

## Gender stereotypes

### 1. The Gender Cards

Explanation: On every card is a picture with a word or a sentence. The children must guess whether the card belongs to gender or sex. On the backside of each card you can find the solution.

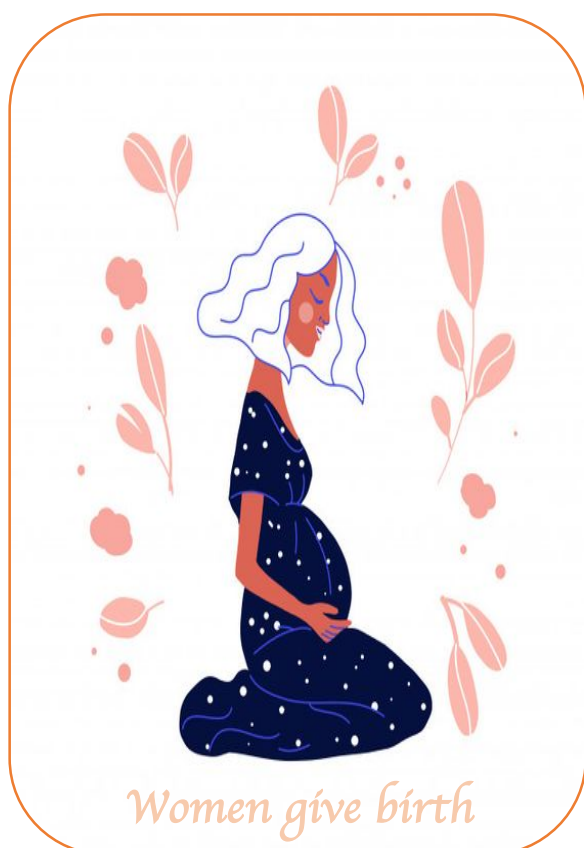
Preparation: The cards below.

Goal: This exercise practices the difference between gender and sex.

Number of players: One or more players is possible, but two players is recommended.

Difficulty: Medium

**The frontside**



**The backside**

*Sex*

*Men ≠ child care*



*Gender*

*Research says boys are better in math than girls*



*Sex*

*Women have a lower salary than men*



*Gender*

*Men don't have breasts*



*Men don't have breasts*

*Sex*



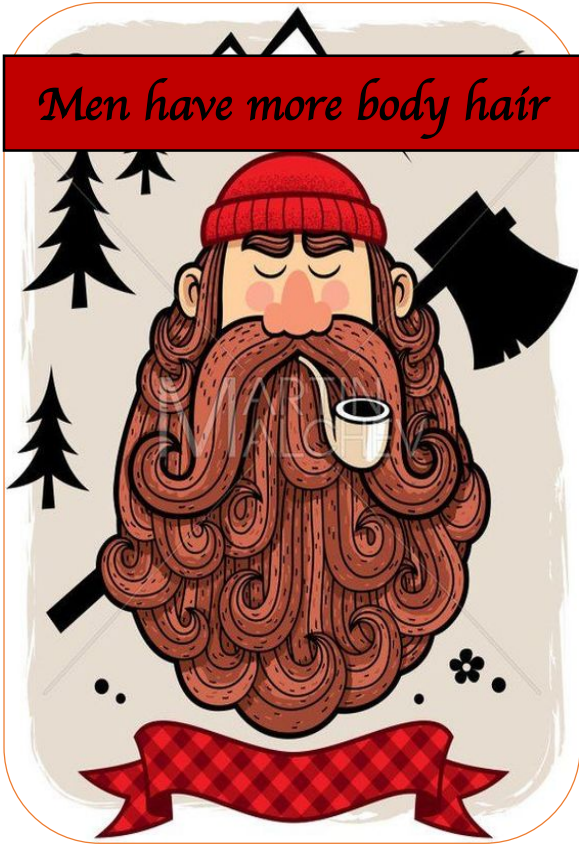
*People say that men  
are though*

*Gender*

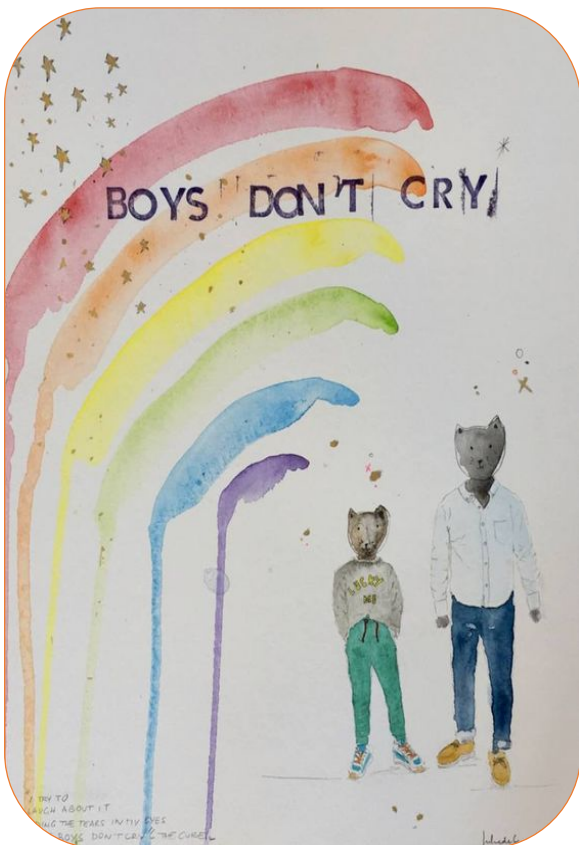
*Women should clean the house*



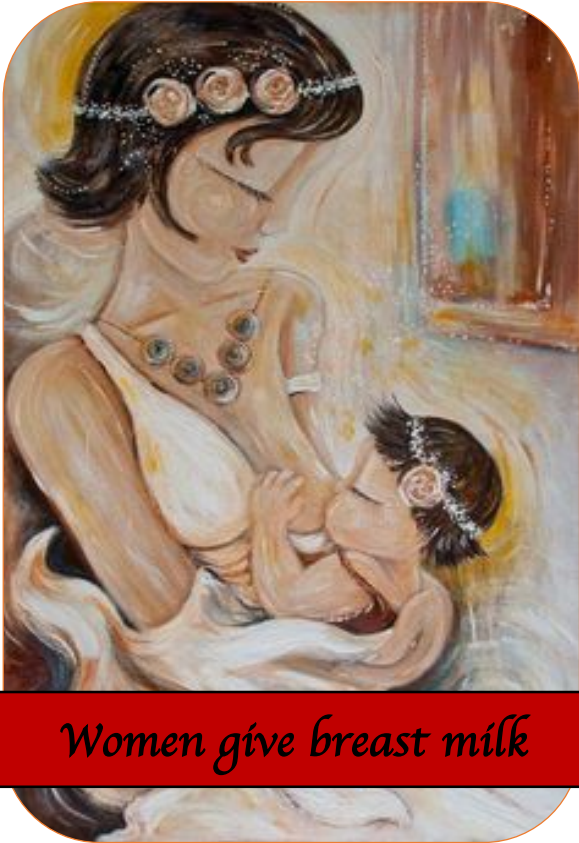
*Gender*



Sex

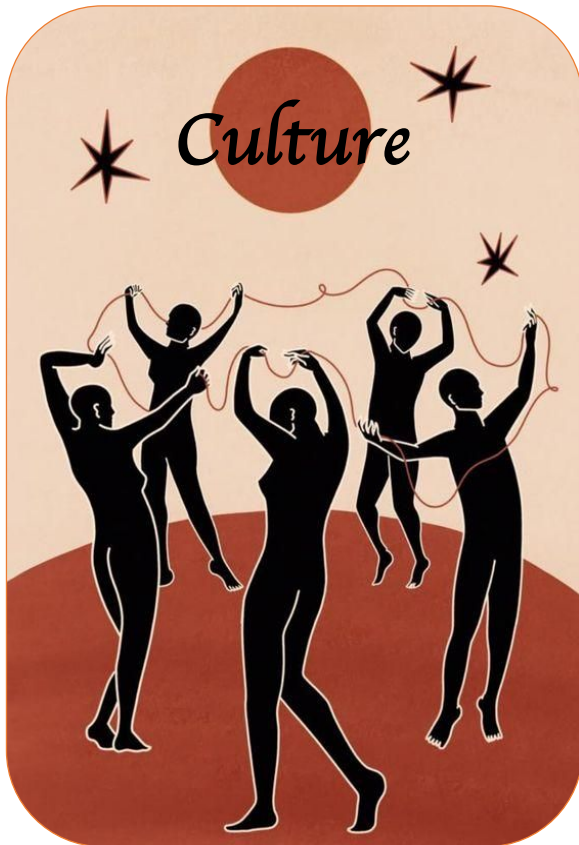


Gender



*Women give breast milk*

*Sex*



*Gender*

## 2. How do you feel about the statements?

People often make gender-related comments without realizing they are looking down on the opposite gender. It shows that gender stereotypes are imprinted in our head.

Explanation: In every field, you can find a statement that contains gender-related comments. It's important to discuss these statements. What feelings do you get when you read this? What's another way to tell somebody the same message? Do you think it's true or not true? Can you explain this? Do you have experiences with these statements?

Difficulty: Medium

**You dress like a girl!**

**Don't cry like a girl!**

**I expected more from  
a boy like you!**

**Act like a man!**

**Women belong in the  
kitchen!**

**Not bad for a girl!**

**Would you do that, as  
a woman?**

**Do you clean up? Women  
are much better in it!**





#### 4. Let's switch!

**Explanation:** The children need to stand in the shoes of the other sex, so let's switch! The boys have to do 'women's' activities and the girls have to do 'men's' activities.

##### **Boys:**

- *Cooking:* the boys go into the kitchen and cook a meal for the girls. This can best be supervised by at least 1 teacher.
- *Coconut scraping:* whoever can scrape the coconut the fastest wins.

##### **Girls:**

- *Rope pulling:* With this game, you can form groups of 2 people (pairs). The teacher holds the rope. All children now grab the rope. You can look at the picture below. When the teacher lets go of the strings, the children must pull the rope. The strongest pair wins.



- *Football or cricket:* These sports are seen as 'men's sports'. But girls can do this too! ;-)

**! Sidenote:** You can make different variants of this game. For example: cry contests, talk about feelings, etc. To promote cooperation between boys and girls, you can also do the activities together.

##### Preparation

- Ingredients for the meal
- Coconuts
- A rope

**Number of players:** At least 4 players

**Goal:** This game is ideal for breaking the gender stereotypes and the gender roles.

**Difficulty:** Medium