



STAND AGAINST GENDER BASED VIOLENCE

Project n°2022-3-BE04-KA210-YOU-000093759

Non-Formal Learning Activity Plan

Theme: *Point It Out! How Can I Fight Gender Stereotypes?*

Objectives

1. To understand how gender stereotypes and sexism impact individuals and society.
2. To encourage participants to identify and challenge gender stereotypes in media, daily life, and conversations.
3. To empower participants to become role models and advocate for gender equality.

Activity Structure (60-90 minutes)

1. Introduction – Icebreaker: “Spot the Stereotype” (10-15 minutes)

- **Activity:** Show participants a series of images, short videos, or magazine ads (can be printed or digital) that depict gender stereotypes (e.g., women shown as homemakers, men as breadwinners, girls in pink, boys in blue).
- **Task:** Ask participants to identify the stereotypes in each example and discuss:
 - “What do you notice?”
 - “Why do you think this is stereotypical?”
 - “How might this affect people who don’t fit this image?”

Goal: To set the stage for identifying stereotypes in media and daily life.

2. Presentation – Practical Ways to Challenge Gender Stereotypes (15-20 minutes)

- Use the provided content to present key strategies:
 - **Point It Out:** Explain how to identify and talk about stereotypes in media and conversations.
 - **Be a Living Example:** Highlight the importance of role models who challenge gender norms.
 - **Speak Up:** Share tips on how to respectfully challenge sexist jokes or comments.
 - **Give It a Try:** Encourage participants to break stereotypes through their own actions.



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Interactive Element: After explaining each strategy, ask participants to share examples from their own experiences or brainstorm how they might apply these strategies in their communities.

3. Group Activity – “Gender Stereotype Detective” (20-25 minutes)

- **Setup:** Divide participants into small groups. Give each group a different type of media (e.g., a magazine, a short video clip, or a set of social media posts).
- **Task:** Groups analyze their media and answer these questions:
 1. *What stereotypes do you notice?*
 2. *How could these images/messages be harmful?*
 3. *What could be done differently to promote equality?*
- **Presentation:** Each group shares their findings and suggestions with the larger group.

4. Role-Playing – “Speak Up” (15-20 minutes)

- **Setup:** Present participants with scenarios where they might encounter sexism or gender stereotypes (e.g., someone makes a sexist joke, a friend says, “That’s not for girls/boys!”).
- **Task:** In pairs or small groups, participants role-play how they would respond.
- **Discussion:** After each role-play, discuss:
 - *“How did it feel to speak up?”*
 - *“What worked well in the response?”*
 - *“What might you do differently?”*

5. Closing – Personal Action Plan (5-10 minutes)

- **Activity:** Each participant writes down one concrete action they will take to challenge stereotypes (e.g., “I will call out sexist jokes,” “I will try something outside my gender norm,” “I will talk to a younger sibling about stereotypes in cartoons.”).
- **Sharing:** Participants can share their action plans with the group (optional).
- **Final Message:** Remind participants that even small actions—like pointing out a stereotype or being a role model—can have a big impact.



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Materials Needed

- Images, videos, or ads showcasing gender stereotypes (digital or printed).
- Flipchart paper or whiteboard for brainstorming.
- Pens, markers, and paper for the action plan activity.

Outcome

By the end of the session, participants will:

- Be able to identify and articulate gender stereotypes in media and daily life.
- Feel confident in challenging sexism and stereotypes in conversations and actions.
- Leave with personalized strategies to promote gender equality in their own lives.