

SPOTLIGHT ON

FRIDA KAHLO

Stonewall

Who are Stonewall?

This resource is produced by Stonewall, a UK-based charity that stands for the freedom, equity and potential of all lesbian, gay, bi, trans, queer, questioning and ace (LGBTQ+) people. At Stonewall, we imagine a world where LGBTQ+ people everywhere can live our lives to the full. Founded in London in 1989, we now work in each nation of the UK and have established partnerships across the globe. Over the last three decades, we have created transformative change in the lives of LGBTQ+ people in the UK, helping win equal rights around marriage, having children and inclusive education.

Our campaigns drive positive change for our communities, and our sustained change and empowerment programmes ensure that LGBTQ+ people can thrive throughout our lives. We make sure that the world hears and learns from our communities, and our work is grounded in evidence and expertise.

Stonewall is proud to provide information, support and guidance on LGBTQ+ inclusion; working towards a world where we're all free to be. This does not constitute legal advice, and is not intended to be a substitute for legal counsel on any subject matter. To find out more about our work, visit us at www.stonewall.org.uk.

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Frida Kahlo

(she/her)

Frida Kahlo was born in Mexico in 1907. Her mum was Mexican and her dad was German. She was one of three sisters.



Frida's childhood

When Frida was 6, she caught Polio. This illness affected one of Frida's legs and meant that she walked with a limp. Frida was bullied as a result.

Growing up, Frida had lots of interests. She liked art and politics, but it was her ambition to become a doctor.



3 months in bed

A bus accident in 1925 left Frida badly injured, resulting in her having to stay in bed for 3 months. Frida had back pain for the rest of her life due her injuries.

Whilst she was recovering, Frida spent her time painting. She painted self-portraits and paintings of her friends and family.



“I paint myself because I am so often alone and because I am the subject I know best.”

Frida Kahlo

Art and love

Frida's art became famous for her use of bright colours and for the way she chose images which related to her Mexican heritage. Most of her paintings were self-portraits.

In 1929 Frida married Diego Rivera, who was also an artist. They moved to America and lived there for years, but Frida didn't particularly like it.



“I don't paint dreams or nightmares, I paint my own reality.”

Frida Kahlo

International success

Frida's art was increasingly popular during the 1930s and her work was shown around the world.

In 1939, Frida and Diego got divorced. After this, Frida had relationships with both men and women.



Care and illness

As Frida became older, she was often ill. Leaving the house was increasingly difficult.

Diego often looked after Frida and they became closer. They eventually remarried.

Frida continued to paint, despite her pain. She died in 1954 as a result of an illness.



**“Nothing is absolute. Everything changes,
everything moves, everything revolves,
everything flies and goes away.”**

Frida Kahlo