



## “Women’s Health Night”

**Proposed Motions:** *Approve Women’s Health Night as a gender-targeted event.*

**Sponsor:** *Mayra Guizar*

**Persons of Contact:** *Sara Wozniak, Cristina Rodriguez, Emily Hanna*

**Guest Speaker:** *Presenter or person specifically speaking on matter*

**Date:** *July 9, 2013*

### **Background & Context**

Women’s Health Night is an event that the Women’s Center and the Rec Center has put on before. In the past it was called Women’s Night at the Rec, we are changing it so this event is more inclusive of other women’s health issues such as self-care, mental health and disabilities. This event is meant to provide a safe and inclusive space for women identified people and female people to work out, take classes the Rec Center has to offer, and learn about women’s health. This is necessary because it is common for women identified and female people to not feel comfortable going to the gym because it is a cisgender-male dominated area. Cisgender is defined as when one’s gender aligns with the gender or sex assigned at birth. Studies have even showed that women self-objectify (become self-conscious of themselves and how they look) when they are told that a man is watching them. By providing a place for women identified people and females to work out where they won’t have to deal with the cis-male gaze as much, the Women’s Center, Disability Outreach Center, and Rec Center is creating a safer space for these individuals to exercise and learn about Women’s Health Issues. The Disability Outreach Center’s role in this is to make this event as accessible as possible to women identified and female people with disabilities.

### **Summary of Proposal**

The Women’s Center, Disability Outreach Center and Rec Center propose that this event take place on January 24<sup>th</sup> from 7-9pm. During this time the rec center will only be open to people who hold a marginalized gender identity, in other words those who are trans\* and/or female-identified. There will be different resources that have to do with women’s health tabling (we are going to contact people such as the Counseling Center, Middle Women, and Vox). The people who attend this event will also have access to classes and equipment the Rec Center has.

This event fulfills the AS’s goal of getting students engaged within Western Washington University’s community. Women’s Health Night will encourage students to use the Rec Center on campus, and meet people (at the event). This event fulfills the Women Center’s goals of supporting, empowering, and educating students on gender related issues. This event is meant to empower students to feel more comfortable using the Rec Center and to feel more comfortable in their own skin. Women’s Health Night is also meant to empower and educate students by exposing them to resources on and off campus that can teach them about women’s health, disability and health, self-care, and nutrition and fitness in general.

Some possible downsides to this event could be that someone gets hurt on the equipment or that the event isn’t inclusive enough of people who aren’t able-bodied.

### **Fiscally**

So far the only financial implications for the AS is paying for publicity which will be about \$30.00. We may end up spending more money if we find someone that is a professional that could hold a work shop that we feel will benefit the event. If this were to happen it would come out of the Women Center’s and Disability Outreach Center’s budget. The Women’s Center currently has an open order with Copy and Duplication Services with about \$ 201.83, posters would cost us around \$27.00. If we decide to get a banner that would cost us between \$40.00 and \$100.00, and the AS Women’s Center has an open order for \$100.00 with the Publicity Center for banners.

## **Rationale**

Only opening the Rec Center to people who hold a marginalized gender identity would create a safer space in a place that is usually dominated by cis men. Females and women identified people would have the chance to work out and take classes without being around the cis male gaze, which as I mentioned above has proved to cause women to self-objectify. They would also have the chance to feel more comfortable working out in areas that are dominated even more by cis males such as the weight room. They would also be given the chance to learn about topics in health that relate to them such as body empowerment. The long term goals of this would be that the community of Western Washington University trusts the Women's Center and Disability Outreach Center to create a safer space. They would also see the benefits of having a closed space. We also hope that the students who attend this event feel more comfortable using the Rec Center. We also hope that this event causes the people that attend to be more body positive and make self-care a priority (which is especially important on college campuses)