

Women in Group Work: Stronger Together

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Abstract

After attending the presentation, participants will be better prepared to understand the true roots of what makes group work what it truly is. It is important to take into account what is going on in the world and how it is affecting members of certain communities. Forming groups based on these challenges the community members are facing is so important. Forming groups based on similar obstacles and hardships can help us stay connected and feel less alone, even when we may feel at times the world is against us. We want people to take away that forming groups of support will generate strength and empowerment for every group member; with group work, we can find people going through similar obstacles, empower one another to overcome these things, and become stronger together from it.

Introductions

As a randomly selected group within our BSW groups class we related to the anxieties and realities of being a woman. Through this group we discovered that our anxieties were heightened due to women's and reproductive rights being threatened. We found that group work is more important than ever. We will share our experiences about the importance of being with other people who share similar hardships and how this motivates change.

Discussions

In our presentation, we will discuss OUR group, how it came to be, and how it was beneficial for us as women, and how through this learning we now understand the importance of GROUPS. Because we are a group of women, we emphasized the pressures we feel as women living in our American society. Although women are systemically oppressed, we are also empowered, and are amazing beings who can do anything we put our mind to. Unfortunately, it is a really scary time for women right now. Roe v Wade was overturned and women are losing the right to autonomy over their own bodies. The human rights of women are being violated every single day! We feel threatened by the overturning of Roe v Wade, as people with the capacity for pregnancy have lost their reproductive rights. It is truly a terrifying time for women right now, and reproductive justice can literally mean life or death. Not only that, but women are being oppressed in other ways all over the world today. Things like these go hand in hand with group discussions, as anxieties are only being worsened by the scary reality that is 2023.



Conclusions

We want people to feel empowered by the outcome of group work. We want to create a space where all people feel seen and heard. It is important to share our experiences with others and prove that no one has to go through life alone. What was a group project with 3 strangers, turned into a strong bond that I am severely grateful for. Being a woman can be scary, especially with what our government is deciding about our bodies. In group work we lifted one another up and together we will fight and raise awareness. Through our presentation we hope to inspire all people to stand up for what is right and educate others about women and their bodies.