

Five Things on a Friday – International Women's Day

What is International Women's Day?



International Women's Day is a global celebration held every year on the 8th of March. It's a day dedicated to recognising the social, economic, cultural, and political **achievements of women**, while also **advocating for gender equality** and women's rights.

Key Aspects of International Women's Day

Celebration of Achievements: The day honours the accomplishments of women across various fields, from science and politics to art and business.

Historical Roots: Originating in the early 20th century amid labor and socialist movements, the day has evolved from calls for women's suffrage and better working conditions into a broader movement for gender equality.

Call to Action: Beyond celebration, International Women's Day serves as a **platform to address ongoing issues** such as gender discrimination, violence against women, and unequal opportunities, urging governments and communities to make impactful changes.

Global Observance: Celebrated worldwide, the day features rallies, conferences, cultural events, and campaigns that highlight both **progress made** and the challenges that remain.

International Women's Day is not just a celebration but also an **important reminder of the continued work needed** to achieve true equality for women around the globe.

The theme for International Women's day this year is:

Accelerate Action



At the current rate of progress, it will take until **2158**, which is roughly five generations from now, to reach full gender parity, according to data from the **World Economic Forum**.

Focusing on the need to **Accelerate Action** emphasises the importance of taking swift and decisive steps to achieve gender equality. It calls for increased momentum and urgency in addressing the systemic barriers and biases that women face, both in personal and professional spheres.

Exhibition trip



In the Treasures of the Brotherton Gallery on campus, there is an exhibition called "[Animated Activism: Women Empowered](#)". Bringing the archives of Women's Aid and Leeds Animation Workshop together, this exhibition explores the Women's Liberation Movement of the 1970s to the present day.

The Women's Collective will be taking a trip over to see the exhibition on **Thursday 10 April, from 12pm-1pm**. They will be meeting at the Bus Stop in Foyer at 12pm and setting off from there.

This is open to Network members, allies, and anyone who is interested in joining the Network.

Inspiration Tree for International Women's Day

To celebrate International Women's day we are setting up an Inspiration Tree in the **corridor next to the Staff Kitchen on Level 1.**

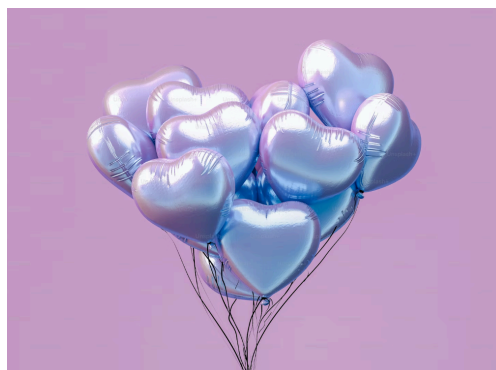


From the **5th to the 17th of March** you can come along to write on a leaf from the table next to the printer in the **Inclusive Office** about anyone who identifies as a Woman who inspires you and then leave your leaf or leaves in the basket and we can get them added to the Tree.

This will hopefully be a really uplifting display that all staff can read over when they're in the office. So pop down and take 5 minutes out of your day to write about a Woman who inspires you whether that's a family member, friend, colleague or someone in the public eye.

We can't wait to hear about who inspires you.

Network Recommendations



We regularly get recommendations from our network members. So here's a few to take a look at to celebrate International Women's Day:

Podcast- **Witch** by India Rakusen, **The Guilty Feminist** by Deborah Frances-White, & **Menopause Whilst Black** by Karen Arthur

Film- **Frances Ha**, **Lady Bird**, & **The Six Triple Eight**

Books- **Release the Beast: A Drag Queen's Guide to Life** by Bimini Bon
Boulash, **Period** by Emma Barnett, & **Tough Women Adventure Stories** by
Jenny Tough

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