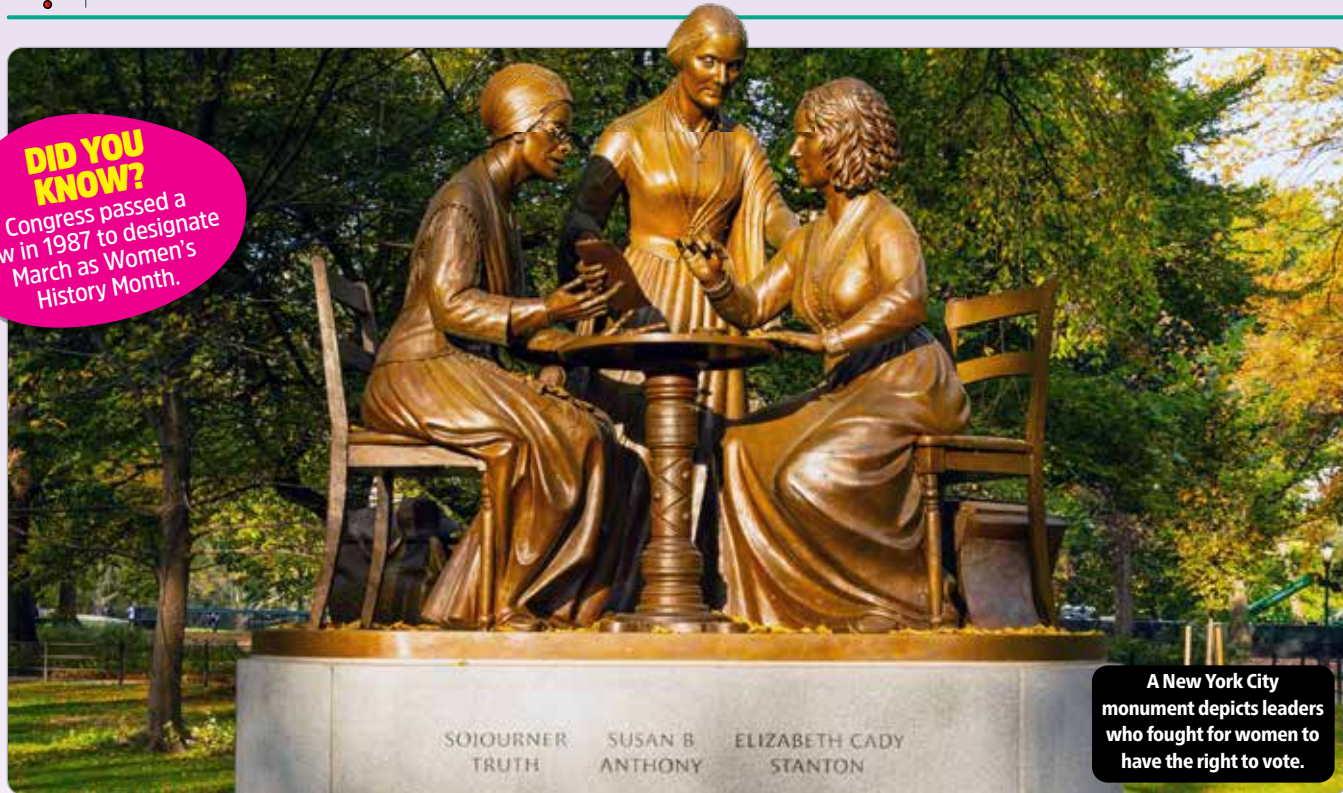




How to...

DID YOU KNOW?
Congress passed a law in 1987 to designate March as Women's History Month.



A New York City monument depicts leaders who fought for women to have the right to vote.

Celebrate Women's History Month

Take time to recognize women—past and present—who make a difference.

March is Women's History Month, which celebrates the vital role of women in American history. This month also marks International Women's Day on March 8, in recognition of the issues faced by women around the world. Both events make March a great month to celebrate women who are making a difference. Here's how you can get started.

Understand the issues

The theme of this year's Women's History Month is "women who advocate for equity, diversity, and inclusion." Women in the US have made great strides toward equality. (See some of the women who have helped in that fight on this week's cover and on the next page.) However, women still face discrimination. For example, many women earn less money than men do for the same jobs, face obstacles to quality healthcare, and hold fewer leadership positions. Around the world, millions of girls cannot attend school. These issues particularly affect women and girls of color. Meanwhile, research shows that society improves for everyone—not just women—when women's rights are upheld and taken seriously.

Speak up

At times, you may spot discrimination against women or girls in your own community. You can make your voice heard to people in a position of power. For example, students in several states have successfully challenged their schools' dress codes, which often put more restrictions on clothes that are typically worn by girls. If you see unequal treatment of sports

such as better facilities for boys than for girls, you and an adult can speak up to a school administrator. It helps to know your rights. Girls are entitled to equal treatment in education—including in sports—under Title IX, the law passed in 1972 that forbids discrimination at school based on sex.

Plan a special event

Women's History Month is a reason to celebrate! Host an event to spend time with the girls and women in your life. Include boys and men, too! You could watch a film directed by a woman that features strong female characters, like *Barbie*, *Brave*, or *The Secret Life of Bees*. Another idea is to host a women's history trivia night. Make cards with questions and answers, or play with the help of a quiz site like [sporcle.com](https://www.sporcle.com).



Honor special women in your life.

Express gratitude

One of the simplest ways to celebrate women is to tell those you know and admire how much you appreciate them. It could be a family member, friend, coach, or teacher. Make a video, write a note of thanks, or call them to let them know how they've made an impression on you and why you're grateful that they're part of your life.

Find out more

If you'd like to learn more about noteworthy women who broke barriers, explore their stories in words and photos at trusted resources like the National Women's History Museum ([womenshistory.org](https://www.womenshistory.org)) or the Library of Congress ([womenshistorymonth.gov](https://www.womenshistorymonth.gov)).

Who's who on this week's cover?

In honor of Women's History Month, the cover of this issue of *The Week Junior* features some of the strong female role models who have stood up, spoken out, and succeeded throughout US history. From sports to politics to the arts, they broke barriers and changed the world. This list is only the beginning, however! Who would you add? Tell us at hello@theweekjunior.com.

- 1 Judy Blume** (1938–) Best-selling author who has written more than 24 books and received the Library of Congress Living Legends Award
- 2 Sacagawea** (estimated 1788–1812) Shoshone Indian explorer who guided Lewis and Clark's expedition to survey the West
- 3 Sandra Day O'Connor** (1930–2023) Appointed by President Ronald Reagan in 1981, the first woman to serve as a justice of the US Supreme Court
- 4 Oprah Winfrey** (1954–) Media executive, philanthropist, and actress who hosted an influential television talk show for 25 years
- 5 Amelia Earhart** (1897–1937) First woman to fly an airplane solo across the Atlantic Ocean



- 6 Simone Biles** (1997–) Gymnast who has won the most international medals in the history of the sport
- 7 Gloria Steinem** (1934–) Feminist and activist who fought for women's rights and co-founded *Ms.* magazine
- 8 Tina Turner** (1939–2023) Songwriter and singer who won multiple Grammy awards and sold more than 150 million records



- 9 Maya Lin** (1959–) Sculptor who created the Vietnam Veterans Memorial in Washington, DC
- 10 Deb Haaland** (1960–) Current head of the US Department of the Interior and the first Native American to serve as a cabinet secretary
- 11 Michelle Kwan** (1980–) Figure skater who won more than 40 championships and is the current US Ambassador to Belize



- 16 Kamala Harris** (1964–) First woman, first Black American, and first South Asian American to be Vice President of the US



- 12 Octavia Butler** (1947–2006) Award-winning author who was one of the first female and Black American science fiction writers
- 13 Ann E. Dunwoody** (1953–) First woman to earn the rank of four-star general in the US Army and the entire US military
- 14 Helen Keller** (1880–1968) Author, pioneering advocate for people with disabilities, and founding member of the American Civil Liberties Union
- 15 Dolly Parton** (1946–) Singer, songwriter, business executive, and founder of Imagination Library, a nonprofit that provides books to children



- 17 Billie Jean King** (1943–) Tennis champion whose activism helped women earn equal prize money in the sport
- 18 Sonia Sotomayor** (1954–) Appointed by President Barack Obama in 2009, the first Latina to serve as a US Supreme Court justice
- 19 Eleanor Roosevelt** (1884–1962) Longest-serving First Lady, who was known for her humanitarian efforts in the US and around the world
- 20 Anna May Wong** (1905–1961) First Chinese American film star in Hollywood, who appeared in more than 60 films



- 21 Susan B. Anthony** (1820–1906) Lifelong advocate for equal rights, including women's right to vote
- 22 Rita Moreno** (1931–) First Latina to win the four highest performing arts awards: an Emmy, Grammy, Oscar, and Tony

- 23 Althea Gibson** (1927–2003) Tennis star who was the first Black American to win a Grand Slam and the nation's first female state athletic commissioner

- 24 Sally Ride** (1951–2012) NASA astronaut and physicist who was the first American woman to fly in space



- 25 Lucille Ball** (1911–1989) Entertainer, business executive, and the first woman to own a major TV studio
- 26 Juliette Gordon Low** (1860–1927) Founder of the Girl Scouts of the USA, the nation's largest organization for girls
- 27 Sojourner Truth** (1797–1883) Former slave who became an author, speaker, and advocate for equal rights, the abolition of slavery, and an end to segregation