

Dear TWF friends



How Is Your Mental Health?

This weekend will mark World Mental Health Day, at a time when understanding and taking action to address our mental health needs has never mattered more.

The pandemic has certainly brought mental health to the forefront although there are clear gender differences. According to a global study by CARE, women have been three times more likely than men to report higher levels of depression, anxiety and stress during COVID-19. This can be attributed to several factors: greater instances of sexual and domestic violence which lead to post-traumatic stress disorders, increased domestic and caregiving responsibilities as well as increased labour and stress for frontline workers, the majority of who are female.

While men may have lower anxiety and stress levels, research has indicated they have higher rates of suicidal ideation and confide less in social networks or professionals to seek support. Despite widespread knowledge that the types of mental health disorders, prevalence and help-seeking behaviours differ between men and women, there is an alarming paucity of gender specific research examining these differences. Research shows less than 1% of clinical trials intend to analyse the results by gender.

 [Read More](#)

UPCOMING EVENT



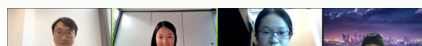
TWF Gala Dinner 2021 - Sold Out!

Thank you for the overwhelmingly positive response to our in-person Gala Dinner on **November 4, 2021**, generously supported by title sponsor, **Bloomberg**, and associate sponsors, **Citi** and **Facebook**. At present, we have sold out of tables and tickets, but please email development@twfhk.org to join our waiting list.

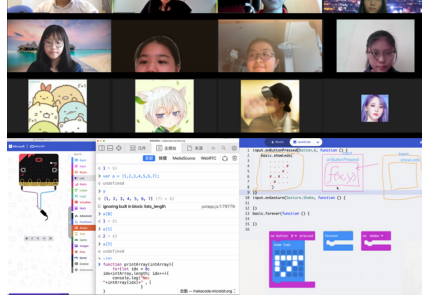
We are delighted to announce that our panel, titled 'The Power of Togetherness', will feature esteemed speakers including, **Dr Trisha Leahy** PhD, JD, SBS, BBS, Chief Executive, Hong Kong Sports Institute; **Dr Brenda Alegre**, Lecturer, University of Hong Kong; Board Member, ILGA Asia and STRAP; moderated by **Adrian Warr**, CEO Southeast Asia, Edelman; Male Allies Co-Chair, TWF.

Stay tuned for more information on how you can support our Gala Dinner 2021!

PROGRAMME UPDATE



Girls Go Tech Online Tutorial



On September 28, GGT participants attended an online coding tutorial that used Micro:bit to reinforce and improve their basic coding skills. They learned some essential universal programming knowledge and skills that will help them more easily master new programming languages in the future. More tutorials are scheduled in the coming few weeks.

IN THE SPOTLIGHT

TWF Programme Director Speaks at HKEX's Strike the Gong for Financial Literacy

On Monday, TWF Programme Director Connie Cheung shared learnings from our Financial Literacy & Employability Training Programme (2011-2019), which was dedicated to empowering marginalised women with financial skills, at 'Strike the Gong for Financial Literacy', an annual event held by HKEX. The presentation was followed by a discussion session, with panellists Henry Chan | Tung Wah Group of Hospitals and Venus Chan | Hong Kong Family Welfare Society, moderated by Cliff Choi | The Hong Kong Council of Social Service. They discussed how to raise awareness and promote financial literacy education in Hong Kong.



TWF Speaks on Inclusion Panel at Disneyland

On September 24, TWF Programme Director Connie Cheung and Senior Communications & Marketing Manager Inti Tam were invited to a sharing and discussion session 'Challenges & Triumphs of Women in STEM field', which was part of Hong Kong Disneyland's Inclusion Spotlight events. Inti shared about gender stereotypes with everyday examples. Connie introduced our community programmes that promote STEM education for girls. They spoke alongside Louise Pang | Walt Disney Imagineering, moderated by Ricky Au-Yeung | Hong Kong Disneyland Resort to discuss how to create a diverse and inclusive workplace and promote gender equality in Hong Kong.

OPENING AT TWF

We Are Hiring!

TWF has a vacancy for interested individuals to apply to join its rapidly growing and dynamic team. Find out more [here](#).

WHAT WE'RE READING

Gender Equality

- [【性別觀察】為什麼台大要開設月經通識課？談女性月經的污名與反抗 \(Womany\)](#)
- [First all-female F-15SG fighter crew say they make a good team \(CNA\)](#)
- [Invisible lives: where are all the older women in film and TV? \(The Conversation\)](#)
- [Cricket terms changed to be gender neutral \(BBC\)](#)
- [Cop26: Women must be heard on climate, say rights groups \(The Guardian\)](#)
- [Irish Football Association introduces equal pay for men and women \(Euro News\)](#)
- [In fashion, ableism can no longer be excluded from the diversity and inclusion conversation \(CNN\)](#)

Sexual Violence & Harassment

- [立會通過訂立窺淫罪 禁發布移花接木淫照 葛珮帆自言受害者 \(HK01\)](#)
- [Hong Kong legislators pass upskirting law that makes crime punishable by 5 years in jail \(SCMP\)](#)
- [China's #MeToo moment is putting a spotlight on workplace drinking \(AFR\)](#)

- [Activision Blizzard to create compensation fund for workplace harassment victims](#) (CNA)
 - [Quebec unveils free legal consultation for survivors of sexual, domestic violence](#) (Global News)
 - [WHO employees took part in Congo sex abuse during Ebola crisis, report says](#) (Reuters)
- Masculinity**
- [Dude, the patriarchy messed up my life – and yours too](#) (The Guardian)
 - [We should have the courage to raise boys as girls to achieve gender equality](#) (Euro News)
 - [‘There is a taboo’: Rankin photos tackle baldness head on](#) (The Guardian)
- Board Diversity**
- [Asia-Pacific economies make slow progress in bringing women to company boardrooms](#) (SCMP)
 - [UN General Assembly’s opening featured a single female speaker](#) (The Straits Times)

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