



INTERNATIONAL WOMEN'S DAY

International Women's Day (IWD), marked annually on 8 March, celebrates the achievements of women and girls while recognising the ongoing work needed to achieve equality and equity. It highlights contributions across communities, science, sport, culture, leadership and everyday life, and encourages people of all ages to reflect on opportunity, representation and participation.

Within Scouting, International Women's Day provides an opportunity to explore these themes through learning by doing. Activities can help young people notice achievements, recognise different experiences and consider how environments influence who feels able to take part. Through practical experiences, discussion and community action, young people develop awareness of equality and understand how small actions contribute to wider change.

Purpose of This Pack

This programme pack supports Sections to engage with the themes of International Women's Day in ways that are age-appropriate, practical and youth-led.

Each resource focuses on experiencing ideas rather than simply learning about them.

Across the Sections, activities explore:

- Celebrating achievements in many forms
- Recognising representation and diverse experiences
- Understanding equality as participation and opportunity
- Connecting local actions to global movements
- Encouraging young people to see themselves as contributors to positive change

The progression moves from noticing and appreciation in younger Sections towards reflection, perspective and community action in older Sections.



Using This Resource

While each activity is written with a specific Section in mind, they can be adapted to suit different age groups, mixed Section events or joint programme nights. Scouters and youth members to adapt complexity, discussion depth and outputs to meet the needs of their group.

Some Sections may choose to:

- Run activities across multiple meetings
- Adapt an activity for a younger or older group
- Use role model stories across several Sections
- Combine activities for Scout Group or community events
- Extend an activity into their ongoing programme plans

The intention is not to provide a fixed plan, but a support for engagement with International Women's Day.

By engaging with International Women's Day through shared experiences, practical challenges and community connection, young people develop an understanding that equality is shaped through everyday actions as well as global movements.





Venture Scout Programme Resource – Perspectives Lab

Venture Scouts celebrate International Women's Day by exploring achievement in sport through the journey of Irish Paralympic sprinter Orla Comerford. Working in teams, Venture Scouts take part in a series of adapted movement challenges that highlight effort, communication and different ways of experiencing sport. The activity encourages participants to recognise that achievement can involve adapting environments, supporting teammates and redefining success rather than focusing only on performance.

International Women's Day celebrates the achievements of women and highlights the importance of representation and opportunity. Orla Comerford's journey shows us how sport evolves when more people are included and supported. By experiencing adapted challenges, Venture Scouts recognise that achievement is shaped by support, persistence and access.

By the end of the activity Venture Scouts will:

- Explore achievement through practical physical experience.
- Recognise qualities such as resilience, focus, persistence and trust.
- Experience how adaptations influence participation.
- Work collaboratively to complete challenges.
- Reflect on representation in sport and opportunity.
- Understand that International Women's Day celebrates diverse pathways to success.

PLAN

Venture Scouts begin by:

- Reading or hearing a short story about Orla Comerford and her journey in athletics.
- Identifying qualities that supported her development as an athlete.
- Discussing how sport and activities can be adapted so more people can take part.
- Agreeing how challenge rounds will run.



DO

1. Warm-Up – Movement & Awareness - Unit leads a short warm-up focusing on coordination, balance and reaction. Introduce the idea that athletes train different skills in different ways.

2. Adapted Challenge Rounds - Teams complete a series of short tasks where conditions change. Examples:

- Navigation using verbal guidance from a teammate
- Relay where communication is limited
- Reaction or timing challenge
- Movement task at varied speeds or constraints
- Partner coordination challenge

The emphasis is experiencing difference, teamwork and trust rather than performance.

3. Team Support Round - Teams repeat one challenge focusing on encouragement and clear communication. Venture Scouts notice how support changes outcomes.

4. Adapt & Improve - Teams choose one task and modify it so more people could succeed. They test the adapted version and compare experiences.

5. Whole Group Challenge - Unit completes one collaborative movement activity requiring coordination across teams. Focus on inclusion, pacing and shared success.

6. Share & Compare

- What felt challenging?
- What helped participation?
- How adaptations changed confidence?
- Which qualities appeared repeatedly?



REVIEW

- Did adaptations change how success felt?
- Was teamwork more important than ability in some tasks?
- Did repeating tasks improve outcomes?
- What qualities were most visible?
- How does Orla Comerford's story connect to these experiences?
- How does this reflect International Women's Day?



Suas:

Venture Scouts recognise that women's achievements can take many forms and notice how opportunity, support and adaptation influence participation. Through shared experience, they become more aware of representation and equality in sport and everyday life.

Trasna:

Venture Scouts critically reflect on how equality and inclusion shape achievement. They value representation, recognise the importance of accessible environments and consider how they can support participation for others within their communities.