

With **International Women's Day on 8th March**, it's a timely opportunity to reflect on the progress made towards gender equality and the work still to be done.

Understanding how we are able to nurture confidence, belonging and allyship can make a meaningful difference, both now and in the future. When girls develop a strong sense of belonging and self-belief, they are more likely to pursue leadership roles and advocate for themselves. Equally, boys who are taught empathy, respect and responsibility grow into men who contribute positively to relationships and workplaces.

At Tooled Up, we've brought together resources to help you empower girls and guide boys in becoming thoughtful allies.

Our podcast [Helping Girls Feel a Sense of Belonging in STEM](#) explores whether **preschool teachers send different messages to girls and boys about science, technology, engineering and maths.** It also **offers practical tips for fostering scientific curiosity in all children** and ensuring girls feel welcome and capable from the start.

For parents of older girls, [20 of Our Most Important Resources for Parents of Teen and Tween Girls](#) collates key Tooled Up **resources specifically designed to support wellbeing.** The resources offer guidance on what to expect as girls develop, including identifying when they are on track or may need to seek additional support.

Lasting change also requires boys and men to be part of the conversation. [#16DaysOfActivism: What Men Can Do to Help End Violence Against Women](#) **provides practical ideas for modelling respect,** challenging harmful attitudes and teaching young men to stand alongside women as allies.



Researcher of the Month: Dr Sona Kumar on Helping Girls Feel a Sense of Belonging in STEM

Podcast



20 of Our Most Important Resources for Parents of Teen and Tween Girls

Article 5 minute read



#16DaysOfActivism: What Men Can Do to Help End Violence Against Women

Tips to Try 1 minute read

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