, class, sexuality, religion, physical ability, age — all shape women's experiences and their relative privilege. Increasingly, feminist scholars recognize that the views and experiences

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The consideration of gender complicates and enriches urban design scholarship. Historically, urban design has emphasized the human experiences of place and the needs of users who will occupy the places created by designers and others. If, however, this focus on "residents" or "users" ignores gender and other identities, then it may mask differences in needs, perceptions, and experiences of the built environment (Rakodi 1991). Feminist approaches to urban design correct this oversight, by exploring how women's identities shape their use of urban environments, and how the design of cities and communities can better accommodate women's needs. Key groups of women to consider are those who are most disadvantaged by current design and planning practices, such as lower income workers, working mothers and single headed households, and older women (Rakodi 1991).

Many of the classic works on women and environments were written in the 1980s (see for example, Hayden 1980, 1984; Leavitt and Saegert 1989; Matrix 1984; Mazey and Lee 1983; McDowell 1983; Stimpson et al. 1981; Wekerle, Peterson, and Morley 1980). This classic literature focuses primarily on the experiences of white, middle class women (Miraftab 2007). More recently, empirical research has expanded to involve diverse groups of women in settings that vary by place type and geographic location. Scholars increasingly address the use of urban environments by women in developing countries (cf. Chhibber 2002; Dandekar 1993; Njoh 1999). The experiences of minority and low-income women in US and Western environments have received less systematic attention.

This chapter reviews research and theory tied to the experiences of women in

different urban settings. In each setting, women's experiences can be understood as constrained, constraining, and/or as resisting (after Shaw 1994; Day 1999a). Constraints disadvantage women's use of environments. Constraints include housework and childcare responsibilities that limit women's ease of travel, and traditional gender norms for safety and modesty that hinder women's freedom in public spaces. Women's use of urban environments is potentially constraining when these experiences reinforce or reproduce oppressive gender relations. Examples include recreational spaces for women that encourage frivolous consumption (many shopping environments fit this description) or spaces that reinforce our preoccupation with women's physical appearance (such as nail and tanning salons). The use of urban environments can constitute resistance when women claim their own space and challenge restrictive gender norms about where they belong. Examples might include women's health centers and women's bookstores.

Feminist critiques of the separation of land uses

Women are fundamentally restricted by the separation of land uses and the distinction between public and private roles. In Western cities, this distinction has its roots in the Victorian "separation of spheres," which delineated separate economic and spatial realms for women and men (Franck and Paxson 1989; Hayden 1984; Rose 1993). Historically, private (domestic) spaces and virtues were associated with women, and public spaces and activities with men. The capitalist economy (dividing production and reproduction) and suburbanization further reinforced this dualism (Valentine 1992). For many low income women and women of color, however, restriction to home and domestic sphere

was a "luxury" that was rarely achievable (Rose 1993). These women's daily routines necessitated significant time spent working in other women's homes and in public settings.

The rigid separation of land uses into public and private, urban and suburban, still disadvantages women in multiple ways. Dolores Hayden's landmark Redesigning the American Dream (1984), documents how traditional suburban environments encourage individual consumption and impede women in performing their multiple roles as workers and mothers. At the same time, in the US and elsewhere, low income, predominantly minority women remain isolated in urban environments with limited employment, housing, and educational opportunities (Massey and Denton 1993). The problems identified by Hayden and other feminist writers - the lack of public transportation to everyday destinations, the unwieldy distances between homes and places of employment, the absence of nearby shops - will sound familiar to today's urban designers and planners. These critiques resonate with the more recent New Urbanist, Smart Growth/sustainability, and Active Living movements. Arguably, these newer movements have had more impact on design and planning practice (Greed 2006). Feminist perspectives, however, have been notably absent from these recent movements, raising questions about how best to link feminist scholarship and urban design practice.

Feminist approaches to urban design have blurred rigid distinctions between public and private, bringing some "private" issues into public conversation (for example, sexual assault in public spaces, Day 2000a), and reframing some "public" issues as private decisions (for example, the legal definition of who can live in a household, Ritzdorf 1994). In women's lives, rigid boundaries between public and private may be meaningless and constraining.

Women's use of public spaces

Contemporary Western and especially US urban design scholarship reveals a nostal-gia for a perceived loss of public life (Brill 1989) and a scorn for the increasing privatization of public spaces (cf. Huxtable 1997; Sorkin 1992). Critics advocate a return to the traditions of idealized, "truly public" spaces to overcome limitations on civil rights (free speech, assembly), increased exclusion, and a growing focus on consumption in public space.

From a feminist perspective, however, there is no such thing as "truly public" space that is experienced in the same way by all groups i(Mozingo 1985; Ruddick 1996). Gender shapes women's experiences of public space. The oft-celebrated right to observe and mingle with strangers in public space, for example, is not shared equally among women and men. Women are less likely to approach strangers in public space and more likely to be approached by them, than are men (cf. Henley 1977). Experiences of objectification (of the male gaze) can shape some women's use of urban environments (Borlsoff and Hahn 1997; Gardiner 1989). Also, the characterization of an idealized public sphere where all come together in equal and free exchange of ideas, does not resonate with some women's experiences (Fraser 1992). In accounts of urban life, women are typically characterized as part of the "background," rather than as part of the "action" (Lofland 1975, in Sandercock and Forsyth 1992).

For many women, responsibility for home and children and fear for safety constrain their activities in public space (Franck 2002; Franck and Paxson 1989; Harrington et al. 1992). Gendered social norms further limit women's public space participation (Gardiner 1989; 1994), by encouraging women to curtail their behavior to keep up socially desirable self-presentations of femininity.

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Women's bodily experiences of public spaces are also distinctive. For example, women may have smaller "personal space" bubbles than men. People tend to stand closer to women than to men, and women move out of the way for others more often than do men (Mozingo 1989). Women are touched more in public spaces than are men. Women often find crowding less stressful, compared to men, and may even find some crowded situations appealing (Mozingo 1989), assuming that crowding does not involve groping or sexual harassment.

Women's use and experience of public spaces differ significantly with race/ethnicity, culture, sexuality, age, and physical ability. Recent years have seen an increase in research on women's use of public spaces around the world and especially in developing countries (cf. Alizadeh 2007; Chhibber 2002; Mazumdar and Mazumdar 2001; Mills 2007; Sangwha 1999; Seedat et al. 2006). Much of this research involves case studies of women in one country or city. Still needed are comparative studies that integrate these cases and advance theories of women and public space.

There is danger in overstating women's constraints in public space. Certainly, women enjoy public spaces and traverse them freely under many circumstances (Lofland 1984; Wilson 1991). Indeed, women's use of public space can constitute resistance, when women define their own identities through participation in self-determined, meaningful activities. Consider, for example, women's use of lesbian bars (Wolfe 1992), or creation of feminist public art (Lacy 1995), or young Latinas' claims on dangerous urban street environments (Hymas 2003), and even homeless women's occupation of highly visible public spaces (Casey et al. 2008), as cases in point.

If the goal of urban design is to create accessible, diverse, and open public spaces, then we must recognize that no single setting will meet the needs of all groups at all times (Franck and Paxson 1989). Rather, it

is more appropriate to think about a network of spaces that can accommodate the meaningful characteristics of specific social groups. Public spaces will be more useful for women if these spaces provide perceived and actual safety and facilitate women's multiple roles by allowing women to conveniently entertain children, complete work tasks, and/or accomplish household responsibilities such as shopping or other errands. Examples include airports that offer play spaces for children and fitness centers that provide child care.

Women and transportation

Since the late 1970s, feminist scholars have examined the role of gender in travel behavior and the implications of women's travel for the design of cities and transportation systems (cf. early work by Giuliano 1979; Rosenbloom 1978; 1980). This research is part of a broader recognition of the mobility needs of "transportation disadvantaged" groups including women, older adults, and others (Law 1999). Early studies characterized women as deprived in their access to cars, dependent on public transportation, and burdened in their travel by children and household responsibilities (Coleman 2000). Later studies have provided more nuanced descriptions of the travel experiences of diverse women. Research on women and transportation focuses predominantly on developed countries and especially emphasizes women's work trips (Law 1999).

Women's mobility continues to be constrained by factors that include gendered division of household and childrearing labor, gendered access to time and money, gendered attitudes about women and travel, and segregated patterns of urban land uses (Law 1999; Njoh 1999). The separation of land uses, discussed earlier, has important implications for women's mobility, making it more difficult for

women to travel between different uses and increasing children's and others' dependency on women for transportation.

Women's travel and mobility are distinctive in many ways. Because of their greater responsibility for children and households, women's trips are more likely to be multipurpose and "trip chained" (multiple trips strung together), compared to men's travel (Blumenberg 2004; Hamilton 2000; Hu and Young 1999). Women generally make about the same number of trips as men, but women's trips are often shorter and more local in nature, making support for travel to nearby destinations especially important. Due to differential access to cars and the shorter nature of some women's work trips, women are more likely to travel on foot or public transportation than are men (Greed 2006), though Black and Latina women do not necessarily have shorter commutes to work (Law 1999).

At the same time, women may be less likely to cycle to work compared to men, due to safety concerns, a lack of changing facilities at work, and beliefs about women's proper appearance (Greed 2006).

Planning for public transportation has typically concentrated on work trips during prime commuting times (Blumenberg 2004). This is problematic, since women (who frequently work part time) are less likely to travel at rush hour than are men (Greed 2006; Njoh 1999; Rakodi 1991). Planners sometimes view women's nonwork trips as a nuisance that slows and interferes with public transportation planning (Greed 2006). Instead, we must recognize women's travel as essential activity and design transportation systems to serve the times when women - and men - need to travel. This may mean, for example, more investment in bus transportation during evenings and weekends, rather than the creation of additional park and ride facilities to serve workers during traditional commuting hours (Hamilton 2000).

Public transportation should consider the needs of women with children, who may face special burdens while traveling (strollers, need for restrooms, etc.); women conducting household errands that require carrying heavy or bulky loads; and older women, who are less likely to have driver's licenses (Coleman 2000; Pickup 1989; Rosenbloom and Winsten-Bartlett 2002). Such consideration would improve access to public transportation from different parts of the city, and lead to the design of systems with chairs for sitting and waiting, fewer steps, places for strollers and bags on board, and other accommodations.

The realities of women's travel may cause us to reconsider our prescriptions about what constitutes "good urban design and planning." Contemporary urban designers strongly advocate a shift away from cars to public transportation to promote sustainability and to increase physical activity. And yet many of women's car trips actually provide efficient transportation for others in the household (Greed 2006; Law 1999). Many such trips (chained together, involving children) would be difficult to accommodate by most public transportation systems, especially in suburban environments where public transportation is more limited. Car travel may be more necessary for women with young children than for other groups (Hillman et al. 1974, in Pickup 1984). In fact, in terms of increasing low income and single mothers' mobility and their access to more and better jobs, policies to increase auto ownership may actually be more helpful than focusing exclusively on increasing access to public transportation in urban environments (Blumenberg 2004).

Women and safety in urban environments

Extensive research examines women's experiences of fear and safety in the city. Women consistently report greater fear in urban

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nes women's expein the city. Women ter fear in urban environments than do men (Gordon and Riger 1989; Grabowsky 1995; Stanko 1987). Fear especially impacts those women with the fewest resources to ensure their safety. In the US and other Western countries, women who are most fearful include older women, women with limited education and lower incomes, and women of color (Gordon and Riger 1989; Pain 1997a; Thompson et al. 2002). These women are more likely to reside in high crime neighborhoods, which may explain their higher fear (Gordon and Riger 1989; Loukaitou-Sideris and Fink 2009; Pain 1997b).

Physical features associated with women's (and men's) fear of crime include the presence of hiding places, limited vistas, and low potential for escape (Fisher and Nasar 1992; Nasar and Fisher 1992); graffiti; poor maintenance; dense vegetation; and inadequate lighting (Cooper Marcus and Wischemann 1983; Day 2000a; Nasar and Fisher 1992; Wekerle and Whitzman 1995). Fearful places include pathways, alleys, bus and transit stops, parking lots, tunnels, and natural areas (Cooper Marcus and Wischemann 1983; Gordon and Riger 1989; Loukaitou-Sideris and Fink 2009; Loukaitou-Sideris et al. 2002). Women's fear is especially heightened at night time (Valentine 1992; Warr 1990). Social incivilities, such as public drinking, panhandlers, and rowdy crowds, are also tied to fear in urban environments (Day 2000a; Rohe and Burby 1988).

Women's fear in urban environments is attributed to many factors, including past victimization, women's sense of themselves as physically weak, warnings of women's vulnerability, and especially women's specific fear of sexual assault (Gordon and Riger 1989; Loukaitou-Sideris and Fink 2009). Women are victims of crime in both public and private places. Yet women's primary association of fear with public spaces belies the reality that women are more often victimized in private and domestic environments

(Gordon and Riger 1989; Koskela and Pain 2000; Valentine 1992).

For women of color, the notion of safety in urban environments is broader than the absence of assault or disorder. Safety also involves feeling welcome and accepted in a setting (see Day 1999b). Walking alone in a neighborhood, hiking in an urban park, or participating in community events require reassurance that individuals will not "stand out" uncomfortably in terms of race or ethnicity, and will not be targeted by race harassment or violence.

Fear functions as a form of social control over women's use of urban environments, since women are persuaded to significantly curtail their travel and behavior in public spaces out of fear (Deegan 1987; Valentine 1989). Women have made considerable strides in reversing their exclusion from public spaces, and yet social rules for appropriate behavior for women still restrict their full and equal access. These social norms designate "unseemly" places where women should not go - especially not alone or at night, or else risk sexual assault or harassment and be blamed for any harm that may occur (Gardiner 1989; 1994). More recently, researchers have expanded the study of women and fear to also examine women's resistance to fear in urban environments (Hyams 2003; Koskela 1997). This research is important for helping us to understand women as bold and assertive users of urban environments and not only as victims.

The question of fear in urban environments is one of the few areas in urban design research where we also see research that addresses *men's* experiences from a gender (and typically a feminist) perspective. Such research is still in the early stages. For many men, fear in urban settings is intimately tied to their masculine identities. Settings can be judged fearful depending, in part, on whether they challenge men's masculine identities. Men's fear in urban environments may be tied to the

need for control and to potential confrontation with other men (Day 2006; Day et al. 2003). Race and racism critically shape men's experience of fear and of being feared in urban settings (Brownlow 2004; Day 2006; hooks 1992).

Feminist urban designers and planners have undertaken several initiatives to enhance women's safety in cities (see also the chapter by Whitzman in this volume). One example is the groundbreaking work of METRAC in Toronto, where a special committee has implemented numerous planning projects to increase women's safety (Modlich 1986; Wekerle and Whitzman 1995). Similar efforts have also taken place in the Netherlands (Sandercock and Forsyth 1992). Feminist scholars warn us that we must exercise caution in turning to urban design as the (only) solution to enhancing women's safety in urban environments (Koskela and Pain 2000). Many of the underlying issues that cause women's fear and danger will not be resolved by better lighting and safer transit, as important as these issues are. Indeed, increasing women's safety will also require a fundamental rethinking of women's roles and place in the city.

Conclusions

Research on women and environments — in urban design and in other fields — has proliferated over the past three decades. Researchers have shifted their focus over time in accordance with changes in urban design and women's studies scholarship. As in other areas of feminist research, the emphasis is increasingly on the construction of gender identities in urban environments, and less on the identification of constraints to women's use of cities (Law 1999). This shift in focus has both costs and benefits. It encourages us to identify structural factors that disadvantage women in urban environments, but it may neglect

practical issues that must be addressed to improve "conditions on the ground."

Despite many recommendations to improve gender equity in urban design and planning, actual impacts on design and planning practice have been limited (Greed 2006). Model programs do exist, such as the METRAC program in Toronto, discussed earlier (Wekerle and Whitzman 1995). In other examples, in Italy, recent legislation allows mayors to coordinate the hours of employment, retail, and other facilities, to allow women to balance employment with their substantial family responsibilities (Belloni 1998). In Oslo, Norway, municipal government officials undertook a comprehensive process to incorporate women's perspectives into local planning decision making (Skjerven 1993, in Greed 2006). These are isolated cases, however. We have yet to see a more widespread movement to enhance gender equity in city planning and design. This limited impact may reflect the fact that women still occupy peripheral positions in planning and design decision-making, despite their large numbers in schools of planning (Greed 2006; Sandercock and Forsyth 1992). We must continue to promote the advancement of women and men who support feminist agendas to positions of power in planning and design.

We must also recognize the numerous ways in which women play leadership roles in the shaping of cities and communities. Women are leaders in creating urban gardens; spearheading neighborhood improvements; grassroots organizing; supporting urban parks; establishing national women's policy think tanks; documenting public history; and in struggles around housing, childcare, and neighborhood preservation (cf. Bland 1989; Cranz 1981; Dubrow 2007; Feldman and Stall 1994; Hayden 1997; Rakodi 1991; Spain 2001). These efforts are often driven by a feminist "ethic of care" for places and for the people that occupy them (Day 2000b; it be addressed to the ground."

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Finally, we must work to reduce the constraints that shape women's use of urban environments (and especially those tied to caring for children and households), while at the same time challenging the restrictive gender roles that disadvantage women. Often, the most strategic solutions will not be design interventions. We must work with policy makers and others to address underlying issues tied to women's roles and status, while we continue to improve the quality of urban environments to support women's and men's lives.

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