



Bright Sky Newsletter

Bright Sky newsletter brought to you by Thames Valley Partnership

Bright Sky presented by



in partnership with



Vodafone
Foundation

#Breaking The Bias

How can you celebrate International Women's Day?

[International Women's Day 2022](#) is just around the corner! Lets honour the achievements made by women world-wide over the course of history and remind ourselves how far women have come in terms of gender parity!

For 2022 the IWD theme is #BreakTheBias, with the official UN theme being 'Gender Equality Today for a Sustainable Tomorrow'. The theme focuses on diminishing stereotypes and breaking the bias to create a more gender-equal, diverse and inclusive world free from discrimination.



The ultimate goal is to encourage everyone to break down prejudice in their workplaces, education institutes and communities. Everybody has role to play in shaping gender parity. We can **ALL** focus on breaking the bias on March 8th and continuously throughout the year.

Some quick and easy ways you can show your support and solidarity;

1. **STRIKE** the IWD 2022 '*break the bias*' pose

Take a picture or video of yourself posing and post on social media.



2. COMMIT to one of our *FREE* mini training sessions:

O 'What is victim blaming?'

Tues 8th March 10-10.30am

O 'Bright Sky App training'

Thurs 10th March 1-1.30pm

O 'Busting DA Myths'

Wed 16th March 11-1.30am

Please see below for further information
on how to book your places

Duration is 30 mins per session

3. PLAN your own IWD activity



Access helpful resources & great ideas [here](#)

4. DOWNLOAD this free toolkit to help change workplace culture

[Tackling Sexual Harassment in the workplace](#)

5. CHALLENGE your own bias

Take a gender inequality quiz to test your knowledge [here](#)



6. IMPLEMENT training into the workplace

Take a look at our **trauma informed training programme** to increase understanding of how women (and others) are affected by domestic abuse.

RISE FOR CHANGE

Trauma-Informed Domestic Abuse Training

Our **'Rise for Change'** training program is specifically designed to help increase awareness and confidence in responding to domestic abuse through building critical awareness and trauma informed approaches.

Your staff and colleagues will leave the session better equipped to respond safely and appropriately to domestic abuse.

Reach out to us at Brightsky@tecsos.co.uk for more information!

Tell me more!

In making a few simple changes, the workplace can support women within this ongoing gender parity journey!

Make your actions count!

How can I join a training session?

To learn more about **common myths, biased attitudes** and **how to respond to domestic abuse** simply click on the relevant buttons below and book yourself onto the sessions. Everyone is welcome!

WHAT IS VICTIM BLAMING?

Tuesday 8th March
10am-10.30am



Victim blaming is when we wrongly place responsibility for domestic abuse on victim-survivors instead of with the perpetrator. It's often heavily interwoven in conversations around domestic abuse in both subtle and overt ways.

This session will focus on what victim blaming is, what it can look like and what you can do to help change the conversation and, as a result, make your workplace safer for survivors to come forward **#Breaking The Bias IWD 2022**.

Book on

BRIGHT SKY APP TRAINING

**Thursday 10th March
1pm-1.30pm**



Bright Sky 3.0 has recently launched and it's our biggest update and development to date. We've enhanced features, reviewed content and improved navigation. All of this led by your voices in order to improve accessibility and to create a more trauma informed approach.

So even if you have already had Bright Sky training before, things will look a little different now and this is a great opportunity to have a glance at the 'new look' version!

[**Book on**](#)

BUSTING DA MYTHS

**Wednesday 16th March
11am-11.30am**



Domestic abuse myths are deeply embedded in our political, social and interpersonal worlds. They're often built upon assumptions, stereotypes and inequalities. **Do you feel confident being able to spot them?**

Taking part in this session will challenge many common misconceptions regarding DA and will help you develop the confidence in knowing what's a fact and what's a myth **#Breaking The Bias IWD 2022.**

Book on

For further information or other enquiries regarding booking onto a training session please contact us at brightsky@tecsos.co.uk

Want to learn more?

Women have been on a lengthy journey in terms of gaining recognition of their rights and there have been some huge positive changes over the last century motivated by inspiring women. Click below to learn more.

[Inequality Facts](#)

[History of International Women's Day](#)

[The Gender Equality Report 2021](#)

Download the Bright Sky app for free via [Google play](#) or [Apple](#) or visit www.bright-sky.org.uk to learn more.

Remember, safety must **always** be your priority. Only download Bright Sky or visit the webpage if it is safe for you to do so.



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