

## STATEMENT OF PRINCIPLES

Statement of Principles of New Zealand Women's Health Conference. Organised by New Zealand Women's Health Network. "Knowledge is power. To get control of your own life and destiny is the first and most important task. But it begins with getting control of your body everywhere in your life."

The Women's Health Movement aims to provide women with the means to control and own their own bodies and thus to begin to be free to own and control their own lives. Through our long history of oppression, the patriarchy (the system of sexism, female oppression and male dominance), has used our bodies as a focus for control. Our bodies are our most basic and precious resource, yet women lack basic information about them. The special position of reproduction has been especially used as a tool of oppression.

The long term goals of the Women's Health Movement can be seen as:

1. Gaining control of our lives, our bodies and our reproductive processes.
2. Making the health system one which is fully representative and responsive to the needs of women (and of all people).
3. To make fundamental changes in the social system which creates inequality between people.
4. To educate all women so that they can demand their consumer rights in medicine.
5. To ensure that knowledge, experience and good health care are always available to women.

The Women's Health Movement has a definite ideology - that is a guiding set of principles that governs its everyday practice.

1. That women have the right to control their own bodies in every way. This means that each woman must be given all possible information and that all decisions must be made by that woman on the basis of informed consent.
2. That the conventional doctor patient relationship, existing as it does within a framework of professional male determined and technologically orientated health care, is exploitive and oppressive of women. Therefore, alternative structures must be developed which do not revolve around patriarchal structures.
3. That women themselves must develop and operate these alternative systems of health care in order to meet their own need.

Health is one issue which unites all women, cutting across ethnic, socio/economic and political boundaries. All women share a set of common experiences - menopause, menstruation, the need for and problems of fertility control, pregnancy and birth. Women must seek information and help for healthy functioning from the medical services attuned to a disease model - to illness. Additionally, the medical/health services are largely administered and controlled by men, whose socio-economic status as well as their gender, remove them from the experiences of the female population. The prevailing view of female behaviour and physiology is not complimentary to women, their behaviour and illnesses are judged psychosomatic, and professionals judge women to be less mentally healthy than men to begin with.

## WORKING WOMEN'S CHARTER

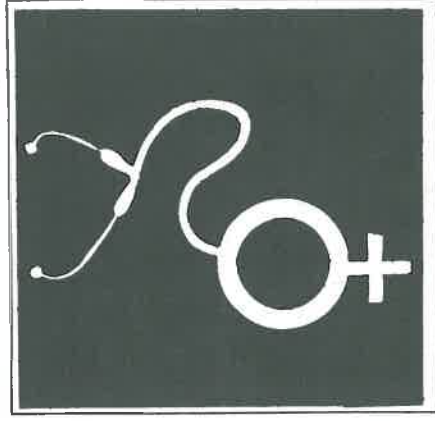
1. The right to work for everyone.
2. The elimination of all discrimination on the basis of sex, race, religion, political belief, marital or parental status, sexuality or age.
3. Equal pay for work of equal value.
4. Equal opportunity of entry into occupations and of promotion regardless of sex, race, religion, political belief, marital or parental status, sexuality or age.
5. Equal education opportunity for all.
6. Union meetings and special trade union education courses for all unionists to be held with paid time off for participants with special attention to gain more active participation of women unionists.
7. Equal access to vocational guidance and training, including on-the-job-training, retraining, study, and conference leave for all workers.
8. Introduction of a shorter working week with no loss of pay, flexible working hours, and part-time opportunities for all workers by union agreement.
9. Improved working conditions for all workers. The retention of beneficial provisions which apply to women and extension of these to men. Other benefits to apply equally to women and men.
10. Removal of legal, bureaucratic and other impediments to equality of superannuation, social security benefits, credit, finance, taxation, tenancies, and other related matters.
11. Consultation with and special attention to the needs and requirements of all workers from ethnic communities with special attention to those of women.
12. Wide availability of quality child care with government, employer and community support for all those who need it, including industrial creches, after-school and school holiday care.
13. Introduction of adequate paid parental leave without loss of job security, superannuation or promotion prospects.
14. Availability of paid family leave to enable time off to be taken in cases of family need.
15. Sex education and birth control advice freely available to all people of appropriate age, and legal, financial, social and medical impediments to safe contraception, sterilisation, and abortion to be removed so as to allow the individual concerned to make their own decision.
16. Comprehensive government-funded research into health questions specific to women.

## REGISTRATION FORM

# NATIONAL NEW ZEALAND WOMEN'S HEALTH NETWORK

## CONFERENCE

SEPTEMBER 17/18/19 - 1982



## VENUES

Friday Sept 17: Professional Symposium

Hotel Intercontinental (Ballroom)  
Saturday and Sunday Sept 18/19:  
North Shore Teachers Training  
College (Women Only)

Overseas Speaker:  
Two Women from the  
Boston Women's Health Collective

All communications to: NZWHN Conference  
12 Hayward Rd, Papatoetoe.

or Phone  
580-782 Auckland

20073-24-057

## PROGRAMME

### FRIDAY - PROFESSIONAL SYMPOSIUM

Topics of concern to women will be presented in a sym-  
posia format.

CHAIR: DIEDRE MILNE

8.30 a.m.: Registration (Ballroom)

9 - 1 a.m.: Women's involvement in Primary Health Care  
(presentation of research findings).

10 a.m.: Morning tea

10.30 - 11.30 a.m.: Mental Health

11.30 - 12.30 p.m.: Menopause and Menstruation

12.30 - 2 p.m.: Lunch

2 - 3 p.m.: Violence Against Women

3 - 4 p.m.: Research on Women  
(meal cost extra)

### FRIDAY EVENING - WINE AND CHEESE

7.30 p.m. at North Shore Teachers Training College  
(Akoranga Drive).

### NATIONAL WOMEN'S HEALTH CONFERENCE

For a variety of reasons men will be totally excluded  
from the Friday evening, Sat/Sun sessions of this  
conference).

CONFERENCE CHAIRPERSON: SANDI HALL

## SATURDAY

8.30 - 9.30 a.m.: Enrolments, tea and coffee

9.30 - 9.45 a.m.: Announcements and organisation.

9.45 - 10.45 a.m.: Guest speakers

11 - 11.30 a.m.: Tea and coffee

11.30 - 1 p.m.: FIRST WORKSHOP SESSION

1 - 2.30 p.m.: Lunch and active displays

2.30 - 4.30 p.m.: SECOND WORKSHOP SESSION

4.30 - 7 p.m.: Tea break (tea not provided)

7.30 p.m.: PARTY - WOMEN'S MUSIC

## SUNDAY (SUFFRAGETTE DAY)

9.30 a.m.: tea/coffee

10 - 11.30 a.m.: THIRD WORKSHOP SESSION

11.30 - 1 p.m.: Symposiums on creating change.

1 - 2 p.m.: Lunch

2 - 3 p.m.: Time for talking/consultations/future organis-

ing/geographic planning.

3 - 4 p.m.: Final session

(meal costs extra)

**WORKSHOPS** - Validity of feminist therapy; staying healthy; lesbian health care; maori women/third world women; assertiveness; adoption; abortion; violence against women; incest; coping with a handicapped child; disabilities occupational health; sexuality/masturbation; vaginal infections; V.D.; rape; breasts; nutrition; menopause; menstruation/P.M.T.; childbirth; mental health; contraception; anger; guilt; patients rights; fitness for health; alternative health such as homeopathy; iridology; bach flowers; herbs; spirituality; massage; acupuncture reflexology; counselling; col- our therapy, osteopathy, naturopathy, etc.

## REGISTRATION DETAILS

NAME: .....

ADDRESS: .....

REGISTRATION FEE:  
FOR THREE DAYS

FRIDAY ONLY

SAT/SUN

\$15  
\$15  
\$15

if financial assistance required, please apply and state reasons .....

Please circle following:

A) I would like to register for the Friday PROFESSIONAL SYMPOSIUM only

YES/NO

B) I would like to register for the Sat/Sun sessions at NSTTC only

YES/NO

C) I would like to register for all THREE DAYS

YES/NO

The wine and cheese opening session on Friday evening at 7.30 p.m. is for all women. The cost - \$2, is to be paid on arrival.

Please post this form, you payment and any enquiries to: NZWHN Conference,  
12 Hayward Rd,  
Papatoetoe  
or phone 580-782.