



## International Women's Day 2023: Let's #EmbraceEquity

The 8<sup>th</sup> of March 2023 marks International Women's Day, a day to recognise and celebrate women's social, economic, cultural and political achievements worldwide.



Social



Economic



Cultural



Politics

Throughout history, there have been moments where remarkable events of courage and strength demonstrate how each of us has incredible potential to change our lives for the better. This International Women's Day, let us come together to #EmbraceEquity and draw attention to those affected by gender inequality and provide support for their efforts towards achieving equal rights for all genders globally.

### What is International Women's Day, and why do we celebrate it?

International Women's Day is a day to affirm the important roles women play in our society. It's an opportunity to recognise and celebrate the progress that has been made towards gender equality while also recognising that there is still much work to be done. International Women's Day is also a chance to get involved in inspiring conversations, become more aware of current gender issues, and take action for future change.

This International Women's Day 2023, let us unite with renewed energy and commitment to embrace equity for all genders. Let us take large and small actions - from raising awareness online to supporting campaigns for equal rights - it's time to get involved. Let International Women's Day 2023 be a call to action to drive change and inspire those around us to become agents of equality.



## What's the theme for International Women's Day 2023?

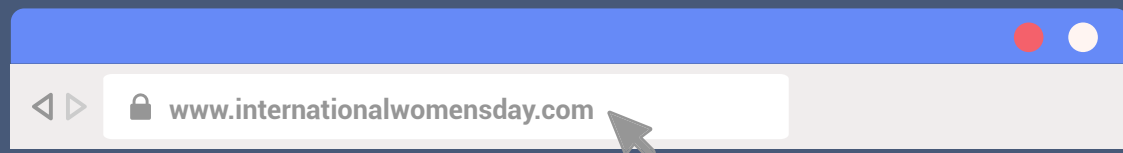
This year's theme is #EmbraceEquity. Gender equity is no longer an optional extra, it's a necessity for our society. We each have the power to promote equality within our own circles - by speaking out against stereotypes, denouncing discrimination and seeking inclusivity we can make real progress towards change. However, this isn't just a battle that women alone must fight; allies are also essential if gender justice is ever to be fully achieved. Let us all come together now to build an equitable future.

Giving everyone an equal opportunity is essential for collective progress, yet some require more assistance than others. Equity allows us to provide the necessary support tailored to each individual's specific circumstances so that we can achieve true equality and empower all individuals to reach their maximum potential.

### How can we #EmbraceEquity in our own lives, individually and collectively, as a community or society?

We can all take action to promote gender equity in our own lives, both individually and collectively, as communities or societies. Individually, we can get involved by joining conversations that challenge sexism and stereotypes; supporting campaigns that advocate for equal rights; volunteering with organisations working to advance gender equity; or donating our time, money and resources to support initiatives that promote women's leadership, education and economic empowerment.

Visit [www.internationalwomensday.com](http://www.internationalwomensday.com) for more information, resources, and events you can participate in.



### How has International Women's Day evolved over the years?

International Women's Day has evolved from a single day of recognition to a global that spans countries and cultures. For example, the UN's International Women's Day theme for 2022 was focused on "Gender equality today for a sustainable tomorrow" In addition to this annual UN initiative, International Women's Day has grown to include hundreds of local, regional and global initiatives – including rallies, conferences, networking events and more. These initiatives are aimed at promoting gender equity and advocating for greater representation of women in all levels of decision-making.

## Why is gender equality still an issue in many parts of the world, and what can we do to help address this problem?



Gender inequality is still a major problem in many parts of the world due to deeply rooted gender stereotypes, lack of access to education and economic opportunities, and limited representation in politics and decision-making roles. We can get involved by joining conversations that challenge sexism and stereotypes; supporting campaigns that advocate for equal rights; volunteering with organisations working to advance gender equity; or donating our time, money and resources to support initiatives that promote women's leadership, education and economic empowerment.

For more information visit [www.internationalwomensday.com](http://www.internationalwomensday.com). Our experts are also here to help. Contact your HealthHero or Validium service if you need support on any of the topics raised.