



Get Inspired

Below is a list of books, podcasts and movies that explore and shed light on the experience of being a woman in a patriarchal world. We hope these stories open your eyes and inspire you to be an advocate for an equal world for everyone, regardless of gender.


BOOK

About A Girl
Rebekah Roberston

Written by the Aussie mum of a trans daughter, this biography takes us through the heartbreaking ordeal of having to be an advocate for a young child facing discrimination.


BOOK


No One is Too Small to Make a Difference
Greta Thunberg

This book compiles 11 speeches written by Greta Thunberg on climate change, inspiring all people to stand up for what you believe in.


BOOK


Emotional Female
Yumiko Kadota

Yumiko Kadota recounts her experiences of being an Asian-Australian female surgeon in the male dominated space. This eye-opening story demonstrates how even highly skilled and knowledgeable people are discriminated against.


BOOK

Misfit
Charli Howard
TW: Disordered eating

From battling with anorexia and bulimia to being dropped by her modelling agency for being “too big” while she was medically underweight, Charli takes us through the ups and downs of working in a toxic and patriarchal industry.


PODCAST

Shameless
Zara McDonald and Michelle Andrews

This podcast discusses pop culture events and delves deeper into larger societal issues that traditional media publications often brush over.


PODCAST

Who Asked Her
Elvina Ogil

Framed by a culture that still upholds many gender roles and stereotypes, this podcast gives audiences an insight into how different cultures can have varied perceptions of gender, its ‘norms’ and how we can overcome it.


PODCAST


Three Dumplings
Hannah-Rose Yee, Peony Lim and Kit Lee

Hosted by three young Asian-Australian women, this podcast dives into the trials and tribulations of being an Asian woman in Australia.


PODCAST


Pantsuit Politics
Sarah Stewart Holland and Beth Silvers

Made for people who find political conversation daunting, this podcast sees two women with different beliefs have productive discussions that encourage listeners to be more open minded and knowledgeable.


DOCUMENTARY


Period. End of Sentence (2018)
Rayka Zehtabchi

In a culture where menstruation is taboo, this film takes us through the journey of women breaking stereotypes and becoming career women by supporting each other to be independent and successful.


DOCUMENTARY


India's Daughter
Leslee Udwin
TW: Rape

This confronting documentary outlines the aftermath of the highly publicised 2012 Delhi gang rape. Featuring interviews with those involved (government officials, lawyers and activists), this moving documentary highlights the prevalence and saturation of gender inequality in all parts of India.


FILM

Hidden Figures (2016)
Theodore Melfi

This eye-opening film showcases the life and work of three brilliant African-American NASA Employees, Katherine Johnson, Dorothy Vaughan and Mary Jackson, who were integral to the USA's success in the space race.


FILM

MOXiE! (2021)
Amy Poehler

MOXiE! focuses on a group of teens who band together and create a magazine to call out the sexism they see at school. This raw look into teen life shows that actions matter and not all ways of solving a problem are right – despite peoples’ best intentions.