



International Women's Day at Highlands School

**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 equality.**

#GiveToGain #IWD2026

International Women's Day, 8th March 2026





Why International Women's Day exists

International Women's Day (IWD) exists to celebrate women's achievements, gender equality and struggles for women's rights worldwide. The day started as a movement to promote women's rights and has now become a larger campaign for equal opportunities.

The day, globally recognised on March 8th every year, is acknowledged by the United Nations as a day to focus on rights, justice and action for all women and girls worldwide, and is needed to push for **equality between sexes in all areas**

This year's IWD campaign theme is ***Give To Gain***.



When we give, we gain.

We can all play a part in advancing opportunities for women and girls through our support. As individuals, this means challenging stereotypes, speaking out against discrimination, questioning bias and celebrating the achievements of women. Sharing knowledge, offering encouragement and uplifting others are powerful ways to create lasting progress.

The IWD 2026 **Give To Gain** campaign promotes a culture of generosity and collaboration, highlighting the power of reciprocity and support. By giving intentionally - whether as individuals, organisations or communities - we create greater opportunities for women to succeed.

Giving is not a loss, but a way to multiply impact, because when women thrive, everyone benefits.

Supporting the advancement of gender equality strengthens our shared sense of connection and purpose. In doing so, it creates a powerful ripple effect that extends positive impact far beyond the initial action.

Everyday, everywhere, how will you actively give your support to gain gender equality?



What is feminism?

Feminism is the advocacy of women's rights on the basis of equality between the sexes.

Misandrism is the prejudice belief that **women are superior to men.**

Misogyny is the prejudice belief that **men are superior to women.**

International Women's Day is centered around feminism and supports the belief that both sexes are *equal*.





Equality vs Equity

What is the difference between equality and equity?



Equality

Treating each person the same and giving everyone equal access to opportunity.



Equity

Providing proportional resources so that everyone can reach the same goal.

Equity aims to identify and eliminate barriers that prevent the full participation of some groups. It is important to recognise that we do not all start from the same place and must acknowledge and make adjustments to imbalances.



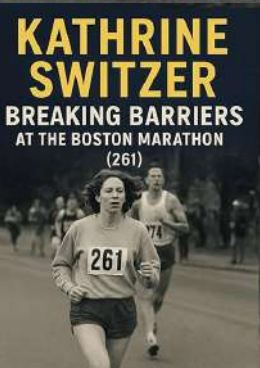
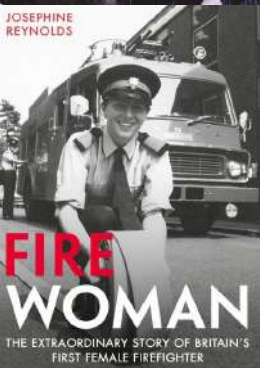
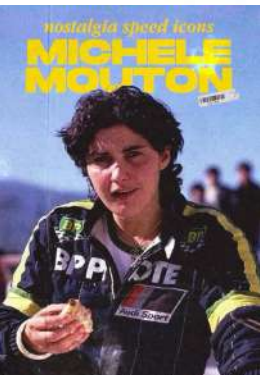
International
Women's Day

How far we have come

In the past, women had to fight for basic rights including the right to vote. Today, women lead countries, run global companies and compete at the highest levels of sport. Girls can access education, pursue careers in science and engineering, and speak freely about their ambitions.

Opportunities that were once denied are now expected due to the progress of feminism as women refused to accept inequality.

Examples of these women are Junko Tabei, Julie Ann, Valentina Tereshkova, Michèle Mouton and Josephine Reynolds.





Celebrating important women



Bessie Coleman

The first African-American woman to earn an international pilot's license.



Julie Ann Gibson

The first female RAF pilot.



Valentina Tereshkova

The first female astronaut

Junko Tabei

The first woman to climb Mount Everest and the 7 peaks



Michèle Mouton

The first female rally driver and world rally champion.



Josephine Reynolds

The first female firefighter





Celebrating important women

Marie Paradis The first woman mountaineer

Marie Paradis was nicknamed 'Maria de Mont Blanc' and the 'Doyenne of English Lady Mountaineers.' She was the only female mountaineer at the time and achieved this whilst wearing a skirt and a dress, as women wearing trousers was considered scandalous. It's hard to imagine how difficult it was for women climbers to challenge gender inequality while climbing in skirts that weighed 7kg.



Ester Ledecka Winter Olympics Alpine Skiing Gold Medal Winner

Ester Ledecka is a Czech snowboarder and Alpine skier who won two gold medals for skiing and snowboarding in the 2018 Winter Olympics, becoming the first female to compete in the Winter Olympics with different equipment, and the first female to win two gold medals at the same Winter Olympics.





Celebrating important women

Rihanna **Singer and businesswoman**

Rihanna is a singer and businesswoman. She has won 41 awards and has sold over 180 million records worldwide.

Rihanna is not only a music icon but she is a modern feminist, advocating for women's independence, confidence and representation. Through her makeup brand she has challenged norms and celebrated IWD by reinforcing messages. She has earned many Grammys, Billboard and American Music Awards, cementing her as an impactful and influential artist who strives to use her fame to raise awareness of issues worldwide.



Malala Yousafzai

Pakistani female education activist and producer of film and television.

Malala is the youngest-ever Nobel Peace Prize laureate. At 17, her advocacy sparked an international movement for human rights and education.

Malala's tireless work continues to empower girls and women worldwide as she has become a symbol of hope and resilience.





There are still many areas that need improvement, and just one of them is Formula 1:

Women remain significantly under-represented in Formula 1. In many track-side race teams, women make up only around 5 - 10% of personnel in the pit lane and garage areas. F1 is a male dominated sport when it comes to drivers and manufacturing of the cars. Whilst changing the gender imbalance of the drivers is not possible but improving the gender diversity in the technical roles is achievable. The women who are on the technical aspect have achieved great milestones, proving it's not gender that leads to success, it's skill.



Hannah Schmitz

Hannah Schmitz is a leading figure in Formula 1's technical world, serving as Principal Strategy Engineer and lead race strategist at Red Bull



Racing. Although every F1 team has a strategist, she is the only woman in the role, making her the highest-ranking female figure within a team. Her race-day masterclasses have earned her the nickname "The Queen of Strategy."

Another trailblazer in F1 is Laura Müller, the sport's first and only female Race Engineer. As the voice in the driver's ear, she delivers crucial data and strategy calls on race day.

Her journey through STEM highlights how expertise and performance drive leadership. In recognition of her impact, the Australian Grand Prix featured a dedicated corner celebrating both her and Hannah Schmitz as part of F1's collaboration with International Women's Day.

Laura Müller





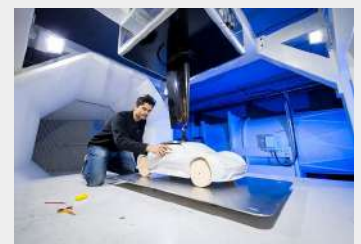
The future for F1



Oxford Brookes has a formula student team which has 7 UK championships, every F1 team has their alumni and are given jobs that aren't announced publicly.



Coventry University offers industry-focused facilities, including a full-scale F1 simulator and access to wind tunnel testing. The university also has direct links with the Mercedes-AMG Petronas Formula One Team, providing valuable industry connections. Students may also have opportunities to secure F1-related scholarships during their degree.



University of Southampton offers a specialist Master's degree focused on race car engineering. Notably, renowned Formula 1 designer Adrian Newey - a 25-time Formula 1 World Championship winner (12 Constructors' and 13 Drivers' titles) studied there.





What can you do for International Women's Day?

Celebrate the women in your life and recognise the barriers that women have overcome and are still overcoming.



International Women's Day is powered by the collective efforts of all

Collective action and shared ownership for driving gender parity is what makes International Women's Day impactful. Gloria Steinem, world-renowned feminist, journalist and activist reportedly once explained "The story of women's struggle for equality belongs to no single feminist nor to any one organisation but to the collective efforts of all who care about human rights." So make International Women's Day your day and do what you can to truly make a positive difference for women.

internationalwomensday.com