

QUEENSLAND WOMEN'S HEALTH NETWORK NEWS

connecting
women

our
health

our
lives

our
worlds

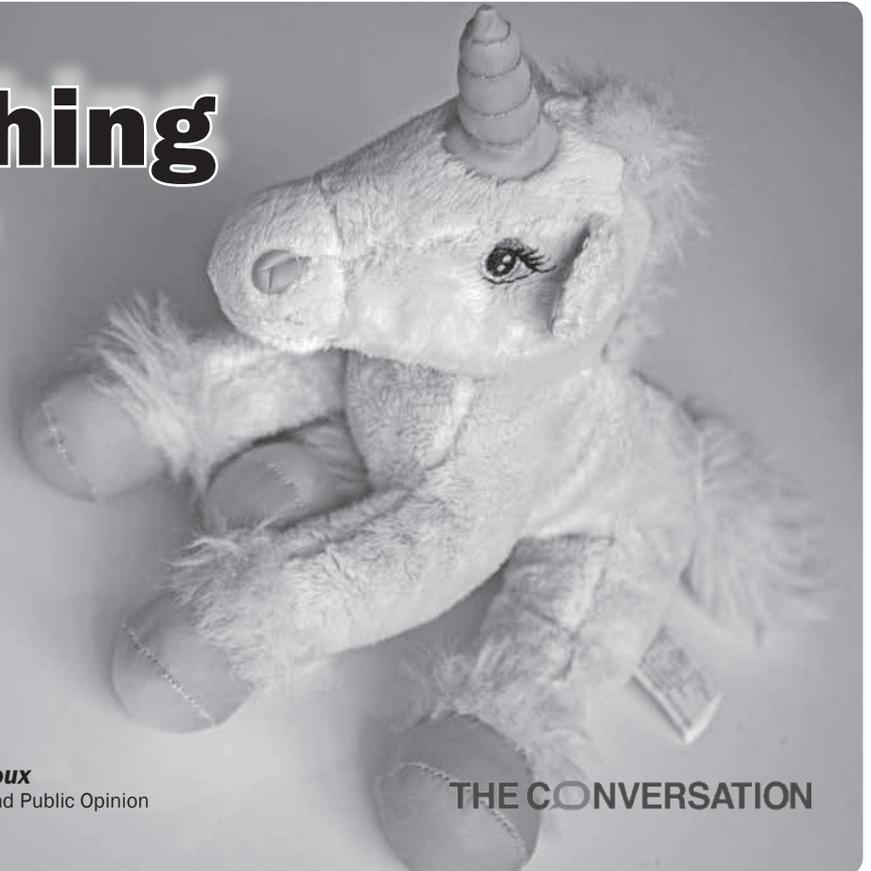
Let's talk
about

WOMEN & LEADERSHIP

ISSUE 1 | 2022

Be WELL Connected!

Teaching little girls to lead



Author: Virginia García Beaudoux

Professor of Political Communication and Public Opinion
Universidad de Buenos Aires

THE CONVERSATION

By the age of two, most children use gender pronouns in their speech and proactively identify people as men and women. And by the time they turn seven, little boys and little girls have already learnt a lot about what is expected of them within our – binary – gender system. Much of this learning is unintentional, communicated via pop culture.

A few years ago, researchers from Granada University analysed 621 characters of both sexes from 163 cartoon series, including *Monster High* and *Shin Chan*. They found that

women are largely relegated to secondary roles: girlfriends, mothers or companions to the animated heroes and villains.

Not only are cartoon women rarely leading characters, they're also awash in stereotypes. The Spanish researchers reported that most animated women are materialistic, jealous and superficial, obsessed with their bodies and keen to please other people.

How do princesses lead?

Even when women do play the lead, they often reify tired adages about

women. With *Pocahontas* (1995), for example, Disney showed that not even cartoon women can 'have it all'. The Indian princess must choose between success in the public sphere and a happy romantic life.

Indeed, studies have found that in all of the princess films produced by Disney between 1989 and 1999, male characters have three times as much dialogue as female characters. American linguists found that men speak 68% of the time in *The Little Mermaid*, 71% in *Beauty and the Beast*, 90% in *Aladdin* and 76% in

IN THIS EDITION WOMEN & LEADERSHIP

Teaching little girls to lead	1	First Nations Women's Elder Adviser	5
Women Deliver: 'Young Leaders Program' ...	2	Groundbreaking Report: Women on Boards	6
Women's Leadership in the Pacific	3	New app to address domestic violence	7
Q&A with Indigenous leadership trailblazer	4	QDN launches Leadership Framework	8

Pocahontas. Ariel, the little mermaid herself, actually prefers to be struck dumb forever in exchange for a man.

These lessons are not lost on children, who are well aware that superheroes are mostly boys and princesses are girls. That makes it more difficult to model leadership for young women. Unlike superheroes, who use their extraordinary gifts to do good for society, cartoon princesses tend to focus on private issues, not public service.

Disney has shown some improvement since the days of passive Snow White (1937) and submissive Cinderella (1950). In recent years, female leaders have appeared among the studio's characters, most notably in *Mulan* (1998) and the 2013 megahit, *Frozen*.

But the messages conveyed are not so far removed from the most conventional Disney stereotypes. *Mulan* is a bold Chinese warrior, respected and followed by her people ... all of whom think she is a man, because she has deceived them by cutting her hair. The point here

appears to be that to become a good leader, a woman should look and act like a man.

Frozen was hailed as 'not your typical princess movie', because it portrays two sisters who don't need to be rescued by a handsome prince. Instead, at the film's end, Elsa and Anna save each other with their sororal love. But, the protagonist Elsa has dubious leadership skills. As the elder sister, she is responsible for governing, but when she gets nervous she lets her emotions get the better of her. Despite her good intentions, she cannot effectively wield power. As a result, she freezes her realm and withdraws into a solitary world. In other words, she lacks emotional intelligence.



girl to play at being a princess, as long as she can also kick around a soccer ball, build things with nuts and tools, play the drums and fancy becoming a scientist, engineer, astronaut or firefighter.

Likewise, there's no reason why a boy dressed as his favourite superhero shouldn't pretend to take care of babies, cook dinner or vacuum the house.

Lessons in female leadership

What have we learned? Now, children, repeat after me:

1. Leadership is male.
2. Women are better leaders when they look and act like men.
3. A successful public life interferes in a woman's private life.
4. When women get emotionally involved, they lose rational thought, and their leadership capacity fails them.

It's hardly surprising that the lessons we've internalised since childhood are reproduced every day by (adult) media coverage of, say, female politicians, who face stereotypes and obstacles utterly unknown to their male colleagues.

All in good fun

But wait, say some cultural observers, aren't we going too far, here? Watching Disney movies and play-acting the characters – that's just kids' stuff, fun and games!

Not exactly. [In 2016] academics from Brigham Young University in Utah looked into this subject, interviewing and observing 198 boys and girls in pre-school and kindergarten.

They found that the more the girls identified with 'princess culture', the more they exhibited patterns of behaviour that corresponded to female stereotypes suggesting that beauty, sweetness and obedience are women's most valuable assets. The study empirically validates concerns that sociologists and feminists have been discussing for some time.

Recognising that female leadership is not well represented in Western society doesn't mean kids shouldn't be exposed to these cultural products. It's fine for a

Gender free toys

This was the message of a 2015 holiday advertising campaign launched by the French supermarket chain System U, which reminded consumers that there are not toys for boys and toys for girls – there are just toys.

The commercial, headlined #GenderFreeChristmas, opens by reflecting the clichés that surround children from birth, saying that perceptions about gender ('Girls like kitchens', 'boys play with guns') are shaped by what we're taught when we're very young. Those stereotypical conceptions fall apart when a group of little girls and boys are allowed to enter a room full of toys. A little girl rushes to the model car set; a boy goes for a baby doll.

Whether driven by profit or by social responsibility, companies [have] become more aware of the gender stereotypes promoted by their products. In Sweden, the chain stores Toys R Us and BR-Toys have said they'll stop publishing gender-differentiated catalogs and dividing toys into 'girls' and 'boys' sections.

Still, families must talk with children about the meaning of what they see, ensuring that girls understand that princesses are just one kind of role model – there's also the powerful Wonder Woman, smart Velma from *Scooby-Doo* and Peppa Pig (dubbed a 'weird feminist' by one conservative blogger).

And, last but not least, adults must ensure that we do not reinforce negative gender messaging in our daily lives by making girls feel that they are most valuable when they look like pretty princesses.

Source: This article is republished from The Conversation under a Creative Commons licence (CC BY-ND 4.0). Read the original article (13 July 2017) at: <<https://theconversation.com/teaching-little-girls-to-lead-77146>>.



WOMEN DELIVER

Women Deliver is a leading global advocate that champions gender equality and the health and rights of girls and women.

The award-winning Women Deliver 'Young Leaders Program' connects passionate young advocates with the platforms, people, and resources to amplify their influence on a larger scale. With an emphasis on sexual and reproductive health and rights, Women Deliver elevates the work of young people taking a stand for gender equality. The program has reached 1,000 young advocates from 148 countries.

For full information visit:
 <<https://womendeliver.org/>>.

Source: Based on <<https://womendeliver.org/press-kit/>>.

Women's Leadership in the Pacific

Trailblazer opens world of disaster management to women

Author: Yo Kunieda

UN Office for Disaster Risk Reduction



In the midst of the COVID-19 pandemic, women leaders in the Pacific have been able to carve a larger space to bring the voices and perspectives of women and girls to the policy tables and influence disaster preparedness and response.

Ms Agnes Titus, of the Nazareth Centre for Rehabilitation in Bougainville, an autonomous region in Papua New Guinea, combined her experience and expertise in women's empowerment, peace, and security with her mediation skills to influence the composition of the regional disaster management committee in Bougainville.

"We spoke for the need to include women at the design table of disaster management or disaster recovery. You could hear a pin drop because it was the first time for these men, who normally go to these meetings, to hear that. We stressed the fact that women's needs are actually different from men's and so we have to take these things into account when we are preparing for disaster and recovery. These things have come now to the table of the decision makers," Ms Titus said.

Her example is one of many being supported by the 'Shifting the Power Coalition,' which is a Pacific network of women leaders adapting their work to better support disaster prevention, preparedness, and advocacy.

Shifting the Power Coalition describes itself as a regional feminist alliance focused on strengthening the collective power, influence and leadership of diverse Pacific women in responding to disasters and climate change.

The COVID-19 pandemic has highlighted even further the need for more empowered leadership of women and girls at the community level across the six countries in which the Coalition is active: Fiji, Papua New Guinea, Samoa, Solomon Islands, Tonga, and Vanuatu.

Experience from both the Samoa measles epidemic last year as well as the ongoing COVID-19 crisis has revealed significant gender inequality in terms of access to healthcare, resources, and information — all of which play a key role in prevention, early intervention, and treatment to lower disaster losses.

A new report from the Coalition says greater engagement with women and girls will help prevent and reduce pandemic risks across the Pacific. It said that local women — who know their communities best — can provide a more holistic and inclusive approach to guide effective policy and action.

"Women's networks include trained community responders who can offer solutions on gender response and planning as well as needs-based recommendations for the security of LGBTQI (lesbian, gay, bisexual, transgender, questioning [or: queer], intersex community) and survivors of violence," the report says.

It urges Pacific leaders to address inequalities in the provision of health care, including through the work of the Pacific Humanitarian Pathway (PHP), which was established in April 2020 to expedite the provision of medical and humanitarian assistance to respond to COVID-19.

In particular, the report highlighted the importance of not leaving behind people living with a disability in terms of pandemic preparedness and response. Related to this, in 2018 the Pacific Forum Leaders adopted the Boe Declaration, which broadened the definition of security to include human security, humanitarian assistance, environmental security, and regional cooperation.

An assessment of women's human security by the Shifting the Power Coalition in March 2020 found that both COVID-19 and Tropical Cyclone Harold were significantly affecting economic, health and food security, as well as community and personal security. [...]

This project is supported by the Australian Government and ActionAid Australia.

Source: This article is an excerpt based on © United Nations. Read the full article at: <<https://pacific.un.org/en/107644-womens-leadership-pacific-trailblazer-opens-world-disaster-management-women>>.

Queensland Community Recovery Information

SELF RECOVERY APP

The Self Recovery App provides access to vital information about disasters and emergencies in Queensland. The app features tips for preparing for disasters and cleaning up after them, including:

- insurance information
- personal and family support
- business support
- how to volunteer
- how to donate goods and services
- how to make a financial contribution.

To download the Self Recovery App, visit the Apple or Android stores.

COMMUNITY RECOVERY QLD

A Facebook page helping Queenslanders recover from disasters and improve resilience for the future: <<https://www.facebook.com/RecoveryQLD/>>.

For information and support phone the
COMMUNITY RECOVERY HOTLINE
1800 173 349

In an emergency call Triple Zero (000)

Source: Based on © The State of Queensland 2021 under a Creative Commons International licence (CC BY 4.0) <<https://www.qld.gov.au/community/disasters-emergencies>>.



Indigenous leadership: Q&A with Wiradjuri trailblazer Dr Jessa Rogers

Author:
Jessica Abramovic
BroadAgenda

Dr Jessa Rogers has a long history of working to empower Aboriginal and Torres Strait Islander people – particularly children and women. She was the first principal of the Cape York Girl Academy, Australia’s first boarding school designed specifically for young mothers and their babies, and has worked with MATSITI (More Aboriginal and Torres Strait Islander Teachers Initiative) and has been heavily involved in Reconciliation Australia’s Schools Program, *Narragunnawali*.

Dr Rogers is also a leader within multiple communities, and [as at June 2018] sits on the Federal Expert Reference Group on ELLIC (English Language Learning for Indigenous Children), the ACT Ministerial Advisory Council for Women, and the Management Committee of Future Earth Australia, Australian Academy of Sciences. She also completed a 3-year term on the National NAIDOC Committee.

Q1. What has been your biggest personal and career accomplishment so far?

My ‘greatest’ personal achievement was and is raising my sons. I fell pregnant at 16 and was kicked out of home. Managing to complete my undergrad double degree with him on my hip (and

under the computer desk at QUT!) is something I still can’t believe I did. Looking back, I didn’t feel young. Now I’m 33 and I feel old thinking about my youth!

Q2. How would you define your leadership style?

Lead by example. I have never believed in anything more than working hard and doing my best, while lifting others up to do the same. I have observed many leaders who talk the talk, but don’t walk the walk. It seems so inauthentic to me. I aim to inspire other people by the way I work, not just through achievements or accolades. It’s the way you make others feel that I think sticks with those you are leading. Everyone has skills and talents and it sometimes only takes one person to see those to inspire change and action.

Q3. You graduated Year 12 with a 10-day-old son. What was that experience like and how has it shaped your leadership journey?

Being a woman and a mother are core to my identity, along with my Aboriginality. These three things are the only ‘constants’ I have had for over half my life, and really imbue everything I do. I think being a mother so young made me

aware of the challenges people might be facing in their personal lives and inspired me to work with what schools sometimes call ‘at-risk’ students. Students who have additional challenges have always been a passion of mine because they are so resilient and amazing. They inspire me.

Q4. You have a strong background in the education sector. Do you think education policy adequately considers the development of girls enough to ensure they become strong and resilient leaders?

No, not really. We know the Government has had a much larger focus and has much greater spending on Indigenous boys, in comparison to Indigenous girls, for example. That makes no sense to me, when women are the backbone of many communities. The idea of women leading



without men is still impossible for many male leaders to grasp.

I think education often tries to hit the middle — all genders, all ages, the average student — and hope for the best. I look forward to the day co-educational schools really have a focus on building female leaders. It has always struck me as strange, when I look at our multicultural, diverse society, constantly seeing the complete opposite in leadership spaces: boardrooms that are mostly made up of middle-age and older white people, and mostly males.

Q5. We are inspired by the Cape York Girl Academy — tell us about the Academy and your involvement.

In the final stages of my PhD on Indigenous girls' experiences in boarding schools today, I received an email looking for someone to become school principal of a new school that was being proposed in Far North Queensland for teenage Indigenous mothers. Of course, I was immediately interested and applied. I had no idea the role was to write the curriculum, employ the staff, oversee a massive building project, start a childcare centre, gain accreditation as a school and — most importantly — enrol 15-20 girls from some of the most remote regions of Far North Queensland!

I'm proud to say I built an amazing team of mostly Indigenous women, and we did all of that and more. Once the school was running smoothly, I stepped down as Principal as had been the plan, and completed my PhD back in Canberra. I remain in contact with the girls, and two of them graduated last year from year 12, something many people never believed possible.

Q6. From your PhD in Photoyarn with Aboriginal and Māori girls, to your work with the Centre for Aboriginal Policy and Economic Research, to sitting on the National NAIDOC Committee and the Federal Expert Reference Group on English Language Learning for Indigenous Children, your work with Indigenous communities is obviously a core value. What insights does this work give you regarding female Aboriginal and Torres Strait Islander leadership?

I'm a critical thinker, and I have been in this space for a little while now. Something I am aware of, is that Aboriginal leadership has changed over time. Back when Charlie Perkins was leading, he was in his 30s and 40s. Many of the big names in Aboriginal leadership have been 'leaders' since this age.

'First Nations Women's Elder Adviser' a first for shared understanding of health

International Women's Day 8 March 2022



Listening to the voices of First Nations women has been taken to a new level with the appointment of Gunggari Elder, Auntie Peggy Tidyman (pictured), as Queensland Women's Health Network's inaugural 'First Nations Women's Elder Adviser'.

The voluntary position is unique in acknowledging and respecting the valuable role that First Nations women Elders play in all aspects of health outcomes relating to family, culture and community.

The concept of a First Nations Women's Elder Adviser (FNWEA) role was raised by Auntie Peggy in 2021 in the lead up to her retirement from the QWHN Management Committee. It came in response to the Committee's request to continue the valuable relationship, in order to enhance the commitment towards partnering with and improving health and cultural access for First Nations women across Queensland.

In accepting the role, Auntie Peggy said, "This will create a shared understanding of cultural links to health practices, strengthening partnerships and listening to the voices of First Nations women Elders at the community level. It will support QWHN Representatives to connect with First Nations Elder networks on cultural perspectives that incorporate 'Close the Gap' targets for First Nations women's health and well-being outcomes."

QWHN Chairperson, Dr Betty McLellan, said "A woman with Auntie Peggy's knowledge and understanding was simply too valuable for us to lose, and we're delighted that she's taken on this new role with QWHN."

"On this International Women's Day 8 March 2022, we acknowledge the important contributions of First Nations women past and present, and stand in solidarity to support their calls for truth-telling and justice. We encourage other women's not-for-profits to take action by connecting with, and listening to local women Elders to develop their own adviser positions. Organisations are welcome to use our FNWEA document as a starting point."

The FNWEA document is available at: <<http://qwhn.asn.au/services-view/news/>>.

However, today, Aboriginal women in their 30s are not given the same space — it's mostly older voices that are brought to the table by the Government, those 40+. I believe our young people are our future, and the space between 'young Indigenous leader' and recognised voices is something that I am focused on. There are huge numbers of Aboriginal women, known and mostly unknown, who are keeping Aboriginal progress going, and they deserve to be heard.

Source: This article is republished from BroadAgenda under a Creative Commons licence (CC BY-ND 4.0). Read the original article 6 June 2018 at <<https://www.broadagenda.com.au/2018/q-and-a-with-wiradjuritrailblazer-dr-jessa-rogers/>>.

National Council of Women of Queensland bursaries

The NCWQ represents the voice of thousands of women through its affiliated organisations and individual membership. NCWQ Bursaries are awarded to the successful Queensland female student applicants for one of the range of bursaries on offer.

The bursary timeline for 2022 is:
4 April 2022 — Applications open
23 May 2022 — Applications close

**For full information visit:
<<https://ncwq.org.au/>>**

Source: Based on © 2022 National Council of Women of Queensland <<https://ncwq.org.au/>>.

AGEC INSTRUMENTAL IN
GROUNDBREAKING REPORT



WOMEN ON BOARDS

Australian Gender Equality Council (AGEC) was proud to launch the *Towards Board Gender Parity* report [in July 2021], which showcases how Australia has now reached 30% of women on boards, making it one of three countries to do so without the imposition of legislated quotas.

AGEC, Australia's first independent group dedicated to gender equality, spearheaded the project in conjunction with the Australian Institute of Company Directors (AICD). The research was published by the University of Queensland Business School.

Towards Board Gender Parity builds upon previous research and outlines how the percentage of women on ASX200 boards now stands at 33.6% (as at 30 June 2021), compared to just 8.3% in 2009. It highlights the principal organisations and bodies behind the results, and what next steps might be taken towards achieving board gender parity.

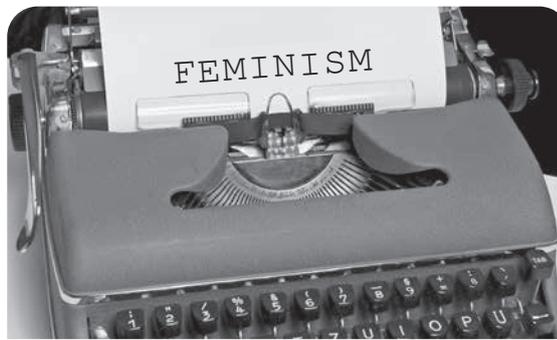
The report highlights some of the key levers driving the change as:

- ASX Corporate Governance Council recommendations
- Data, research & transparent reporting
- Mentoring of senior female executives
- Campaigning by key industry players including superannuation funds and investors
- Advocacy from Chief Executive Women, Champions of Change coalition, 30% Club Australia and Women on Boards
- State and Federal government board targets.

AGEC Chair Coral Ross AM commented, "This news clearly shows that, with a concerted effort at all touchpoints, achieving progress towards gender parity can be achieved. Further, the cooperation between the different alliances and groups who all played a role, is to be applauded. Together, we can—and we do—make a difference to attaining gender equality in Australia."

The report is available at
<www.agec.org.au/resources/women-on-boards/>.

Source: This article is a short excerpt based on © The Australian Gender Equality Council <<https://www.agec.org.au/>> [...] AGECE-Media-Release-FINAL-Towards-Board-Gender-Parity-Report-July-2021-copy.pdf>.



The Encyclopedia of **WOMEN AND LEADERSHIP** in Twentieth-Century Australia

Authors: **Shurlee Swain & Judith Smart**
Australian Women's Archives Project

Australia provides an interesting arena in which to study women's leadership. Its early enfranchisement of [white] women opened pathways to power from which women in other countries were excluded for most of the next quarter century. [...]

Existing theories of leadership struggle to explain the varied ways in which women have contributed to their communities. Drawn largely from the areas of business and management they take a narrow view of leadership, understanding female participation primarily in terms of a deficit model, positioning women within or in opposition to models developed by and for men. *The Encyclopedia* embraces a broader definition, using as a guide the ability to influence and enlist followers in a process of bringing about change. Through a selection of thematic and individual entries, it explores understanding of leadership both within the women-only organisations that sought to inject a female voice into a male-dominated world, and in situations in which women entered as individuals into previously male-only spaces. What the entries show is that while there is no single model of women's leadership, there are significant clusters of characteristics that make that leadership distinctive [...].

Authors of the thematic entries [...] have stressed different styles and philosophies of leadership across the spectrum of activities in which women have engaged—from a complete rejection of the concept in favour of collective responsibility, to acceptance of the hierarchical patterns characteristic of the more traditional masculinist notions of leadership. While the entries show that the latter tended to be more common in the earlier part of the century, there were clearly spheres of activity where this was not the case (such as among Indigenous women) and where it was modified by a growing emphasis on networking and mentoring. As second-wave feminism gained traction from the 1970s, the emphasis on collective responsibility expanded. But, in spheres such as the media and the corporate business world that remained predominantly masculine domains or where leadership was concentrated in male hands, women continued to struggle to have their voices heard and perspectives considered. Nevertheless, the twentieth century undoubtedly saw an expansion of fields in which women were

able to exercise influence and bring change to leadership ideas and practice. [...] [C]hanges in household technology and, more importantly, the increasing ability to control family size, freed a far greater proportion of partnered women to move into positions of leadership, producing patterns that are far more representative of the community as a whole. [...] By century's end women were exercising leadership across a very wide range of occupations, claiming a right to speak, often in the face of considerable resistance. Although not all of the leaders profiled [in *The Encyclopedia*] would consider themselves to be feminists, many were beneficiaries of feminist achievements, initially through the expansion of educational opportunities, and later through legislation to remove gender discrimination and, in some cases, to mandate affirmative action. Feminism allowed some women to assert more definitively the right to a single life, providing them with the opportunity to devote to their career the single-mindedness that was previously the preserve of men. It also gave to women a willingness to question the status quo and to strive to enter previously all-male domains. [...]

Leaders who understand their success in feminist terms are more likely to minimise their individual achievements. Rather, they acknowledge the importance of mentors and role models, female friendships and networks and supportive partners and families. They constitute their leadership not in terms of individual ambition but rather depict themselves as falling into leadership as a result of taking a stand on an issue they considered to be important. They emphasise the importance of collaboration and see the credit as something that should be shared. Leadership, they argue, is task focused, and achieved by working within a group rather than ahead of it, nurturing and empowering others rather than advancing the self. [...]

These are women of the pre-Google age. While many were richly rewarded for their achievements, their stories run the risk of fading as those who remember them pass on. *The Encyclopedia* stands as a more permanent memorial.

Source: This article is a short excerpt from the Australian Women's Archives Project 2014 <<http://www.womenaustralia.info/leaders/credits.html>>. Reproduced under a Creative Commons International Licence (CC BY-NC-SA 4.0).



GET UP!
STAND UP!
SHOW UP!

3-10 JULY 2022

NAIDOC Week 2022

NAIDOC Week 2022 will be held from Sunday 3 July to Sunday 10 July.

This year's theme – **Get up! Stand up! Show up!** – encourages all of us to champion institutional, structural, collaborative, and cooperative change while celebrating those who have already driven and led change in Aboriginal and Torres Strait Islander communities over generations.

Events will be held around Australia during NAIDOC week to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

NAIDOC is celebrated by people from all walks of life, Indigenous and non-Indigenous. The week is a great opportunity to participate in a range of activities and to support and amplify the voices of Aboriginal and Torres Strait Islander communities.

For full details visit <<https://www.niaa.gov.au/news-centre/>>.

Source: Based on © Commonwealth of Australia 2020.

The 2022 National NAIDOC logo is provided under a Creative Commons Licence (CC BY-NC-N4 4.0).

MAY IS DOMESTIC AND FAMILY VIOLENCE PREVENTION MONTH



New mobile app to address domestic and family violence

A new phone app is now available to make it easier for Queenslanders to recognise domestic violence and safely take action to support their friend or family member.

Minister for Women and the Prevention of Domestic and Family Violence Shannon Fentiman said the Palaszczuk Government have partnered with the Griffith University MATE Bystander Program and Telstra on the new bystander app project.

"Across the State our communities have been deeply impacted by recent tragic events and we know people want to do more to put a stop to violence against women," Minister Fentiman said.

"That's why we have partnered with the Griffith University MATE Bystander program and Telstra to develop the **Be there** app to make it even easier for Queenslanders to access vital information they need to support a friend or family member experiencing domestic and family violence (DFV).

"The community has been coming out in force, at rallies and vigils, declaring 'enough is enough'. This app will be aimed at these very people who are determined that they won't let this happen to their friends, family and loved ones. We're trying to make it easier for Queenslanders to identify what DFV is and be able to respond earlier and appropriately to what can usually be a complex and difficult situation. The app will provide helpful information and will refer users to resources and services," she said.

"It will also work as a guide to help a bystander to do simple appropriate things like check in with their friend, offer their support – now or whenever they need it. Because we know that even the smallest gestures or actions can be powerful."

The **Be there** app is now available from Apple and Android stores.

Source: This article is an excerpt based on © The State of Queensland 1997-2022 (Department of the Premier and Cabinet) <<https://statements.qld.gov.au/statements/94114>>. Published 15 December 2021.

mouth matters

with
LAURELYN HIGGINS
Registered
Dental Hygienist



Can stress be tough on your oral health?

It can be stressful for women who are leaders trying to make a difference at work. It's a leader's job to make tough decisions and not avoid them; to say 'yes' to opportunities and extra responsibilities; to get the job done but also consider the needs of others.

Landing a leadership position often brings unwanted but inevitable stress, and while this can energize us, it can also drain us and impact our health.

'Bruxism' (clenching and grinding of the teeth) commonly occurs when the body is under significant stress. It is not part of normal chewing movements. A recent research study in Israel found that women clench or grind their teeth more than men when stressed.

Bruxism can occur during the day, or while sleeping when the body has no conscious control over actions. It can lead to gum recession, worn or cracked teeth, fractured fillings, muscle pain, headaches, earaches, or problems with the jaw, jaw joint and surrounding muscles (temporomandibular joint disorder).

Dentists can provide a range of treatments for bruxism sufferers, including injections to relax the muscles, and plastic devices worn over the teeth to protect them during sleep (occlusal splints).

They may also recommend physiotherapy, relaxation exercises, stress management or biofeedback techniques.

If you think that bruxism may be the cause of your pain or other symptoms, please see your dentist for an assessment and diagnosis.

References

<<https://www.teeth.org.au/teeth-grinding>>
<www.sciencedaily.com/releases/2020/11/201116184431.htm>



women's health on the net

WOMEN ON BOARDS

<https://www.justice.qld.gov.au/about-us/services/women-violence-prevention/women/boards/news-and-events>

The Department of Justice and Attorney-General (Queensland Government) website has a range of information regarding Women on Boards. There are also resources, and links to organisations offering training and services, such as: 'An introduction to governance' course by Queensland Council of Social Services which is available online for free; and a free 'Board Matching Service' by The Institute of Community Directors Australia, for anyone looking for a board member or wanting to get on a board.

Source: Based on © The State of Queensland (Department of Justice and Attorney-General) 2010-2022.

QDN LAUNCHES LEADERSHIP FRAMEWORK AND CO-DESIGN PRINCIPLES

<https://qdn.org.au/qdn-launches-leadership-framework-and-co-design-principles/>

On 19 February 2022 Queenslanders With Disability Network launched their QDN Leadership Framework and Co-Design Principles. The purpose of this framework is to make visible and accessible, the focus and pathways for leadership by and for Queenslanders with disability.

Source: Based on © 2021 Queenslanders With Disability Network <<https://qdn.org.au/>>.

SUPPORT GROUPS QUEENSLAND

<https://supportgroups.org.au/>

Support Groups Queensland (formerly Self Help Queensland) assists people in finding and sustaining groups to improve their health and well-being.

They help people, their families, and carers, with all kinds of health issues, including chronic disease, grief, addiction, and mental health challenges.

WHY JOIN A GROUP?

- Connect with and be supported by people who share your lived experiences
- Access powerful speakers and professional insight
- Build capacity and self-esteem
- Proven to reduce feelings of depression and social isolation.

Head to the online directory or call (07) 3344 6919

Source: Based on © 2022 Support Groups Queensland <<https://supportgroups.org.au/>>.



Who to call to get help

**IN AN EMERGENCY
CALL TRIPLE ZERO (000)**

DVConnect Womensline: 1800 811 811

A statewide telephone service offering free professional and non-judgemental telephone support to women who are experiencing domestic or family violence (24 hours a day, 7 days a week).

1800 RESPECT: 1800 737 732

A national service providing confidential information, counselling and support to people impacted by sexual assault, domestic or family violence and abuse (24 hours a day, 7 days a week).

Sexual Assault Helpline:

1800 010 120

Provides telephone support and counselling to anyone who has been sexually assaulted or abused, and for anyone who is concerned or suspects someone they care about might have been assaulted or abused (7.30am to 11.30pm, 7 days a week).

Lifeline: 13 11 14

Lifeline provides Australians experiencing a personal crisis with access to crisis support and suicide prevention services (24 hours a day, 7 days a week).

Homeless Hotline: 1800 474 753

National Disability Abuse and Neglect Hotline: 1800 880 052

TTY: 1800 301 130 NRS: 1800 555 677

Elder Abuse Helpline: 1300 651 192

13 HEALTH: 13 43 25 84

A confidential phone service that provides health advice to Queenslanders (non-urgent medical help). You can talk to a registered nurse 24 hours a day, 7 days a week.

Women's Infolink: 1800 177 577

(Office for Women Queensland) Provides Queensland women and girls with access to information and services across the state (free-call statewide service, available Monday to Friday, 8am to 6pm).

Source: Based on © The State of Queensland 1995-2022

WOMEN FOR ELECTION

<https://wfe.org.au/how-to-get-elected/>

Women For Election is a non-partisan not-for-profit organisation with a mission to inspire and equip more women to run for public office. They help women who want to be more active in politics but don't necessarily know where to start.

Their aim is to equip all women interested in taking part in political life with the knowledge and skills to feel confident in their ability to contribute in whatever way they choose.

Source: Based on © 2022 Women For Election <<https://wfe.org.au/>>.

NEXT NEWSLETTER THEME

'Impacts of militarism on women'

DO YOU OR YOUR ORGANISATION HAVE EXPERTISE IN WOMEN'S HEALTH?

Share your insights with over 450 health & community organisations and other women in Queensland.

We welcome your article ideas and other non-profit submissions.

Contact us as soon as possible at coordinator@qwhn.asn.au to obtain full Submission Guidelines.

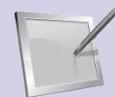
DEADLINE: 27 MAY 2022

QUEENSLAND WOMEN'S HEALTH NETWORK INC

Ph: (07) 4789 0665
PO Box 1855, Thuringowa BC QLD 4817
Email: coordinator@qwhn.asn.au
Website: www.qwhn.asn.au

CHAIRPERSON & Nth Qld Representative: Dr Betty McLellan
TREASURER/SECRETARY & South Qld Representative: Karin Cheyne
FIRST NATIONS WOMEN'S ELDER ADVISER: Aunty Peggy Tidyman
North West Qld Rep: Catilyn Saunders
South West Qld Rep: Tabatha Young
Central Qld Rep: Anne Butcher

HAVE YOUR SAY...



We welcome your feedback and suggestions for topics you would like to see in future editions.

Please contact the QWHN Coordinator Maree Hawken on (07) 4789 0665 or email: coordinator@qwhn.asn.au

Find us on



Printed on sustainably sourced paper



Funded by Queensland Government

Newsletter content is provided for information purposes only and is not a substitute for your health professional's advice. Opinions expressed by article contributors do not necessarily reflect those of the QWHN. Copyright remains with each author.

You can help us promote the health and well-being of Queensland women:

JOIN US!

QWHN Membership is open to individual women, and organisations.
Visit: qwhn.asn.au for details.

LIKE US!

Follow us on Facebook.

PROMOTE US!

Pass our newsletters on to other women.
Encourage friends or colleagues to visit our website.