Gender Mainstreaming Toolkit

European Disability Forum
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Guidance to enhance gender equality and the inclusion of women and girls with disabilities in all of EDF’s work

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Introduction

Gender and disability are two key issues that for a long period, have been promoted separately by disability and feminist advocates. However, women with disabilities face discrimination based on being women, and also their disability. How do we ensure that all EDF’s disability rights work fully includes women, and advances their rights?

This guidance can be used as a mean to support the mainstreaming of the rights of women and girls with disabilities in all EDF’s work. In combination with training, and support/collaboration with other organisations and our Women’s Committee, it will build our capacity to combat the intersectional discrimination faced by women and girls with disabilities in all their diversity.

The first guidance for EDF was developed and adopted in 2015.

In 2024, EDF has nearly thirty staff members, works with a range of consultants, and has more than forty experts and nominees in different advisory committees, and more than one hundred member organisations. The content of the current toolkit can easily be used by all of them to ensure gender mainstreaming in various activities and decisions.

The EDF Women’s Committee and EDF staff were consulted in the update of the toolkit. A survey was sent to EDF staff to assess their current knowledge on gender-mainstreaming and support their needs to increase the visibility of women with disabilities.

The document is divided into two main parts. The first part illustrates gender mainstreaming in different work areas by raising a set of key questions on gender inclusivity. The second part is focused on the main subject areas of EDF’s work. For each topic, it illustrates the main challenges and existing gaps related to the situation of women and girls with disabilities.

Scope and intersectionality

We acknowledge that gender mainstreaming goes beyond the perspective of women and girls with disabilities only.

We are committed to also addressing the intersectional perspective of LGBTIQ+ persons with disabilities. Beyond the recommendations of our toolkit, EDF aims to increase the collection of data and experience of non-binary persons with disabilities.
We recall that under the General comment No.3 on Article 6 – women and girls with disabilities of the UN Committee on the Rights of Persons with Disabilities:

‘Women with disabilities are not a homogenous group. They include indigenous women; refugee, migrant, asylum-seeking and internally displaced women; women in detention (hospitals, residential institutions, juvenile or correctional facilities and prisons); women living in poverty; women from different ethnic, religious and racial backgrounds; women with multiple disabilities and high levels of support; women with albinism; and lesbian, bisexual and transgender women, as well as intersex persons. The diversity of women with disabilities also includes all types of impairments, in other words physical, psychosocial, intellectual or sensory conditions that may or may not come with functional limitations.’

**Part 1 – Key Questions in Action**

The following questions aim to increase the inclusion and visibility of women and girls with disabilities in various areas of EDF’s work. Staff can use this section as a checklist when reviewing a policy.

**Legal/policy framework**

1. Are there references to the international conventions related to women rights?
   - UN Convention on the Elimination of All forms of Discrimination against Women
   - UN Convention on the Rights of the Child
   - the other UN Human Rights Conventions

2. Do we refer specifically to articles 6 and 7 of the UN CRPD?

3. Are there references to the EDF’s third manifesto on women and its action plan?

**Data**

4. Do the data show gender differences or correlations with other important variables, such as age, poverty, disability, sexual orientation, people in need of high levels of support, ethnic background and race?
5. Have sex-disaggregated data been collected and considered regarding those likely to be affected or referred to in the policy?

EDF has specific monitoring indicators for gender equalities in its internal monitoring system. They include EU policies adopted with a specific gender dimension, number of EDF women representatives in external meetings, number of women participating in EDF events, number of EDF trainings with a specific gender dimension, or number of Women’s Voice newsletter issued per year. Make sure you report the relevant outcomes accordingly.

For policy work, you can find data on gender equality in the Gender Equality Index of the European Institute for Gender Equality.

Consultation

6. What are the plans for consultation with the Women’s Committee? Has the Human Rights Officer/Coordinator reviewed the proposed policy from a gender perspective?

7. Should we consult with other organisations in the development of this policy? If the Policy is public, based on advocacy towards the EU institutions on general human rights policies, do consider which networks we should discuss this with. They may include:

- European Women’s Lobby (EWL)
- International Lesbian, Gay, Bisexual, Trans and Intersex Association (ILGA) Europe
- Organisation Intersex International (OII) Europe
- Age Platform Europe
- European Network Against Racism (ENAR)
- European Roma Grassroots Organisations (ERGO) Network
- European Youth Forum

Policy content

8. Have specific needs of, or issues faced by, women and girls with disabilities been identified, considered, and integrated in designing this policy document?

**Good practice:** in the Disability Card proposal, the European Parliament’s Committee on Women’s Rights (FEMM Committee) adopted an opinion that address the situation of women with disabilities and impact on women.
9. Have recommendations been provided to ensure that specific situation of women and girls is improved in the policy?

**Recommendations may include:**

- Improving upon any previous legislation/public policy/programme that was discriminatory, disadvantageous or ignores women and girls with disabilities
- Establishing legal and other protection of women and girls with disabilities
- Calling for gender disaggregated data
- Calling or direct involvement of women with disabilities and their organisations
- Increasing women and girls with disabilities access to and control on resources
- Contributing towards empowerment of women and girls with disabilities in any other way, e.g. specific budget allocation, giving decision-making power, etc.
- Calling for training of staff in gender equality and disability

**Communication**

10. Is the language gender sensitive and non-sexist? For example, see the [UNESCO guidelines](#) and the [European Parliament’s guidelines](#) on gender neutral language

11. Are the photos gender balanced and non-sexist? (equal representation of women and men, no stereotyping of women or men, creation of positive images of women and girls with disabilities)

12. Are quotes gender balanced? (are we quoting women and men equally? Do quotes highlight issues of women and girls with disabilities?)

13. Do the visual and written content consider all gender identities?

14. Is gender mainstreamed in key campaigns and testimonies?

**Good practice:** EDF’s Communication team commit themselves to systematic review of language in statements to highlight the specific
demands of women with disabilities, especially in major statement such as the 3rd December statement for the Day of Persons with Disabilities.

**Safeguarding**

15. Are we providing comprehensive training and education to staff and volunteers on recognising signs of abuse and creating a culture of vigilance and accountability?

16. How can we empower women with disabilities to advocate for their rights and assert control over their safety and well-being within our organisations?

17. What steps can we take to promote autonomy, self-determination, and decision-making among women and girls with disabilities in safeguarding processes?

18. Are we offering accessible and confidential support services that address the diverse needs and preferences of individuals with disabilities?

19. How can we continually assess and enhance our safeguarding policies and practices to better meet the evolving needs of women and girls with disabilities? Are we soliciting feedback from women and girls with disabilities and incorporating their voices into decision-making processes related to safeguarding?

**Event organisation**

20. Is gender equality ensured in speakers participating in our panels/events? The operational team can always raise the issue if this is not the case.

21. Do we make sure the EDF does not participate as a speaker in panels which are designed far from gender equality standards?

22. Do we seek to have speakers that will address the specific perspectives of women and girls with disabilities?

23. Are there designated points of contact or support personnel available to assist women with disabilities during the event, including in case of emergencies or unforeseen challenges?

It can be guaranteed through the following:

- **Pre-event**: Include information in event communication materials and practical document about the availability of support personnel and if possible, designate a safeguarding contact person that people can reach out.
• **During the event:** Equip support personnel with easily identifiable badges so that attendees can easily recognise them when seeking assistance. To guarantee higher level of confidentiality and reliability for people to approach, all staff participants might have similar badges. Factors such as sensibility of the topic of the event, its size and attendees can effect choosing the best suit method.

• **Event evaluation:** Document any feedback received from attendee women with disabilities, and LGBTIQ+ with disabilities, as well as any lessons learned, or best practices identified during the event.

### Good practices:

- Having specific indicators on reporting and monitoring that shows how many speakers representing EDF in external events were women, and how many policy changes and policy guidance were adopted with a specific focus on gender.

- Sending representatives of the EDF Women’s Committee as speakers in external events.

- Refusing to participate in all male panels and raising awareness with organisers when they invite us to ‘All Male Panels’.

- Providing the possibility to reveal the gender identity and preferred pronoun in all EDF’s event registration forms.

### Human resource management

24. Are the strategies and legal tools used by the organisation gender inclusive?

25. Are there internal policies in place that specifically address accommodations, flexible work arrangements, and anti-discrimination measures to promote inclusivity and accessibility for women with disabilities?

26. Is there any policy to consider situation of menopause\(^1\) and or menstrual health\(^2\) support at work?

27. Is the management team actively promoting career development opportunities for women with disabilities, including

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\(^1\) Consult with the following: Bupa. Nd. Supporting employees through the menopause: a guide for managers. Retrieved from [https://www.bupa.co.uk/~/media/Files/MMS/bins-04797.pdf](https://www.bupa.co.uk/~/media/Files/MMS/bins-04797.pdf)

mentorship programs, skills training, and leadership development initiatives?

**Good practice:** At EDF, the management team make sure all the rules and ways of working consider everyone, including those with different family situations and disabilities. The Women's Committee and the Youth Committee receive financial support and accommodation for their travel and meetings. For example, costs can be advanced by EDF instead of claimed back afterwards. This supports people facing economic difficulties. It's all about making sure everyone feels included and supported.

### Fundraising

28. Are any portions of the fundraising activities designated for women's rights work?

29. Are gender components included in the projects in general?

30. Do the team collaborate with organisations and initiatives that focus on the rights and empowerment of women and girls with disabilities to amplify the fundraising efforts and leverage resources?

31. Do we transparently communicate the impact of the fundraising efforts on the lives of women and girls with disabilities, including how funds are allocated and the outcomes achieved?

### Part 2 - Illustrative topical facts about gender inequality

This section is a subjective and non-exhaustive guideline for content creation.

Eight main areas of work that EDF currently focus on are covered in this chapter.

### General tips

- Avoid using general terms and sentences addressing the situation of women and girls with disabilities. Try to include specific evidence and data disaggregated by gender or add qualitative information, case studies etc., explaining how women and girls with disabilities are specifically affected.3

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• Make your own checklist. Based on the subject-field that you are working on, you might recognise specific needs and situations of women and girls with disabilities. You might steadily add it to this document and make your personal toolkit during the time.

• Consult and involve EDF Women’s Committee through the Human Rights Officer/Coordinator.

### Accessibility

• Socio-cultural barriers that perpetuate discrimination and exclusion of women, might result in inaccessible environments, such as schools, hospitals and public infrastructures.

• Inadequate provision of accessible information and communication technologies (ICTs) such as websites, software, and digital content, might hinder women with disabilities entering the labour market, social activities and accessing healthcare services.

• Lack of accessible public transport can highly affect active presence of women and girls with disabilities, particularly those who live in remote areas, in society. The lack of accessible transport isn't just about mobility. It restricts access to education, healthcare, and economic opportunities. It also affects women with disabilities who are mother/carer of others. It is not only impacting social justice but the economy and development of society. Accessible public transport can also provide a safer environment for women with disabilities against public harassment. It can be ensured by providing specific trainings for transit staff, and giving visibility to female passengers with disabilities by dedicating visible sits, e.g. the front sits and sits with sufficient space for their accessibility equipment or guide and/or assistance animal.

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Artificial Intelligence (AI)\(^5\)

- In cases where data collection is based on historical data (such as AI generated data), it is very likely that it will replicate societal biases against women with disabilities. As an example, an AI-powered hiring tool that relies heavily on past employment data may disproportionately favour candidates without disabilities, thus excluding qualified women with disabilities from job opportunities.

- Limited representation and participation of women and girls with disabilities in the design, development, and testing phases of AI technologies, result in overlooked accessibility features. For example, facial recognition technology has a harder time recognising women's faces than men's. This might lead to the wrong person being arrested. It is also possible that a voice-controlled AI assistant does not recognise the voice commands of women as well as those of men, particularly where the clarity of words is less due to communication disorders.

- Neural Photo Generation\(^6\) (Deepfakes) can be a real threat for all women, including women and girls with disabilities. Deepfakes can be used to create fake videos or images depicting women with disabilities engaging in inappropriate or harmful behavior, leading to reputational damage, harassment, or other forms of harm. They may face challenges in defending themselves against false or malicious representations due to communication barriers, cognitive impairments, or other factors. Generating fake non-consensual pornography (revenge porn) using the AI is a form of cyber violence that can hurt women with disabilities and put them in a devastating cycle of psychological trauma and social stigma. Lack of accessibility in judicial reporting systems makes it difficult to register a complain about what happened.

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\(^5\) Consult with following references:

• When it comes to the AI-based healthcare services, it can exacerbate misdiagnosis and increase barriers to accessing care for women with disabilities by mimicking misogynistic beliefs and the use of men’s bodies as standard.
• The AI Act also prohibits biometric categorisation to identify or infer emotions and behavioural modification to be used in Europe, except when used for therapeutical use, with the person with disabilities or a legal guardian's consent. This can increase human rights violations and psychiatric violence, especially against persons with psychosocial disabilities. Autistic people will be particularly impacted since they might have different forms to display emotions, and are one of the most targeted groups for behavioural modification.

Education

• Accessibility barriers and lack of adapted resources in educational institutions, including physical barriers such as stairs and inaccessible restrooms, as well as a shortage of materials in alternative formats (such as braille, large print or easy read), affect persons with disabilities. The impact of the scarcity specifically targets women and girls with disabilities when the limited resources prioritise boys schools. It is particularly the case when sex segregated system is implemented.
• Social discrimination and stereotypes on gender and disability direct a big volume of exclusion, bullying, and lower expectations for academic achievement towards girls with disabilities.
• Lack of inclusive educational systems prevent girls from attending school. It is necessary to provide quality training and enrich education systems by including diverse experiences of female teachers with disabilities.

Employment

• Data shows that women with disabilities are more likely to be unemployed than men with disabilities. Those in employment are

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also significantly more likely to only be working part-time, rather than full-time. It is also considerable that women with disabilities on average earn less than men with disabilities, despite having in general higher educational attainment. The comparison comes with the same result regarding women without disabilities.

- In addition to lack of equal opportunities, discrimination, and inaccessible workplaces, what specifically affects women with disabilities is lack of reasonable accommodations. For example, being a mother might put women employees with disabilities in need of reasonable accommodations such as a flexible schedule, remote working option if possible, and access to family-friendly benefits.

- Limited access to education and vocational training, which is driven from socio-cultural stereotypes against women with disabilities, leads to fewer employment opportunities.

### Health and reproductive rights

- Limited access to healthcare services due to physical barriers, lack of accessible medical equipment, and discriminatory attitudes from healthcare providers, highly target women with disabilities. Infantilisation frequently happens against women and girls with disabilities in medical centers.

- Inadequate sexual and reproductive health education tailored to the needs of women and girls with disabilities, leading to misconceptions and higher risks of unplanned pregnancies and sexually transmitted infections, gynecological violence as well as harmful childbirth.

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• Forced sterilisation and involuntary contraception practices are still prevalent. This violates the reproductive rights of women and girls with disabilities. Adding the fact that lack of awareness and support for sexual and reproductive health decision-making autonomy among women and girls with disabilities, is often led to vulnerability to coercion and abuse.

• Women are more likely than men to receive a misdiagnosis, not being believed or experiencing longer delays in diagnosis and support provision, especially in invisible disabilities and chronic conditions. Most clinical trials, assistive devices, medical products, and medication are studied in men and translated into women’s bodies, making them more likely to have medical complications and their symptoms dismissed.

• Inadequate training for healthcare providers on how to address the specific needs and rights of women and girls with disabilities and/or how to respectfully communicate with them, cause their health issues to be neglected, ignored, and not to be revealed.

Human rights

• Women and girls with disabilities often face barriers in exercising their right to vote independently, including inaccessible polling stations and lack of accommodations such as braille materials or sign language interpreters. The higher risk for them in this case relates to the socio-cultural stereotypes and stigmas.

• They are at a heightened risk of experiencing violence and abuse, including domestic violence and sexual assault, with limited access to justice due to systemic barriers such as inaccessible legal procedures and negative attitudes from law enforcement.

• Women and girls with disabilities engaged in human rights activism face intersecting forms of discrimination, including ableism, sexism, and marginalization within activist circles. The most recent guideline in this topic launched in February 2024 titled “Strengthening the Inclusion, Protection, and Wellbeing of Human Rights Defenders with Disabilities”.

• Limited access to resources, funding, and networking opportunities for women and girls with disabilities advocating for human rights, exacerbating barriers to participation and influence.

• Women and girls with disabilities face heightened risks during displacement, including barriers to accessing humanitarian aid, lack of accessible shelters, and increased vulnerability to exploitation and abuse. Inadequate inclusion of disability perspectives and participation of women and girls with disabilities in decision-making processes within refugee camps and host communities is also a big challenge.

• Girls with disabilities experience higher rates of neglect, abuse, and exploitation compared to their non-disabled peers, with limited access to child protection services and support systems.

Humanitarian action

• Women and girls with disabilities face compounded risks in conflict situations, including heightened vulnerability to violence, displacement, and lack of access to essential services such as healthcare and protection. Barriers to fleeing conflict zones or accessing humanitarian aid due to physical mobility limitations, communication barriers, and discrimination, exacerbating their exposure to harm and deprivation.

• Women and girls with disabilities who are institutionalised are more likely left behind, unable to evacuate and are more likely to lose their life, including in medical emergencies as it happened during the pandemic.

• Women and girls with disabilities are disproportionately affected by the impact of climate change, including extreme weather events, food insecurity, and displacement, due to intersecting vulnerabilities and barriers to adaptation. Lack of accessing equal opportunities specifically face them with barriers for decent internal or external migration.

• Limited access to adaptive technologies, emergency preparedness information, and evacuation assistance exacerbates the risks faced

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by women and girls with disabilities during climate-related disasters, increasing their likelihood of injury, loss of livelihoods, and displacement.

- Women and girls with disabilities are frequently overlooked in post-conflict reconstruction efforts, with limited opportunities for participation in decision-making processes, access to livelihood support, and physical infrastructure reconstruction. It exacerbates pre-existing inequalities and barriers to inclusion.

**Intersectional Discrimination**

- Women and girls with disabilities face intersecting forms of discrimination based on both gender and disability, resulting in compounded marginalization and exclusion from mainstream society. Women and girls with disabilities from marginalized racial or ethnic backgrounds, LGBTQ+ identities, or low-income households may face even greater levels of discrimination and marginalisation due to the compounded effects of intersecting forms of oppression.

- Stereotypes and societal norms about gender roles and disability can intersect to perpetuate harmful attitudes and beliefs, further marginalising women and girls with disabilities and restricting their opportunities for social inclusion and advancement.

- Legal frameworks and policies often fail to adequately address intersectional discrimination, focusing on single-axis identities rather than recognising the complex and interconnected nature of discrimination experienced by women and girls with disabilities. The same thing often happens in data gathering processes, which leads to a lack of intersectional data collection and analysis.

- Limited awareness and understanding among policymakers, service providers, and society at large about the intersectionality of discrimination may result in inadequate responses and support systems for women and girls with disabilities facing multiple forms of marginalisation.

**More information**

- EDF’s webpage on [Women and Gender Equality Policy](https://wrd.unwomen.org/sites/default/files/2021-11/APGOOD~1.PDF)

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• **EDF’s Women’s Committee**
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