

**ALL MEMBERS & FRIENDS OF ASSOCIATION ARE REQUIRED TO AGREE**

**Central Coast Community Women's Health Centre Limited**



## **Feminist Principles**

The following principles provide a basis for our work to promote women's health.

We keep them in mind when we are developing our own health promotion strategies and programs to:

- Increase women's self-esteem.
- Ensure that available services are relevant to women's needs.
- Ensure access to all women.
- Raise women's awareness of health issues.
- Ensure that services and resources are culturally appropriate.
- Encourage mutual support.
- Encourage women to make choices and increase their awareness of choices.
- Encourage women's participation at all levels of the health system.
- Change inappropriate attitudes towards women at all levels of society.
- Increase political awareness as it relates to women's health.
- Involve consumers through consultation.
- Encourage community control.
- Increase awareness of the effects of the environment on health.
- Encourage accountability of the health system to consumers.
- Encourage co-operation.

These principles inform all our actions and decisions.

## **Statement of Feminist Ideology**

I support the Central Coast Community Women's Health Centre to provide its services within the feminist context which:

- Recognises the social, environmental, economic, physical, emotional, and cultural factors, which influence women's health.
- Recognises and challenges the effects of sex role stereotyping and gender discrimination on women's health and well-being.
- Reflects the whole of women's life span, their various and changing roles and responsibilities, not just their reproductive life.
- Recognises the importance of maintaining health and well-being by focusing on preventative practices.
- Actively encourages the empowerment of women in both the personal and social aspects of their lives.
- Values women's knowledge and skills and their right to make informed decisions about their sexuality, relationships, contraception, abortion, medical and legal rights, physical and mental health.

I have read all principles outlined above, and understand and agree to abide by them.