





Committee: The United Nations Entity for Gender Equality and the Empowerment of Women (UN Women)

Topic: Tracking the gender gap and women's mental health

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I. Committee Background

In July 2010, UN Women was founded, an entity created by the United Nations General Assembly to promote gender equality and the empowerment of women, with the aim of addressing these challenges. The creation of UN Women was part of the reform of the United Nations to unify resources and mandates in order to achieve a more significant impact. UN Women works with UN Member States to establish global standards that promote gender equality. One of UN Women's achievements is that it has led global campaigns and initiatives, such as the UNITE campaign to end violence against women, which have resulted in increased awareness, or the #MeToo Movement which aims to end sexual harassment and assault. In 2024, UN Women faces several major challenges that prevent achieving gender equality and the empowerment of women globally. The problem of extreme poverty among women and girls is increasing at an alarming rate, and it is estimated that more than 340 million people will live in this situation by 2030. South Africa, Mexico, India, Colombia, Algeria and Kenya are some of the countries that are involved since they promote gender equality by implementing policies. Some of the reasons for so many problems would be mainly violence and discrimination, since gender violence continues to be a frequent issue in the world, stereotypes, especially due to gender roles, which greatly hinder the ability to achieve equality, and finally economic inequality, because women continue to face lower salaries for being women, etc.



II. Topic Information

The global gender gap in this year, 2024, has been reduced compared to other years. If we consider that in the 146 countries included, the global gender gap has closed by 68.5%. Also if we consider the 101 countries continuously covered since 2006, the gender gap has closed by 0.1 percentage points since 2023. The gender gap has a lot to do with women's mental health, as many women can become overly stressed by not getting a job. As we know, Women tend to have higher rates of disorders such as depression, anxiety and post-traumatic stress disorder. Women, although there is more openness to talk about mental health, still face prejudice, especially when the conditions are related to their life cycle.

a. History of the Topic

The gender gap is about inequalities between men and women. In the past, these were very wide because women faced many limitations. These unfair inequalities have been maintained through institutions such as education, the labor market, and the political system, in which opportunities and access have been very unequal. Women often suffer from anxiety and depression, most of the time due to gender violence, which is why monitoring women's mental health is very important as it understands the problems that have arisen due to it etc. But as time goes by, women have begun to demand their rights, but obstacles such as gender stereotypes, discrimination, and violence still persist. Some current solutions that have been given to the problem have been to implement prevention programs for this where they become aware of mental health and access to resources such as totally free health centers. The UN has a page called "Driving transformative change in gender data" where it tracks how gender equality and education are progressing and also talks about some future challenges. They also have action plans, such as HeForShe, which is a solidarity movement in favor of



gender equality to involve men and boys as advocates and agents of change in achieving gender equality and women's rights, apart from this it raises awareness about gender violence and seeks to give emotional support and empowerment to women.

b. Current Issues

Currently, the gender gap is better compared to other years, more in the areas of participation and economic opportunities, educational achievements, health and survival, and political empowerment. However, there are still areas and problems to be addressed. To solve this situation, we could take into account education and equal opportunities from when they are children, thus promoting gender equality during growth, implementing equal pay, encouraging the participation of women in leadership and supporting female entrepreneurship. Inequalities in access to treatment, Speaking of having to undergo treatment for some reason, women have it harder. Although women tend to seek professional help for mental health problems at a higher rate than men, they face inequalities in accessing appropriate treatment.

c. Bloc Positions

The gender gap is essential to consider the positions of all the countries. Nordic countries, such as Iceland, Sweden and Norway, are leaders in gender equality. Those policies promote equal pay and strong female representation in both politics and business leadership. They often advocate for proactive policies that reduce the gender gap and serve as international examples in forums. They contribute financing and expertise to equality programs in developing countries. The United States, despite being a major global player, faces considerable domestic challenges regarding the gender gap, particularly around equal pay and political representation. While supporting gender equality in principle, US policies vary significantly at the state level, resulting in different rates of progress.



The country funds gender equality initiatives and promotes policies through diplomatic efforts, although internally it has mixed progress. For their part, developing countries, especially those in Africa and Asia, tend to have the most pronounced gender gaps due to economic, cultural and legal factors. Some governments are implementing reforms to improve women's access to education and employment, but progress is often slower and they face obstacles such as poverty and cultural resistance. However, some, like Rwanda, have made notable progress in women's political representation.

Sweden has Specific programs to address women's mental health, including support services for victims of gender-based violence and perinatal care for pregnant and postpartum women. Canada has policies that seek to integrate mental health services with social welfare, providing support to women in vulnerable situations.

Australia, Spain, Norway and the United Kingdom are countries that are in favor of mental health in women, having organizations that support them.

III. Conclusion

In conclusion, while UN Women has made significant strides in promoting gender equality and empowering women since its inception in 2010, numerous challenges remain, particularly in addressing extreme poverty among women and girls. The persistence of gender stereotypes, discrimination, and systemic inequalities continues to hinder progress. Initiatives like the UNiTE campaign, yet the path to true equality requires sustained effort and collaboration. Solutions such as equal pay and improved access to education show promise, but broader societal change is essential. The ongoing work of organizations like UN Women, coupled with movements such as HeForShe, highlights the importance of engaging all members of society in the fight for gender equality.



As we look to the future, it is crucial to maintain momentum and address the root causes of gender disparity to create a more equitable world for all.

IV. Essential Questions

1. How can we ensure the inclusion of as many countries as possible to effectively address women's inequalities?
2. Should certain organizations take the lead in addressing specific types of inequalities?
3. What is the most effective way to address wage disparities?
4. Is wage inequality related to other forms of inequality, and if so, how?
5. What is wage discrimination, and how does it manifest in the workplace?
6. Is it fair for one gender to have greater earning potential than the other? Why?
7. What are the key factors driving wage differences?

V. References

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