Gender stereotypes

1. The Gender Cards

<u>Explanation</u>: 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.

<u>Preparation:</u> 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.

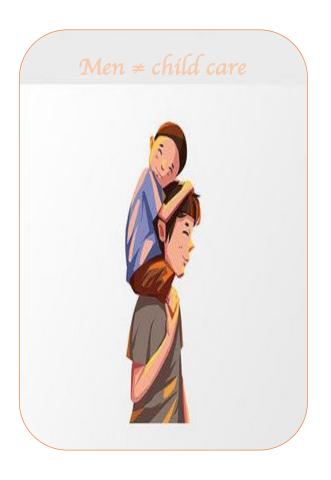
<u>Difficulty:</u> Medium

The frontside

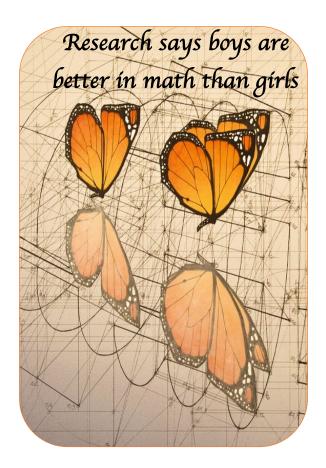


The backside

Sex



Gender



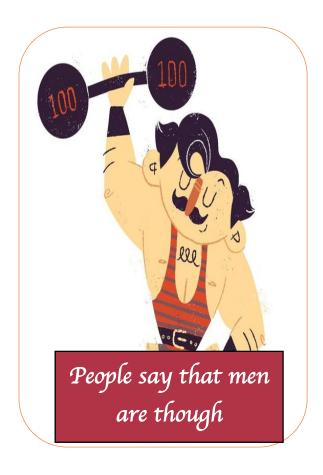
Sex



Gender



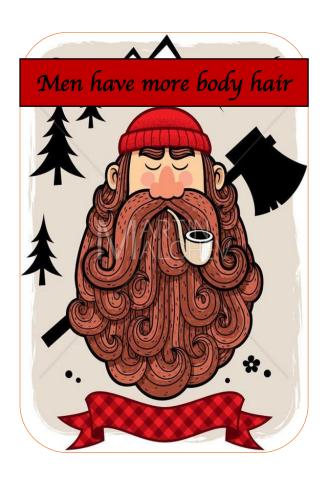
Sex



Gender



Gender



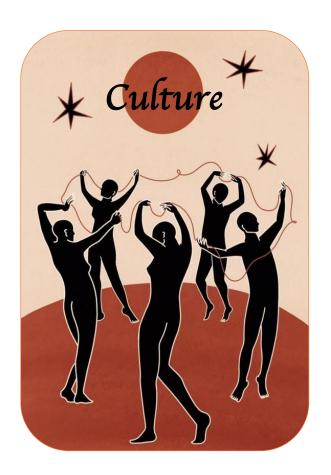
Sex



Gender



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.

<u>Explanation</u>: 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!

3. Professions

People associate many jobs with gender. For example, a certain job is more seen as a woman's job, and another job as a male job. This is due to the character traits we connect to men and women. For example, women are more seen as loving and caring, which makes them better in childcare. Men are seen as stronger and tough, so they fit better as a construction worker. But it's important that children know they can do everything they want to do. Men can be good with children as well and woman can be strong construction workers too.

<u>Explanation:</u> Do you think the following professions are more male or female? Place these professions in the column in which you think they match the most.

Lawyer – Teacher – Dentist – Actor - Auto mechanic – Engineer – Nurse – Seller – Doctor - Flight attendant – Dancer – Housewife – Writer – Fireman – Police - Construction worker – Wedding planner – Florist – Mechanics – Soldier – Nanny – Security guard – Beauticians - Midwives

Male	Female

4. Let's switch!

<u>Explanation</u>: 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:

- o *Cooking:* the boys go into the kitchen and cook a meal for the girls. This can best be supervised by at least 1 teacher.
- o *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.



o 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

<u>Goal</u>: This game is ideal for breaking the gender stereotypes and the gender roles.

Difficulty: Medium