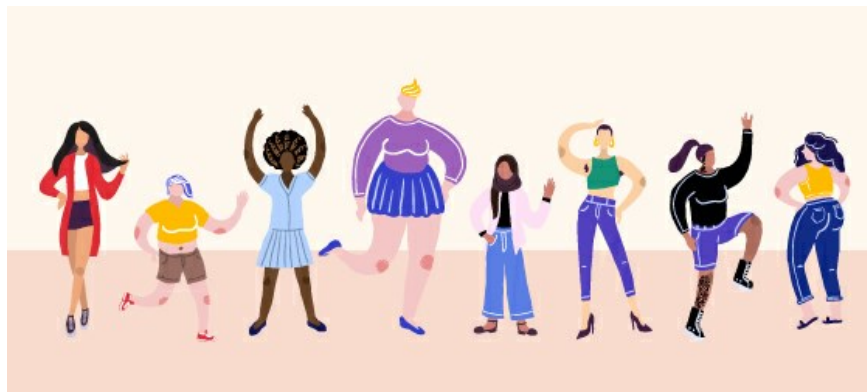


Dear TWF friends



Let's Move Beyond Body Positivity

"Why is there a stigma around being different when we're all different?" Winnie Harlow, model and vitiligo campaigner

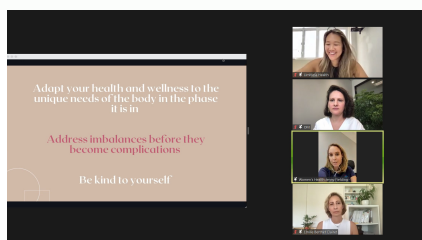
There is enormous social pressure to conform to accepted standards of how we should look. No one is immune but the pressure is particularly acute for those who identify as women and girls. From cultural expectations to advertising giants to social media posts, our external appearance has been given enormous power, emphasising that thin is good, conventional beauty is important and that we should strive to look younger than we are, whatever the means.

Many people face discrimination or abuse in real life and online, because their appearance does not conform to society's expectations of 'normal' or desirable. The damaging consequences of this superficial but pervasive obsession include anxiety and low self-esteem, a lack of confidence that prevents people from reaching their potential. More seriously, body shaming can lead to mental health issues including eating disorders, body dysmorphia, depression and even suicide.

The body positive movement has been gaining momentum, growing from size acceptance to encompassing any visible difference and celebrating diversity. The Dove Real Beauty campaign started in 2004 and other companies have followed suit, including The Body Shop with its Self-Love campaign. Social media has contributed significantly to the movement with Instagram full of #LoveTheSkinYou'reIn, #BOPO and myriad other body positive hashtags.

[Read More](#)

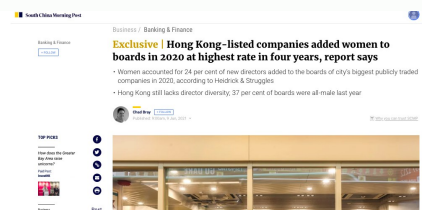
PROGRAMME UPDATE



Mentoring Programme Alumni: Your Body Beyond the Taboos

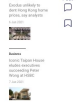
On June 2, our Mentoring Programme participants and alumni attended a session led by Anca Griffiths on women's health. Joined by a panel of women's health experts, Jenny Fielding, Tricia Yap and Emilie Clairet, participants learned fascinating facts about the female body, historic biases in scientific research and practical tools for health. Thank you so much for sharing your insights!

IN THE SPOTLIGHT



TWF CEO Featured in SCMP Board Diversity Article

In an interview with the SCMP, TWF CEO Fiona Nott spoke about how women are still largely underrepresented on boards and that Hong Kong is lagging behind other Asian financial hubs. She also



discussed specific actions that are needed to improve gender diversity on Hong Kong-listed boards.

[Read the article here](#)

BOARD DIVERSITY CONSULTATION - SUBMIT YOUR VIEWS!

It's Time to Act – Help Us Increase the Number of Women on Boards in Hong Kong

We welcome Hong Kong Exchanges and Clearing Limited (HKEX)'s recent Consultation Paper on the Review of the Corporate Governance Code covering a range of important corporate governance issues including board gender diversity.

However, bolder reform is needed to achieve real progress. We must aim for 50% women on boards. To get there, we need meaningful targets which, if not met, should be mandated through quotas.

TWF and the 30% Club HK will be responding to the Consultation separately. We urge each of you to carefully read the Consultation and submit your responses on or before Friday, **June 18, 2021**.

[TWF & 30% Club HK Guidance HKEX Consultation Paper & Questionnaire](#)

Please use any of our material as a foundation for your response if useful. Even if you agree with our recommendations, we suggest to edit your answers slightly, to ensure that the wording is different enough to be accepted by HKEX.

OPENING AT TWF

Programme Officer

TWF is seeking a full-time Programme Officer to join its rapidly growing and dynamic team to plan and manage its innovative and impactful community programmes. Applications should be received by **June 25, 2021**.

[Apply Now!](#)

WHAT WE'RE READING

Gender Equality

- [Introducing The 50 Over 50: Women Proving Success Has No Age Limit](#) (Forbes)
- [At news conferences, male athletes get to be athletes. Female athletes like Naomi Osaka get pestered.](#) (Washington Post)
- [The gender biases that shape our brains](#) (BBC)
- [A 5,000-year-old history of the gender gap](#) (WEF)
- [More Than Just #FOMO: How Hybrid Workplace Models Exacerbate Gender Inequality](#) (Forbes)
- [World Bank says critical measures are needed to return women to the workforce after the pandemic](#) (CNBC)
- [Exclusive: Amazon will bring up to 1,000 women back to the workforce in the biggest ever public commitment to 'returnships'](#) (Fortune)
- [One in three women has had health concerns dismissed. Experts say it's evidence of a gender gap in medicine](#) (ABC)
- [How are 'rules' & 'misinterpretations' on breastfeeding still a thing in 2021?](#) (Women's Agenda)
- [A Guide To Gender Identity Terms](#) (NPR)
- [Adelaide High School students walk out of classes in protest against sexism](#) (Guardian)
- [4 Ways You Can Take Action for Gender and Generation Equality in Africa](#) (Global Citizen)

Sexual Violence & Harassment

- [Abuse and anger: inside the online groups spreading stolen, sexual images of women and children](#) (SCMP)
- [London police officer pleads guilty to kidnap and rape of Sarah Everard](#) (CNN)

Board Diversity

- [German parliament legislation to improve gender parity in boardrooms](#) (WEF)

9A Chun Wo Commercial Centre, 23-29 Wing Wo Street, Sheung Wan

info@twfhk.org twfhk.org [25928265](tel:25928265)

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