

International Women's Day

A Toolkit for Community Celebration



IWD 2023 Theme

Imagine a gender equal world. A world free of bias, stereotypes and discrimination. A world that's diverse, equitable, and inclusive. A world where difference is valued and celebrated.

Together we can forge women's equity.

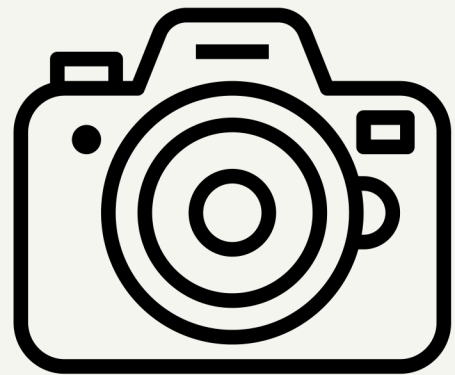
Collectively we can all **#EmbraceEquity**.

- Celebrate women's achievement
- Raise awareness about discrimination
- Take action to drive gender parity



EMBRACE - VERB - IM'BREIS - TO WILLINGLY AND ENTHUSIASTICALLY ACCEPT, ADOPT, AND ESPOUSE

Activity 1: Strike the Pose



Post a Profile Pose

Give equity a huge embrace!
Grab a snap of yourself in the
#EmbraceEquity pose and update
your social media profile pics.



Add an Explanation

Example: "On **#IWD2023** I commit to
calling out gender bias, discrimination
and stereotyping. I'm showing my
solidarity with my **#EmbraceEquity**
pose."



Activity 2: Make an Empowerment Board

Use a free online whiteboard to collectively pull together inspiring images and text.

We sometimes need to be reminded of all the wonderful women and gender diverse people who've fought bias and inspired us to pick up the fight ourselves.

During your celebration, invite everyone to post photos (personal or from the internet), quotes, or personal stories of their inspiration to a collaboration space. Ensure everyone gets a copy later to keep the inspiration going!

Interested? Check out www.WebWhiteBoard.com/



Alternative- Vision Board Session



Activity 3: Spotlight Strong Women



Brainstorm a list of local leaders, elected or not

Ask permission to profile them

Gather a photo, bio, and some words of wisdom

Post on your municipality's social media on International Women's Day

Celebrate and share!

Activity 4: Host a Zoom Celebration

Create A Panel

Brainstorm on local leaders to invite - be sure to include yourselves! Utilize our suggested questions (**Appendix A**) or create your own. Ensure everyone is available. Create a simple graphic with the important details and then start sharing the news.

Invite Everyone

Once you've got your information in hand, invite everyone to come (yes, all genders!) Think the municipal listserv, community bulletin boards, schools, Facebook groups and more.

Celebrate

On the day of your event, ensure everyone is comfortable and ready and then go live! See **Appendix B** for tips on hosting a virtual panel.

Gather Info

Consider creating a form to collect information on and from your attendees - perhaps those details will spark another event or initiative! (**See Appendix C**).



IF YOU NEED ACCESS TO A ZOOM PLATFORM, PLEASE CONTACT DWALSH@MUNICIPALNL.CA AT MUNICIPALITIES NL.

Activity 5: Walk or Roll with a Goal

Take in some fresh air while you put your solidarity on display.

The Idea

Choose a main street or route in your community and invite everyone to join a parade in solidarity and celebration! Encourage folks to make signs, blast fun music, and join in on the fun!

Potential

This is a great opportunity get complete Activity One on social media, as well as an opportunity to collect non-perishables for your local foodbank!



Activity 6: Story Time, IWD-Edition

Educate and inspire the future generation through a partnership with your local library and schools!

Evening Story Time

Host virtual bedtime story sessions for youth in your community and read them stories about empowering women.

Utilize your community's Facebook Live or Zoom account, and partner with your local schools and library for resources!

Story Time at School

Set up a time with your local school to read a story about an impactful woman leader. You can do this virtually through a Zoom account or if public health restrictions allow, visit in-person! Each leader can book a time with a different grade to ensure all students get a chance to participate.



Activity 7: Hold a Contest for Youth!

'Mayor for a Day' Contest

In advance of IWD: Make a call for young women leaders to submit a short essay about what they would do if they were Mayor of their community.

Depending on the size of your community, this can be done for one age range, or multiple age ranges (K-6, 7-12). The winning essay writer(s) get the opportunity to be 'Mayor for a Day'. Announce the winner(s) on IWD!

The winner(s) get to spend a day with the Mayor and see what it's like to lead their community.

General Contests

In advance of IWD: Hold a contest for all youth, encouraging them to submit a piece of original artwork or writing. It could be a submission reflecting what gender equality means to them, or of a woman that inspires them.

Winner(s) receive a small prize of Council's choosing. Show that artwork off on your social media!



Activity 8: Provide Colouring & Activity Sheets

Print them off for parents to pick up at your local town office

Drop them off at local community centres, day cares, after-school programs, etc.

See **Appendix D** for Printable Activities!

Activity 9: IWD Drawing Activity



Credit for this activity: [IWD Little Leaders](#)

Appreciate

The 4 images above...
what do we see?

- A woman holding a lantern
- A woman holding a paint brush
- A woman on stage
- A woman with a javelin

Symbolize

What could the items in the photo
represent/symbolize?

- Lantern = Being a bright light
- Paintbrush - Bringing colour/joy/creativity

Reflect

What does it tell you about the woman
in the photo?

- The woman with the lantern is leading the way.
- She is intelligent/ambitious
- She isn't afraid to forge through challenging circumstances

Emulate

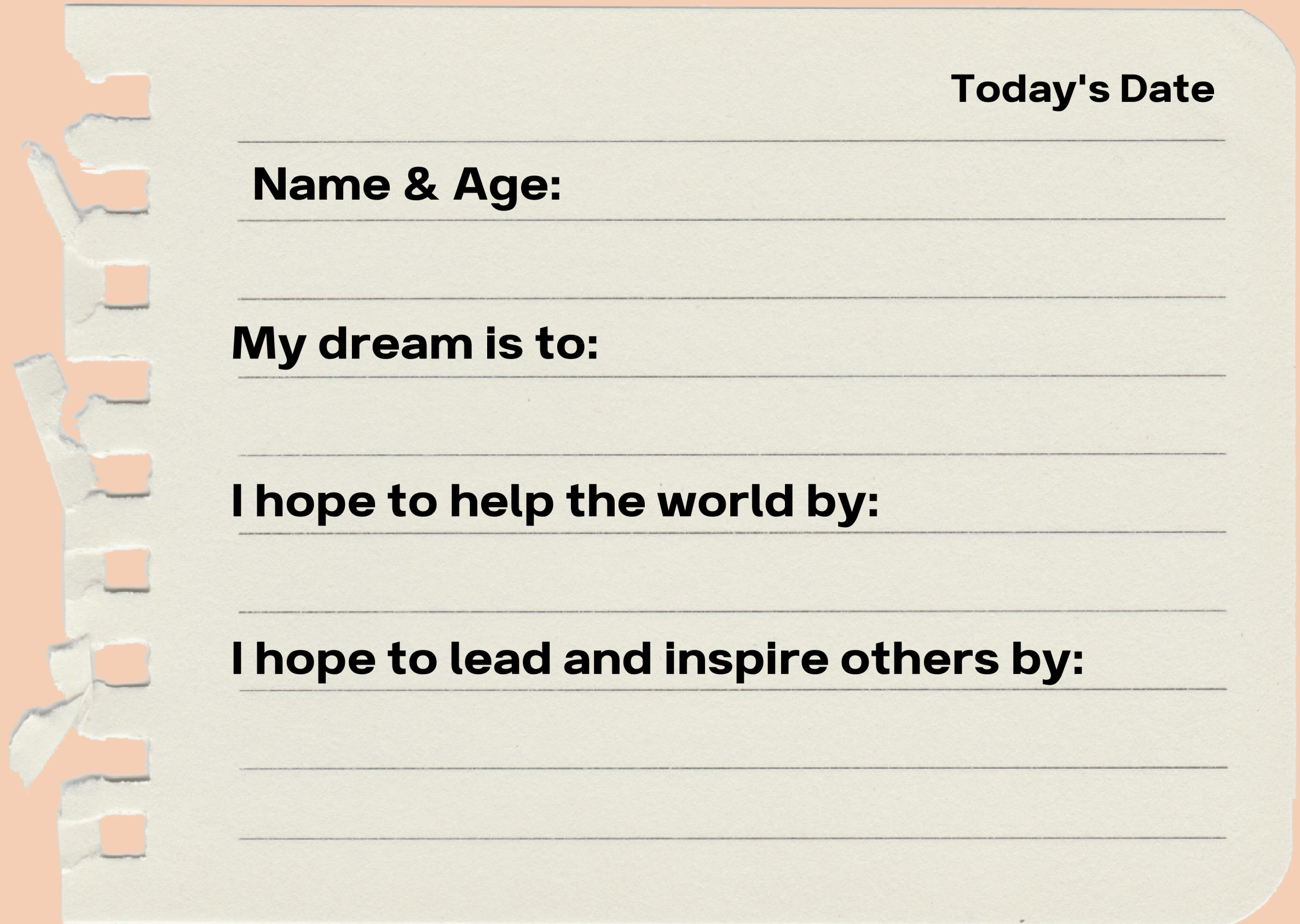
Now it's your turn! Get out your
markers and craft supplies.

- Get youth to draw a photo of themselves with two items to symbolize something about them.
- Have them present it back and explain what the items represent about them

Activity 10: Letter to Future Self

A great reflection activity for the end of any IWD event:

- Have young women and girls write a letter to their future selves
- Provide paper, writing utensils and envelopes.
- Have them seal the envelope and date it for 2030 (or their graduation year if they are younger)
- If they have space or like to draw, they can also draw an image at the bottom of their letter with **"My Future Self will look like..."**



Today's Date

Name & Age:

My dream is to:

I hope to help the world by:

I hope to lead and inspire others by:

Activity 11: The Gender LightBulb

A “gender lightbulb moment” is a time you became aware of being treated differently because of your gender. For example, a girl not being allowed to play football, or a boy being told he shouldn’t play with dolls. It could be anything from the toys you were allowed to play with, having different rules for boys and girls, certain jobs being gendered, to feeling uncomfortable in a certain situation because of your gender.

The World Association of Girl Guides and Girl Scouts provide an incredible Activity Pack provides dozens of age-appropriate conversations and activities you can complete around the 'Gender Lightbulb' concept, as well as activities surrounding the following topics:

- Understanding Gender: Explore Gender Roles & Stereotypes
- Women's Rights are Human Rights: Concept of Rights & Why They're Important
- Gender & Climate Change: Explore how climate change disproportionate affects women and girls.



[Click here to view](#)

Activity 11: Feminist Film Showing

Rated G / PG

- 9 to 5 (1980)
- All About Eve (1950)
- A League of Their Own (1992)
- Belle (2013)
- Bend it Like Beckham (2002)
- Brave (2012)
- Captain Marvel (2019)
- Crouching Tiger, Hidden Dragon (2000)
- Fried Green Tomatoes (1991)
- He Named Me Malala (2015)
- Hidden Figures (2016)
- I Am Greta (2020)
- I've Heard the Mermaids Singing (1987)
- Legally Blonde (2001)
- Little Women (2019)
- Million Dollar Baby (2004)
- Moana (2016)
- Mona Lisa Smile (2003)
- Mulan (1998) OR 2020
- Now and Then (1995)
- On the Basis of Sex (2018)
- Queen of Katwe (2016)
- Skater Girl (2021)
- Suffragette (2015)
- The Farewell (2019)
- The Hate U Give (2018)
- The Help (2011)
- The Secret Life of Bees (2008)
- Wadjda (2012)
- Whale Rider (2002)
- Wolfwalkers (2020)
- Wonder Woman (2017)

Age Discretion to be Considered

- Various Films - National Filmboard of Canada*** Comes with film-specific discussions and activities
- 20th Century Women (2016)
- A Call to Spy (2019)
- Alien (1979)
- Bombshell (2019)
- Colette (2018)
- Confirmation (2016)
- Daughters of the Dust (1991)
- Erin Brockovich (2000)
- Frida (2002)
- G.I Jane (1997)
- Girlhood (2014)
- Homecoming: A Film by Beyonce
- Iron Jawed Angels (2004)
- The Fabulous Stains (1982)
- Lady Bird (2017)
- Mad Max: Fury Road (2015)
- Mad Max: Fury Road (2015)
- Miss Americana - Taylor Swift (2020)
- Rocks (2019)
- Roma (2018)
- Persepolis (2007)
- She's Beautiful When She's Angry (2014)
- The Color Purple (1985)
- The Joy Luck Club (1993)
- The Runaways (2010)
- Thelma & Louise (1991)
- The Prize Winner of Defiance, Ohio ('05)
- Vera Drake (2004)
- Wendy and Lucy (2008)
- Wild (2014)

Consideration:

After the movie showing, host a panel or have a group discussion about feminism and reflect on the movie's messages.

Appendix A

IWD Panel Questions

- 1) What are some barriers that you have that have prevented you for taking on leadership roles within your community?
- 2) What are some supports that could be put in place to encourage more women to take part in municipal leadership?
- 3) What are your thoughts on taking part in municipal councillor training prior to running for municipal politics?
- 4) What role do you think women play on municipal councils?
- 5) Do you think there are there specific skills required in order to run for Municipal councils?
- 6) How do you think this zoom session helps foster leadership in women?
- 7) How do we create spaces to foster and support leadership for women across our community groups?
- 8) Women are leading in so many areas of our communities. How do we support translating those leadership skills to municipal politics?
- 9) What have you learned about yourself through leadership? What do you want to share most with other young leaders in our communities?
- 10) How can women support other women in leadership?
- 11) What do men need to do to change the political landscape for women and gender diverse individuals in our province?
- 12) When women run, they win. 2021's municipal election saw 10% more women win compared to 2017. How do we better support women when they are at the council table?



Appendix B

IWD Online Panel Event Tips for Hosts



- Send attendees a reminder email one day before, as well as the morning of your panel event.
- Be sure to make the event as inclusive as possible. NL Association for the Deaf offers inexpensive ASL Interpretation and you can add Live Closed Captioning to your own zoom account for a small extra cost. Also consider recording the event!
- Ask panelists to sign on 10 minutes early to ensure you are comfortable with muting people, pinning people to the screen, and to ensure speakers' audio and video are working without issue.
- If you aren't comfortable with the technology, this may be a good volunteer opportunity for a younger resident who is comfortable with technology.
- Start your event with a Land Acknowledgement! We recommend First Light's version.
- Proceed with 'housekeeping' items - Ask attendees to mute themselves, encourage people to ask questions in the chat.
- You can start the panel by having each panelist introduce themselves over the course of 3-5 minutes each. The amount of questions you ask really depends on how much detail the question requires and how many panelists you have, so try to estimate that in advance.
- Send questions to panelists in advance so they have time to reflect and provide quality answers.
- If you want to leave the last 10-15 minutes open for questions from attendees, we recommend having 2-3 extra questions in your back pocket, in case there are quiet points.
- Make sure to give a small token of appreciation to any guest panelists.

Appendix C

IWD Information Collection Form

- First and Last Name
- Pronouns
- Age
- E-mail Address
- Phone Number
- Community of Residence
- Are you involved in any volunteer groups, community organizations or leadership positions?
- Have you ever considered running for municipal government?
- Do you know who Equal Voice NL is?
- What kind of personal or professional development would you be interested in?

Participants can email this information to you or you can use Google Forms!



Appendix D

IWD Resources: Printable Colouring & Activity Sheets

Colouring Sheets

- ["Resist"](#)
- ["You Got It Girl!" Rock Climber](#)
- ["She Needed A Hero..."](#)
- ["Take Pride In Yourself"](#)
- ["Nevertheless She Persisted"](#)
- ["I Slay My Own Dragons"](#)
- [Various Feminist Colouring sheets](#)
- [Amelia Earhart](#)
- [Angela Merkel](#)
- [Anne of Green Gables quote](#)
- [Beyonce](#)
- [Dolly Parton](#)
- [Ellen Ochoa](#)
- [Florence Nightingale](#)
- [Frida Kahlo](#)
- [Greta Thurnberg](#)
- [Harriet Tubman](#)
- [Helen Keller](#)
- [Jane Goodall](#)
- [Joan of Arc](#)
- [Malala](#)
- [Marie Curie](#)
- [Maya Angelou](#)
- [Michelle Kwan](#)
- [Rachel Carson](#)
- [Rosa Parks](#)
- [Rosie the Riveter](#)
- [Ruth Bader Ginsburg](#)
- [Serena Williams](#)
- [Taylor Swift](#)

Activity Sheets

- [Brownies UK: 'Reflect On Your Reflection' Activity](#)
- [Dolly Parton Crown Activity Sheet](#)
- [Girl Guides/Scouts of Canada: Gender & Women's Rights Activity Pack](#)
- [IWD Activity Cards](#)
- [IWD Word Search](#)
- [IWD Word Scramble](#)
- [IWD Connect the Dots](#)
- [Women in STEM Activities](#)
- [PBS Learning Resources/Videos About Women - Grades 6 - 12](#)
- [Rainbow UK Girls Group: Super Girl Activity](#)
- [She-Ra, Feminist Superheros by DreamWorks Animation](#)
- [Draw Someone That Inspires You](#)



**Reach out if you have any
questions!**

NL@EqualVoice.ca

Credits

- www.InternationalWomensDay.com
- www.wagggg.org/en/
- www.s3-us-west-2.amazonaws.com/internationalwomensday/resources/IWD-LittleLeaders-ResourcesBooks.pdf
- IMDB
- Equal Voice NL/MNL Members Brainstorming : Thank you!