

## IT'S A WOMAN'S

## WORLD!

**Celebrating Woman's History Month!**

**Meet this month's  
Sport Scholar  
Spotlight Erin!**

**Women in War:  
The effect of the  
Ukrainian conflict  
on Women**

**Learn more about  
The Woman Re-  
sponsible for the  
Suffragette Move-  
ment**



# MEET OUR HEAD



**NATALIE MCNEILL**  
**HEAD OF NEWSPAPER**

Dear Readers,

Thank you for joining us for this issue of The Phantom, this is an issue we are extremely excited to share with you. As many of you know March is 'Women's History Month' and we have based this issue around it. This issue will cover women we are inspired by, issues women face, and events and performances that inspire and encourage women in the community. We want to support, encourage, and inspire all the female students and family members in our lives.

I want to thank everyone who has made this issue possible, including all our committee members who have been working endlessly on creating articles for our monthly issues. I also want to thank all the writers who submit articles for us, especially as this issue has the most submitted articles up to date! We as a committee are proud of all the contributions that have been made to our monthly issues.

We want to thank you for opening this issue and hope you all enjoy!

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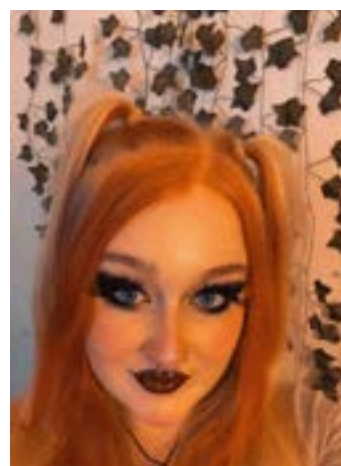
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FEATURES

March 2022

# WOMEN'S

## Movement 100, the Northern women dancing to commemorate women's rights to vote.



Typically held in the month of March, Women's History Month includes various events, marketing, and celebrations for a large majority of people, where the cultural, political, and socioeconomic achievements of women globally are commemorated. However, it is unbeknown to most where the celebration originates. International Women's Day dates as far back as 1910 and was officially conceived during this year in Copenhagen by 100 women from seventeen different countries. This included the first three women who had been elected to Finnish parliament. A year later, in 1911, more than one million men and women attended rallies to improve gender equality in Switzerland, Germany and Austria. Then, by 1914, it was agreed by all parties that Inter-

Women's Day would be celebrated globally on the 8th of March.

The campaign theme for International Women's Day 2022 is **#BreaktheBias**, inviting people to cross their arms in solidarity to call out gender bias, discrimination, and stereotyping to create a more diverse, gender-equal world. One of the projects backing International Women's Day is Women's Movement 100: Angels of the North, a 'dance for film' project taking 100 women from communities across the North of England to come together and address issues surrounding the Women's Suffrage movement.

The Suffrage Movement refers, specifically, to the seventy-two-year-long battle for woman's. -To commemorate the passing of the one-hundredth anniversary of women gaining the-

FEATURES

March 2022

entitlement to vote, Women's Movement 100, through a combination of different mediums, takes an alternate approach to telling this journey through dance. To commemorate the passing of the one-hundredth anniversary of women gaining the entitlement to vote, Women's Movement 100, through a combination of different mediums, takes an alternate approach to telling this journey through dance right to vote in the United States.

To commemorate the passing of the one-hundredth anniversary of women gaining the entitlement to vote, Women's Movement 100, through a combination of different mediums, takes an alternate approach to telling this journey through dance.

Freddie Garland, founder of Tenfoot Dance company in Hull and artistic director of Women's Movement 100, was inspired by the centenary of women's suffrage and wanted to realise the meaning and emotion of the hundredth anniversary within her artistic practice, giving way to this project. Garland says that the dance aims to: "memorialize, mobilise and inspire women of today and in the future."

Garland's choreography stands out within the production of Women's Movement 100: Angels of the North, as it demonstrates how academic research of women's history and art can inform each other. The history of suffragettes and women's rights provide the context behind the movements, and then the art brings the past to life again. Furthermore, this important narrative which Garland draws throughout the movement of the 100 female dancers who participated in the project, tell a story that crosses the barrier of language, helping to bring women together and illustrate this important moment in women's history.



When watching the dance, one is taken on a journey that recognises how the female form is represented throughout numerous parts of their life. Through the accelerations in tempo and movement, Garland acknowledges historical and political shifts, and directional changes represent challenges faced through what is a very complicated and non-linear story, for example, the different approaches taken by suffragettes in their strive to achieve equality.

Overall, the articulation of a group of women dancing and moving as a unit represents how in the past, women have become united to fight for our rights, and Garland's incredible choreography illustrates the complex pathways and fights endured by so many and gives an insight into the struggles of female life.



Gwen Holt, a research assistant for Women's Movement 100 is also another key figure working alongside Garland. When asked what International Women's Day means to her, she responded: "a day of reflecting on the momentous work that the generations before me have done to further women's rights, to celebrate the little wins, and to admire and cherish the close friendships I have developed with my friends and family over the years. It is also a chance, for me, to reflect on the work we still need to do, on how to broaden the scope of feminism and equality to further marginalised groups, to broaden our awareness still about issues of gender equality, safety, education, fiscally equality and so much more. To continue the fight started all those years ago, in honour of those who came before, and for those who will come after."

Women's Movement 100 takes a unique approach to celebrating Women's History Month and one which continues to unite women and inspire change. The production of Women's Movement 100: Angels of the North can be watched via the link:

<https://youtu.be/DSbaBK2jENo>

Written by Annabel Herbert



# Women in War:

## The effect of the Ukrainian conflict on Women

It has been known for a long time that conflict puts women and girls at heightened risk of violence, and this is including the current situation in Ukraine. Since Russia invaded Ukraine there have been an endless stream of images and news on the devastating affects of the conflict, many images including women giving birth underground and new-borns being moved to bomb shelters not long after birth. It is estimated 80,000 women will give birth in Ukraine over the next 3 months with no estimate on if there will be a safe hospital or medical facility to go to. This lack of safety has been re-emphasised by the attack and bombing of a maternity hospital in Mariupol. Targeting healthcare is against international humanitarian war. Along with the dangers within Ukraine, surrounding countries are also feeling the impact of the crisis, with over 2.5 million displaced people seeking refuge. Crisis, conflict, and displacement puts women and girls at higher risk of gender-based violence and leaves them with little access to sexual and reproductive health services.



## What can we do?

- Support calls for a ceasefire: encourage the UK government and UN for calling an immediate ceasefire.
- Support the United Nations Population Fund (UNFPA) The UNFPA are constantly supports displaced women and girls and women and girls in conflict by providing reproductive health and protection services. UNFPA also work with surrounding countries to offer support the health needs of refugees.
- Include the voice of Women and girls in decision and policy-making processes. Women's participation in the peace and security process is needed to further consider the heightened risk of violence and insecurity for women in conflict. As laid out by the UN women's agency Executive Director Sima Bahous.
- Support agencies such as UNHCR in supporting all those who have been displaced due to the ongoing conflict.
- Donate to organisations and resource banks to help those displaced by the conflict.

The ongoing conflict in Ukraine is continuously devastating, and though it is important for us to notice how war increases gender-based violence, the conflict is devastating for all involved. To keep updated on the ongoing conflict and crisis visit trusted sources such as:

UNHCR: <https://www.unhcr.org/uk/ukraine-emergency.html>

Council on Foreign Relations: <https://www.cfr.org/>

United Nations Population Fund: <https://www.unfpa.org/ukraine-war>

Ukrainian Red Cross: <https://donate.redcross.org.uk/appeal/ukraine-crisis-appeal>

Written by Natalie McNeill





# Upcoming 2022 Women's Six Nations Championship

In Honour of Women's History Month, The Women's Six Nations Championship will be commencing this month. This year will mark 40 years for first official International Women's Rugby Union match. A crucial occasion for the players to prepare for Rugby World this autumn, but also a landmark year overall for the women's game.

Coming back from a successful Six Nations last year and one that will be definitely remembered by not being over shadowed by the Men's competition. The Women's Tournament very much benefitted from this by getting more exposure and the spotlight on social media. As at the time it was made a standalone format because of Covid-19, and this proved to be a major success according to the organisers of the Six Nations tournament.

The Organisers went on to say "with high viewing figures and increased digital engagement indicating that a new slot in the calendar can play a significant role in driving the growth of the women's game". This year they have went with the same condensed format but instead of three games it will be five games.

Many Fans were upset with the lack coverage of last years Women's six nations, and there was a lot of outrage on social media. Various people sharing their opinion on the matter by asking that they need to broadcast it as thousands of

fans are interested in the women's side of the sport. The demand for Women's is very much there.

Considering this, the organisers made it their one of their priorities to be broadcasted for viewers around the country. So, this year's championship will see all 15 matches over the course of six weeks being broadcasted on BBC in UK, RTE and Virgin Media in Ireland and Sky Italia for Italy. Other countries are yet to be announced.

This current championship was already ground-breaking with the introduction of a super Saturday and unprecedented broadcast coverage of the championship. However, coming on board on with one of the biggest entertainment platforms TikTok as a title sponsor for the very first time.

This will help elevate and bring even more viewership to Women's Championship, as it allows a larger and wider audience to take an interest and engage with awe inspiring and game changing Women's game. There has also been a new and invigorated change to the look of the brand of the Women's Six Nations.

It has adopted an energy driven electric purple colour for its new branding. With this new look of theirs, the aim is to try and push for more of an engaging, forward and digital identity.



As their intention is to have fresh approach when trying resonate with existing fans new ones. by doing so more people will tune in to see this present-day Women's sport.

Accordingly with this engagement plan, this event has managed to have its own calendar slot separate from the Men's Rugby, but also making the Women's Six Nations so readily available by making this year's competition the most accessible in its history.

The 2022 Fixtures will be played over the course of six weeks from late March and April. Scotland will open the Competition up against the current champions England at DAM Health stadium on the 26th March, while on the same day Ireland will take on Wales at the RDS Arena. France will face Italy at the Stade des Alpes

Round 2 will take place on 2nd and 3rd April with Wales hosting Scotland at the Cardiff Arms Park while Ireland will travel to France on Saturday 2nd April. Meanwhile, England will travel to Italy for their game on Sunday 3rd April.

The third round will see England host Wales on Saturday 9th April with the other two matches taking place on Sunday 10th April when Scotland will host France and Italy will travel to Cork. After a break weekend, Round 4 will start on Friday 22nd April in Cardiff with Wales v-France.

Italy v Scotland will be on Saturday 23rd and England will host Ireland on Sunday 24th April.

The Championship will end with a Super Saturday as Wales v Italy, Ireland v Scotland and France v England take place on the same day.

The 15 matches will be played at 12 different venues with Cardiff Arms Park and Stadio Sergio Lanfranchi the only grounds to be used more than once.

Edinburgh Rugby's DAM Health Stadium, Leicester Tigers' Mattioli Woods Welford Road Stadium and Kingsholm Stadium, home to Gloucester Rugby, will host Women's Six Nations matches for the first time.

In recent years for the Women's six nations, and has been very much the case. England, the current champions will be the team to beat in this years Six Nations. The Red Roses are on an 18-match winning streak. The Red Roses have won more than half of 20 titles up for grabs with 12, with France on 6.

The Covid Pandemic saw the 2020 Championship interrupted but allows 2021 to introduced a new way of operating the contest. But now 2022 will see a fully Fixture in the same format, and which will allow Women's Six Nations go from strength to strength by in turn taking a huge step forward in the world of sport.

Written by Jay Tugnait.



# Sport Scholar Spotlight

March 2022

SPORTS

March 2022

**Name:** Erin Cooke  
**Course:** Football Journalism  
**Sport:** Football  
**Level/Team:** UODWFC

**At what age did you first start your sport/ how long have you been playing/how did you get involved?**

I started to play when 10 so a little later than a few of the girls who I joined with, I managed to get involved within the same club as my sister, who's a few years older than me, so we knew the set up and some of the youth coaches. I always wanted to get involved but it just took me a while to build up the confidence.

**What is your favourite part/memory of playing for Team Derby?**

My favourite memory is probably the Midlands conference cup game we had against DMU (DeMontford). It was the first cup game I had played for Derby, and we came out 8-0 winners it was a good game where we all played as a team and never stopped. It's also the game where the team started to give me the nickname of "rocket".

**What are your goals for the year within BUCS, individually and as a team?**

As a team our main goal and focus is to finish second in the league just behind Loughborough, as well as working together as a team and fighting for one and other. Individually my aim is to improve on weaker parts of my game and play the best I can for my teammates.



**How has Covid-19 affected your training?**

During covid lockdowns my training became very few and far between especially towards the end as motivation became a struggle of not knowing when sport would be back. Since the lockdowns I've managed to train at minimum twice a week every week since.

**Have you returned back to where you were before the first lockdown?**

I feel especially this year and where I am now, I returned to where I was before lockdown and even gone past it both technically and with my confidence.

**Outside of university sport, what team/level do you play for?**

My club outside of university football is still connected to university as there is a Sunday league team set up that play in the Derbyshire County league but is not associated with BUCS.

**What is your proudest sporting achievement?**

It has to be winning the Herefordshire FA county cup, it was my first cup final in the women's game and I played the full 90 but to top it off me and my sister both played and got to celebrate it together!



**What does a regular training week look like for you?**

A normal training week is made up of two or three training sessions on Monday, Thursday, and Fridays as well as a gym session two or three times in that week. If the same days, means sometimes on a Thursday I will just do my gym session.



**What is your main sporting goal?**

My main goal is always to keep improving and working for the team, as well as having fun because those are what I think are the most important things and what keeps me motivated.

Written by Robyn Dyson



# Woman's Mental Health in Sport!

It's not new knowledge that sport and exercise are good for our physical health. It can improve your heart function, reduce your risks of diabetes and control your blood sugars. However, sport and physical exercise can also do wonders for our wellbeing and mental health.

**This women's history month, there are more women in sport than ever before, with numbers increasing each year.**

I have played sport most of my life and I only have fond memories of it. However, in 2019 I became very unwell with some mental health difficulties I had been facing.

Before I knew it, I was struggling to leave my bedroom as I was controlled by intense anxiety. I knew my lifestyle had to change as I fought back at my illnesses. Medical professionals as well as my family and friends would always suggest being active and going outside.

It started off as going on short dog walks with my family and then as I progressed further into recovery, I would go for longer walks alone and then began Couch To 5k.

Unfortunately, due to isolation rules at the time, I didn't have many options on how to stay active. However, I truly believe that I owe a lot to those walks and runs that I was able to go on throughout lockdown.

September 2020, I reached a milestone in my recovery and was able to move away from home to university.

Following the progress that I had seen at home connecting my mental health with exercise, I was super eager to join a sports team at university.

Rugby and Netball are the two teams that I play for now and both training and games have become a massive part of my routine.

The everyday stresses of both university life and my home life, go out the window for a while when I'm running around with my game face on.

There is gender-based discrimination in many areas of life, sport certainly being one of them. At every level of physical activity and sport, women must face the constant stereotypes of what they are capable of regarding their physical capability.

There is less value placed on women's sport, this unfortunately results in unequal wages and rewards for competitions and a lack of resources and opportunities.

Sport England have noticed the various mental health benefits that sport, and exercise have. This has led them to form partnerships with different mental health charities.

They have a partnership with Mind, working on ways to encourage people to get active to improve their mental health. Sport England invested £3 million of National Lottery money into

Mind's Get Set To Go programme. They also work closely with Rethink Mental Illness, with £300,000 invested of National Lottery funding to support their mission.

I believe that with the recent Olympics and Paralympics in Tokyo, women have been more inspired to take part in sport.

The launch of the 'This Girl Can' campaign has also motivated and encouraged so many women to get active.



Research shows that it is extremely common for women to feel apprehensive about being active due to the fear of judgement. Sometimes that fear surrounds what they look like whilst they're exercising, that they're not good enough to participate or even that they should be spending their time with friends and family.

As women, we are often taught to prioritise studies or spending time with loved ones. These are perceptions that need to change. Exercise and sport can be whatever you make it. They can also fit comfortably alongside other priorities.

I have played sport and exercised at various sizes and physical abilities. Not once, have I regretted it.

As a mid-size girl, I can comfortably say that getting back into playing rugby has made me love and appreciate my body to the absolute max.

Our bodies are incredible things! Mine can now run around a pitch and play a high intensity rugby game for 80 minutes, how cool is that? It can tackle, push in a scrum and sprint down a pitch!

I'm aware it's so much easier said than done but all the insecure thoughts we have about our bodies are just that ... thoughts. There is often no truth behind them.

So, my advice would be to purchase some sports clothing that you feel comfortable in. Team up with a friend and try that sport you've always been intrigued by or go on a run together, just to see how it feels!

You owe your body and mind kindness and I have found that engaging in sport and exercise is one of the purest forms in which I can treat my body with affection.

Written by Amelia Hopkinson.





# *The Woman Responsible for the Suffragette Movement*

**T**he Suffragette's have long been some of the world's most famous feminists, with their bold activism in the early 20th century changing the world and cementing their iconic roles as feminists into history.

## **But who is exactly is the woman who started it all?**

Born on *July 14, 1858*, in Manchester, Emmeline Pankhurst was immediately enthralled into a family with a passion for radical politics. From a young age, her father, a local politician in Salford, often involved Emmeline and her 10 siblings in his social activism, namely his campaigning to abolish slavery throughout the 19th century.

At the age of 14, Emmeline was first introduced to the women's suffrage movement after attending a public meeting for women's voting rights. Upon hearing Lydia Becker's speech, who at the time was the editor for Women's Suffrage Journal magazine, Emmeline said: **"I left the meeting a concious and confirmed suffragist."**

This proved to be a life changing experience for Emmeline throughout her early adulthood, and in 1889, after the women's rights group the National Society for Women's Refuge split, Emmeline and her husband, Richard, created the Women's Franchise League. As the consensus at the time was that married women did not need to vote as their husbands would "vote for them", the Women's Franchise League's main goal became securing the vote for both married and unmarried women.

Since the Women's Franchise League boldly advocated for equal rights for women within divorce and inheritance, they were quickly deemed a radical organisation. More conservative groups criticised the organisation for it's "extreme left" wing approach, and what was seen as "radical" views and activism led some members to gradually leave. Just a year later, the Women's Franchise League had completely fallen apart.

After the demise of her first group, Emmeline began working with multiple political organisations, which not only established her role as an activist, but also began to earn her respect within her community. In 1893, after her friend Keir Hardie help create the left-leaning Independent Labour Party, Emmeline applied to join. Her hopes of tackling the plethora of social issues the Independent Labour Party has promised to confront were quickly shattered, however, when the local branch denied her admission due to her sex.

Despite this, Emmeline persisted with her enthusiasm and passion for the party, and eventually succeeded in joining the Independent Labour Party nationally.

Her daughter, Christabel, later said: **"She hoped there might be means of righting every political and social wrong."**

Despite many years with the Independent Labour Party, Emmeline eventually left in 1903 when the party refused to focus on votes for women. After concluding that years of moderate speeches and empty promises from members of parliament were gaining no progress,





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As a result, in late 1903, Emmeline and other colleagues founded the Women's Social and Political Union, known more commonly as the Suffragette's, an organisation open to strictly women and dedicated to winning women the vote.

Regarding their action-forward approach, Emmeline wrote: **“Deeds, not words, was to be our permanent motto.”**

Early on, the groups advocacy took a non-violent approach, with speeches, petitions, organised rallies, and a newsletter titled Votes for Women. One of the groups most notable early advocacies occurred in 1905, when members of the Women's Social and Political Union engaged in a loud protest outside Parliament building after a bill for women's suffrage was obstructed. Although the bill was never passed, Emmeline viewed the protest as a successful demonstration of how militant action can capture widespread attention and attributed it as one of the reasons the organisation was now viewed as a political party.

Soon enough, the group became known for their physical confrontations, with Emmeline's daughter, Christabel, being arrested after spitting at a policeman, and Emmeline herself serving time in prison after striking an officer twice in the face.

Emmeline's arrests often became deliberate, as she viewed imprisonment as a way to publicise the urgency of women's suffrage. During one of her trials, Emmeline told the court:

**“We are here not because we are law-breakers, we are here in our efforts to become law-makers.”**

Members of the Women's Social and Political Union were often taunted and ridiculed for ruining elections for Liberal candidates. In 1908, Emmeline and fellow suffragist Nellie Martel were mobbed by all-male Liberal supporters, who beat the women by throwing clay, rotten eggs and stones covered with snow at them. This, however, didn't stop the Women's Social and Political Union's militant activism, as they continued to vow for party leaders to prioritise women's votes.

As the group's advocacy continued, their actions became more severe. After a rally in 1908, members of the Women's Social and Political Union attempted to deliver speeches in Parliament Square about women's suffrage. In retaliation, police officers pushed several of the speakers into a crowd of angry opponents. Angered by this, Women's Social and Political Union members Edith New and Mary Leigh hurled rocks through the windows of 10 Downing Street.

When Edith and Mary were served prison sentences for this, Emmeline criticised the court for its sexism, as numerous male protesters had broken windows to win legal and civil rights throughout history.

In 1909, members of the Women's Social and Political Union began staging hunger strikes in protest of their incarcerations. Prison staff would regularly force-feed the women through painful techniques such as inserting tubes through the nose and mouth, much to the disapproval of the suffragists and medical professionals.

Although crowds of women would respond positively to Emmeline's speeches, criticism of the groups radical approach was given by many newspapers. In an attempt to undermine the group, Charles Hands from Daily Mail referred to members of the Women's Social and Political Union as “suffragette's”, which Emmeline took ownership of, and the group used as their own.

In 1910, after the group's Conciliation Bill was not passed by parliament, Emmeline led a protest march with **300 women** through Parliament Square. Directed by Winston Churchill, police responded by punching the marchers, twisting their arms, and pulling on the women's breasts, an incident which became subsequently known as Black Friday.

When imprisoned, Emmeline staged a hunger strike in protest of the horrific conditions of the prison cells.

When speaking of being force-fed, Emmeline said: **“Sickening scenes of violence took place almost every hour of the day, as the doctors went from cell to cell performing their hideous office.”**

By 1912, the Women's Social and Political Union had adopted arson as a means of protest. This included an attempted explosion using gunpowder and benzine at the Theatre Royal in Dublin, as well as women setting fire to refreshment buildings in Regent's Park, post boxes and a railway carriage. Other suffragette's used acid to burn the slogan “Votes for Women” into golf courses used by MPs.

Most famously, in 1913, Emily Davidson died after throwing herself under the King's Horse at the Epsom Derby, providing significant publicity to the suffragette movement.

However, the Women's Social and Political Union's destructive demonstrations led to the departure of numerous disapproving members, including Emmeline's daughter, Adela. This, however, did not halt the groups activism, and eventually, in 1918, women's right to vote was in sight.

The Representation of the People Act was passed in 1918, which **allowed women over the age of 30 to vote**. Although this act had restrictions, suffragettes still celebrated the victory.

In the years following 1918, Emmeline continued to campaign for women empowerment, including the passing of a bill which allowed women to run for the House of Commons. Her daughter, Christabel, ran for election, but ultimately lost.

On Thursday 14 June 1928, just weeks before the age requirement for women to vote was changed to 21, Emmeline Pankhurst died due to her declining health.

Her use of militant actions is often criticised by commentators, and modern-day feminists frequently denounce her abundant use of violence as a means of protest. However, Emmeline Pankhurst is certainly one of the most impactful feminists ever seen, and her legacy is one that will be debated for as long as time.



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# What are Women's History Month Events and why are they so important?

Women have made a massive contribution in helping fight for better labour laws, conditions and the right to vote and because of their impact they are now widely celebrated all over the world.

March is a special month in which many countries such as the United States, United Kingdom and Australia all celebrate women's history. The celebration of women's history first started in 1978 as 'women's history week' in Sonoma County, California and eventually became a month-long celebration in which those all-around Sonoma County would celebrate women's contributions to culture, history and society. There were even presentations at schools and parades in downtown Santa Rosa. This celebration eventually caught on and in 1980, Jimmy Carter who was the president at the time in the U.S, issued the first presidential proclamation that declared the week of March 8 as women's history week and then moving 6 years on to 1986, the national women's history project successfully petitioned congress to expand the event from a week to a whole month.

There are many events that took place that encouraged more rights for women, and all should be celebrated in Women's History Month. However, the most heard of event that took place in the fight for women's rights is the suffragette movement. The first women's rights convention was in 1848 and was led by Elizabeth Cady Stanton and Lucretia Mott. This event led to the signing of the Declaration of Sentiments in which sixty-eight women and thirty-two men signed. This sparked decades of activism and eventually led to the passage of the 19th Amendment granting women the right to vote. This convention was critical in gaining women's rights as it was the first step in encouraging women to fight for the vote and it launched the women's suffrage movement in the U.S.



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So, why were these events so important in helping shape today's society? Well, the suffragette movement provided not only women's legal ability to vote but also promoted civic action among newly enfranchised women through organisations such as the league of women voters, also it gave women a voice and provided women the opportunity to make contributions of lasting importance to their communities and to greater society. Therefore, Women's History Month is so important and should be celebrated and encouraged by everyone as not only does it still have an impact on society and women today, but women did a lot and went through a lot in order to gain equality for women in today's world.

How can you celebrate Women's History Month? One way is through hosting an event yourself. This is a fun way to acknowledge Women's History and to build solidarity with other women. Some fun ideas include hosting a movie night where the movies are only directed by women and only have female leads, or you could even host a mini ceremony where awards are given out to your girlfriends to celebrate their accomplishments. If you're not into hosting and still want to do something to celebrate women then another idea is to support women-owned businesses, such as by buying from shops owned by women or supporting women authors and artists.



# PHANTOM MEDIA

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