

# Talking Points

## International Women's Day 2025

These talking points are to support your conversations with people in understanding this Easy Read:

- Easy Read – **International Women's Day**

It may be helpful to have the Easy Read document accessible during your conversations.

You can read these talking points word for word, directly to the people you are speaking to. When we say 'you' we are referring to people we support.

Background information, easy reads and other resources can be found on the **IWD** and **Gender** intranet page.

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- **International Women's Day**
    - International Women's Day is on March 8 every year.
    - International Women's Day is a special day when we celebrate women all over the world.
    - It's a day to say thank you to women and to recognise their achievements.
    - It's a day to acknowledge where we need to take action to improve gender equality so that everyone has equal opportunities.
  - **International Women's Day is about gender equality**
    - Gender equality is a human right. This means everyone regardless of their gender has access to the same opportunities, like education, employment, and healthcare.
    - The aim of gender equality is to achieve equal opportunities and outcomes for women and men, not necessarily outcomes that are exactly the same for all.
    - It's about making sure everyone feels safe and respected.
  - **International Women's Day has special importance for people with a disability**
    - It's a reminder that every woman, deserves respect and empowerment.
    - It's a day to recognise the challenges women with disabilities may face and to celebrate their strengths and achievements.
    - This day also highlights the need for inclusion and accessibility for all women.

- **Each year International Women’s Day has a different theme**
  - A theme is like a big idea or message about International Women’s Day.
  - This year the theme is Accelerate Action.
  - This means the focus for this year's celebration is to raise awareness and start actions that make women feel included in all parts of life.
  - This is about helping people see the importance of treating women equally and giving them opportunities to participate in everything.
  
- **Let’s celebrate this day by talking about women you know who:**
  - Have done great things.
  - Support you and make you feel good about yourself.
  - Make you feel included.