

WHAT IS INTERNATIONAL WOMENS DAY

International Women's Day (IWD) is celebrated across the world on the 8th March. It was made to honour different achievements of women across all areas of life, while advocating for gender equality.

International Women's Day provides an important opportunity to shine a light on organizations that champion gender equality.

When women's contributions and participation are valued, communities are strengthened, and greater progress and opportunities prevail.

Aims of International Women's day:

- Celebrate women's achievements
- Raise awareness of gender inequality
- Encourage action for equality
- Donate and fundraise for women-focused charities
- Encourage solidarity and teamwork for people of all genders to support women's rights

Empowered Women Empower Women

INTERNATIONAL WOMENS DAY

Saturday 8th March

ACCELERATE ACTION

The International Women's Day theme this year is 'Accelerate Action'

Collectively we can Accelerate Action for gender equality. Focusing on the need to Accelerate Action emphasises the importance of taking swift and decisive steps to achieve gender equality. It calls for urgency in addressing the barriers and biases that women face, both in personal and professional areas.

So, together, let's Accelerate Action to speed up the rate of progress worldwide.

Ways we can Accelerate Action:

- Support the supporters! Lend solidarity to those fighting for change.
- Acknowledge what strategies, activities and resources positively impact women's advancement.
- Call out stereotypes. Challenge discrimination. Question bias.
- Celebrate women's success!

Everyone can Accelerate Action.

Everyone's support for International Women's Day is valid and beneficial, it is an inclusive day. It is a day to promote gender equality, raising and increasing opportunity.

CAN YOU NAME A WOMAN THAT INSPIRES YOU?

This could be a celebrity, a book character or a woman from a TV show!

TIMELINE OF SOME KEY EVENTS FOR WOMENS RIGHTS

1792	1857	1907	1914	1928	1970	1975	2001
English author, Mary Wollstonecraft, advocates for educational and social equality for women in her book 'A Vindication of the Rights of Women'.	First organised strike by working women occurs in New York City on March 8 calling for equal rights.	First edition of Women's Social and Political Union (WSPU) newspaper 'votes for women' is launched.	Women's suffrage march held in London.	In Britain, all women over the age of 21 are allowed to vote, the same as men.	An Equal Pay Act was passed in Britain.	The Sex Discrimination Act was passed making it illegal to discriminate against women in employment and education.	International Women's Day website launches as a not for profit resource hub to grow the awareness and support the supporters.

SOME KEY WOMEN IN MENTAL HEALTH

DR FRANCINE SHAPIRO
The founder of EMDR
Dr Francine Shapiro is a pioneering figure in psychology, best known for developing EMDR. Her innovative approach has transformed the treatment of trauma.

DR LETA STETTER HOLLINGWORTH
Proved women are equals
She overcame the prevailing idea of the time that women were intellectually lesser than men, and proved in her research that women are as intelligent and capable as men no matter the time of the month

ANNA FREUD
In child psychology
Anna Freud is considered one of the founders of child psychoanalysis, making great expansions within the child psychology field. She also made great contributions to understanding how the ego is involved in painful ideas and feelings.

DR INEZ BEVERLY PROSSER
First African American woman to receive a PHD in Psychology
Dr Inez Beverly Prosser was the first African American woman to receive a PHD in Psychology, which she received in 1933. Prosser was instrumental in assisting many black students in obtaining funds for college and for graduate study.

BRENÉ BROWN
On shame and vulnerability
Brené Brown is known for her work on shame, vulnerability and leadership. She has done many TedTalks around these topics, best know for her one about The Power of Vulnerability.

DR MARSHA LINEHAN
Founder of DBT
Dr Masha Linehan created Dialectical Behavioural Therapy after setting out to to create the psychological treatment she needed to help her own struggles with mental health.

STATISTICS: YOU ARE NOT ALONE!

Almost one in four young girls aged between 17-19 years had a probable mental health condition in 2021.

Young women are more likely to experience anxiety-related conditions than any other group

Women are more likely to have suicidal thoughts and make suicide attempts than men.

Over a quarter of young women aged between 16-24 years old report having a common mental health problem in any given week.

CHECK OUT THE INTERNATIONAL WOMENS DAY WEBSITE:

WHERE YOU CAN FIND MORE INFO AND RESOURCES