International Women's Day - A Day About Equality Between Men and Women

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March 8 is recognized as International Women's Day. This day is about equality between men and women, and is a day that has quite a long history.

The equality between men and women we observe today is based on the foundation of much development throughout history. It was almost 100 years ago that the first worldwide acknowledgment of equality took place. In 1948, the United Nations (UN) General Assembly drafted the Universal Declaration of Human Rights. This declaration was the first global recognition of basic inalienable rights and fundamental freedoms that apply to every human being, both man and woman.

The rights of women developed gradually. It wasn't until 1977 the day was officially established by the UN. It was after the first World Conference on Women took place in 1975 where a 10-year World Plan of Action for the Advancement of Women was formed. The UN General Assembly proclaimed 1976-1985 as the United Nations Decade for Women: Equality, Development and Peace to mirror the 10-year plan of action. As part of this plan of action, the UN established March 8 as International Women's Day -- a day recognizing the inherent value of women across the world.

International Women's Day is an opportunity to reflect on how far the rights of women have come. Thanks to Family Federation for World Peace and Unification (FFWPU) co-founder, Dr. Hak Ja Han Moon, the true role of women has become even more clear through the study of her life's work. She established the [Women's Federation for World Peace (WFWP)](#) in 1992 with the intention of empowering women as peacebuilders and leaders in the family to transform the community, nation and world. Through her leadership, we can observe what it means to lead with humility and strength as a woman in our own lives, families, and communities.

Here are some ways you can acknowledge International Women's Day:

Host a discussion group.

Through sharing testimonies, we are able to empower one another and learn from one another. Host a group and bring up topics about personal growth and partnership with others and see what enlightening conversation can take place. Take time to ask the women in the group to see how their perspective adds to the conversation.

Say 'thank you' to the women in your life.

Take time to acknowledge and thank the women in your life that have made an impact on you. It could be a close friend, a sister or mother/mother figure who has brought love and wisdom to your life.

Only recently has the truth of the inherent value of all human beings been observed. It is on the foundation of many people that International Women's Day can be celebrated.