

SPRING 2023

NEWSLETTER



University of
NORTH ALABAMA

Center for **WOMEN'S STUDIES**



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SPRING SEMESTER 2023 END OF THE SEMESTER

The Center for Women's Studies would like to wish everyone good luck on your finals. We hope that you pass all of your finals and end the class with the grade that you hoped for.

We know that the end of the semester can be stressful and can cause a lot of anxiety. So, we encourage you to take breaks, relax, and find time for yourself. Remember that the Student Counseling Services are available to help you.

Our staff have worked so hard this semester to put together educational events, workshops, and making sure that all students feel included. We appreciate the love and support throughout the year. As we prepare for the Fall semester, we will continue to build onto our success to inspire and continue growing.

We wish you all nothing but the best as you finish out this semester. Have a great summer and we cannot wait to see you back on campus in the Fall!

Roar Lions!

Center for Women's Studies



Center for
WOMEN'S STUDIES

 University of NORTH ALABAMA

Location

The Center for Women's Studies is located in Rice Hall, 1st Floor.

Hours

We are open
 Monday through
 Friday from 8 AM -
 4:30 PM.

SERVICES PROVIDED

A **Lactation Room** is available on a first come, first serve basis to mothers who are breastfeeding. The room locks for privacy and contains two comfy chairs, a microwave, and a refrigerator.

The Center for Women's Studies contributes to the **Period Project** at UNA. The Center for Women's Studies provides free feminine hygiene products in the women's and gender-neutral bathrooms in Collier Library.

The Director and the Associate Director of the Center for Women's Studies serves as a **Title IX Confidential Reporting Resource**. This means that the Director and the Coordinator of the Center for Women's Studies are legally obligated to inform the Title IX Coordinator at UNA of incidents of sex-based discrimination or incidents of sexual and gender-based harassment and violence. We of course recommend that you reach out to the Title IX Coordinator; however, if you'd like to discuss an issue confidentially, you are welcome to discuss that issue with the Director or the Coordinator of the Center for Women's Studies.

Mission

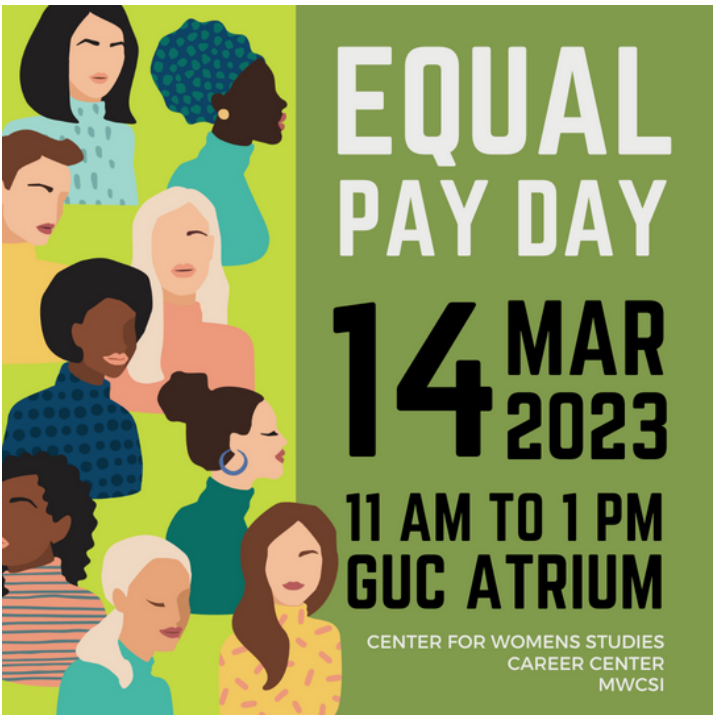
We aim to educate, support, and reach out to women on our campus in the context of a global community!

Contact

Dr. Andrea Hunt
Executive Director
ahunt3@una.edu

Alyson Bergner
Associate Director
abergner@una.edu

256.765.5158



EQUAL PAY DAY

Center for Women's Studies

This symbolic day denotes how far into the year women must work to be paid what men were paid the previous year. Equal Pay Day 2023 is on March 14 to represent the current state of the gender pay gap: 84% for full-time workers and 77% for all workers (including part-time and seasonal).

While education gave women an edge, they still were paid **88%** of their male equivalents. In positions that didn't require analytical skills, the gap increased to 83%.

The average working woman in the US is paid **\$0.84** for every **\$1.00** earned by a man, and this pay disparity has an even greater impact on the retirement savings of women.



Equal Pay Day Awareness Calendar 2023:

April 5th
AANHPI Women's Equal Pay Day

June 15th
LGBTQ Equal Pay Awareness Day

July 27th
Black Women's Equal Pay Day

August 15th
Mom's Equal Pay Day

October 5th
Latina Equal Pay Day

November 30th
Native Women's Equal Pay Day



SEXUAL ASSAULT AWARENESS MONTH- APRIL

SPRING 2023

Center for Women's Studies.

Even before **SAAM was first nationally observed in 2001**, advocates had been holding events, marches, and observances related to sexual violence during the month of April, sometimes during a week-long "Sexual Assault Awareness Week".

In an effort to further coordinate awareness and prevention efforts, in 2000, the newly launched National Sexual Violence Resource Center and the Resource Sharing Project polled sexual violence coalitions.

Those in the organizations and within the movement preferred a teal ribbon as a symbol for sexual assault awareness, and SAAM as we know it was born.

In 2000, sexual violence coalitions across the country voted for teal as the official color. **The color teal is normally associated with trust, devotion, and healing.**

Take Back The Night is the oldest worldwide movement to stand against sexual violence in all forms. **TBTN began in the 1970s with a Tribunal Council meeting in Belgium attended by 2000+ women representing 40+ countries.** Our earliest activists protested the lack of safety for women, whether walking down the street alone at night.

Early protests sparked thousands of events on college campuses and in global communities of all sizes — from remote Canadian towns to bustling Calcutta streets, from Ivy Leagues to military bases. Each working to end sexual violence and support victims. We continue to increase our impact and add more communities, and TBTN now reaches millions of people each year!



COMMUNITY RESOURCE SPOTLIGHT

Center for Women's Studies

One Place of the Shoals, located at 200 West Tennessee Street in Florence, AL, provides crisis care services to victims of domestic violence, adult rape and sexual assault, child sexual and physical abuse, and elder abuse. One Place of the Shoals offer a variety of services, provided by trained professionals, in one place, under one roof. Victims can talk to an advocate, plan for their safety, have forensic evidence collected, interview with law enforcement, meet with a lawyer, receive shelter information, and get help with transportation. One Place of the Shoals works with victims to ensure they have the support they need through the entire, often confusing, process. All services are free of charge, and initial visit appointments are not required. One Place of the Shoals can be reached by phone: 256-284-7600 (office) or 256-767-1100 (crisis).



Recap of Our Events

- Book Club
- Game Day
- International Women's Day
- Feel Good Naked Week
- Spring Break Safety
- Women of Action
- Who's That Lucky Charm
- Take Back the Night

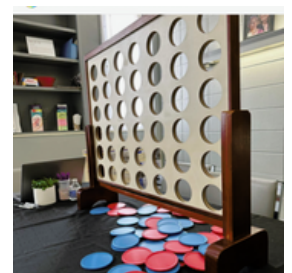
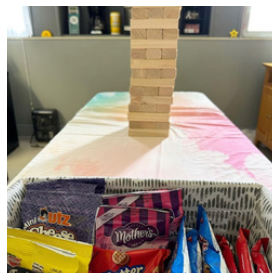
BOOK CLUB

The Center for Women's Studies and the Mitchell-West Center for Social Inclusions cohosted a book club for this semester. The first book club in February was with the book, *The Hate U Give* by Angie Thomas. The second book club in March was with the book, *Hidden Figures* by Margot Lee Shetterly. During the book club we discussed the books and answered questions that related to it.



GAME DAY

This was a fun way for students to come hangout in the center and take a break from their studies. We had different games such as UNO, Jenga, Connect 4, Checkers, and more.

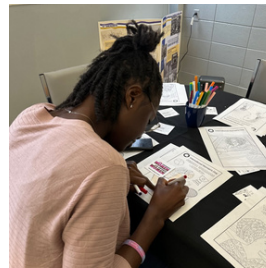


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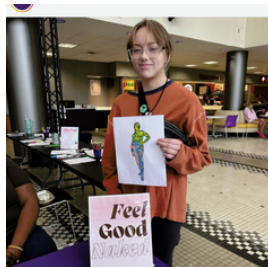
INTERNATIONAL WOMEN'S DAY

The Center for Women's Studies and the Mitchell-West Center for Social Inclusions cohosted the International Women's Day. We had crafting, Women's History Month Display, Feminist Affinity Group sing up and more. We also hosted a Period Product Drive that benefits the Period Project in Collier Library.



FEEL GOOD NAKED

Feel Good Naked week is body positivity. It is a social movement focused on the acceptance of all bodies, regardless of size, shape, skin tone, gender, and physical abilities, while challenging present-day beauty standards as an undesirable social construct. We hosted this table event in the GUC where students were able to come pick the body that they wanted and were able to decorate it and put positive affirmations on it.

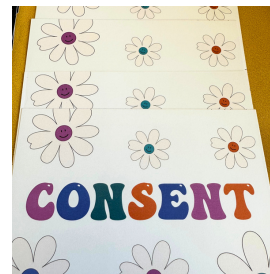


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SPRING BREAK SAFETY

The Center for Women's Studies and the Mitchell-West Center for Social Inclusions cohosted along with Title IX for the Spring Break Safety event. We were able to give out drink testers, propel packets, and condoms. This was a way to ensure that students have a careful and safe Spring Break.



WOMEN OF ACTION

Women of Action was sponsored by Center for Women's Studies, and Mitchell-West Center for Social Inclusion. We had a fabulous night at Women of Action. Our WoA featured Amber Sandvig, SGA President, as moderator and Dr. Lynne Rieff, former CWS director, Emily Kelley, former CWS coordinator, and Ashley Massey, former CWS student, as panelists.

All of these women serve in numerous leadership roles and have helped start the CWS.



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WHO'S THAT LUCKY CHARM

The Center for Women's Studies hosted this event in the center on St. Patrick's Day. Students were able to make their own mini affirmatio jar. They wrote encouraging messages for others and filled their jars with positivity and luck.



TAKE BACK THE NIGHT

Take Back the Night is an annual night of empowerment for students that promotes awareness of sexual and domestic violence. This year we are partnered with the Student Rec Center to Take Back the Night by Shining Your Own Light!

We were joined by Ella from Yoga House and shared information about local resources for survivors and #SAAM.

We hope that you can join us for this collective time to hold space for survivors and create a safe place of healing through restorative yoga!

