

EMPOWERING YOUNG WOMEN IN REGIONAL WESTERN AUSTRALIA: WE ARE WOMXN'S BUSINESS

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Background:

In the Pilbara region of Western Australia, 'We Are Womxn's Business' initiated a targeted project for 320 young women in years 5–12, acutely aware of the nuanced intricacies and resource disparities prevalent in regional Australia. The Pilbara region is approximately 1300 kms north of Perth and covers an area of 500,000 km². Recognising critical gaps in the existing school curriculum compounded by limited access to resources, health education, and preventive programs in regional settings, the initiative aimed to address these specific challenges. The project sought to comprehensively educate on menstrual health, sexual health, healthy relationships, and social media use, establishing a robust platform for open dialogue in a region where such initiatives are scarce.

Approach:

The project employed a strategic three-tiered workshop series: "It's Complicated," delving into healthy relationships; "The Social Dilemma," emphasising responsible social media use; and "The Period. Program," delivering extensive knowledge on menstrual health. Methodologically, the project hinged on rigorous pre- and post-surveys to systematically analyse shifts in cognition, attitudes, and decisional judgment. The tailored approach considered the regional context, ensuring content relevance and applicability.

Outcome:

It's Complicated:

A substantial 70% increase in discernment regarding toxic relationships.

A noteworthy 60% augmentation in understanding the intricate concept of gaslighting.

A remarkable 85% increase in acumen regarding avenues for support in instances of domestic violence.

The Social Dilemma:

A consummate 100% enhancement in discerning manipulated images in advertising.

A robust 94% escalation in understanding the pervasive culture of social comparison.

A substantive 80% augmentation in cognisance of legal nuances governing social media conduct such as sexting and pornography.

The Period. Program:

A 100% escalation in comprehension of female anatomical structures.

A substantial 98% rise in knowledge pertaining of the menstrual cycle.

An impressive 95% augmentation in self-assurance in discussing menstrual health.

Innovation:

This project unveils a blueprint for addressing gaps in adolescent education, especially pertinent in the unique regional Australian context. The success of our

tailored workshops signifies the urgent need for an enriched and comprehensive integration of content within school curricula in regions facing resource disparities. Specifically tailored to empower young women in regional Australia, this initiative represents a pioneering step in navigating the intricate tapestry of their health and relationships amid challenging circumstances.

Disclosure of Interest Statement:

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