Power for Change:

How to be a disruptor in the face of gender inequality

LET'S TALK
Helping young people thrive

NHS
Wirral Community Health and Care
NHS Foundation Trust

Who are Let's Talk?

We support young people to develop **knowledge, skills** and **confidence** to make **informed decisions** about their **health and wellbeing**

Free, confidential, and **non-judgemental** support and advice including about:

- Relationships
- Sexual Health
- Drugs and alcohol
- Understanding anger
- Health and wellbeing

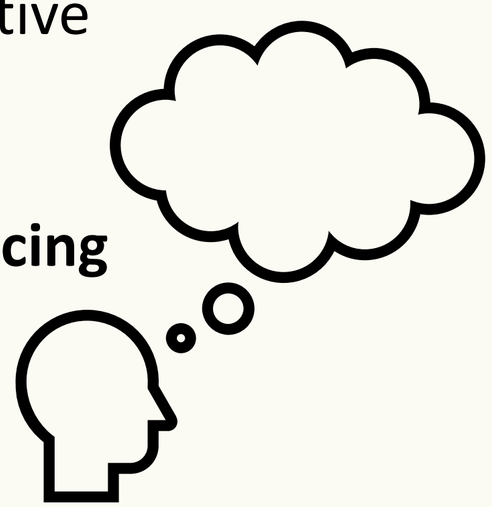
Group Agreement

- Safe space for learning – no judgement
- Take part
- Ask questions – but nothing personal
- Listen – don't talk over
- Language
- Confidentiality
- Look after you!

Learning Objectives

By the end of this lesson, you will be able to:

- Recognise sexism and misogyny, and understand how they shape power, behaviour and experiences for *everyone*
- **Examine the role of emotions in driving behaviour and practice respectful responses in challenging situations**
- Build the confidence and skills to disrupt misogyny, comparing effective strategies to support others as an active bystander
- **Understand safe and empowering ways to respond when experiencing misogynistic behaviour**
- Identify how to access support for yourself or others



Trigger warning

Please note that during this session we will be exploring sensitive topics, and these may be distressing to some members of the class.

If you feel like you need a moment out of the session, please inform a member of staff.

At the end of the session, we will explore where to seek support for these topics. You can also approach me after the session or at a later point. It’s important to take care of yourself.

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A note on gender

Most of the existing research into misogyny focus on the experiences of men/boys and women/girls.

However, we recognise that these issues can affect people of all genders, and we are not here to blame any gender.

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Quiz time!

What is misogyny?

A. A word to describe when boys and girls have an argument.

B. The hatred of, or prejudice towards women and girls.

C. A type of Japanese soup

What is misogyny?

Misogyny refers to hatred of, or prejudice towards women and girls.

This also includes things associated with women and femininity.

Even though misogyny is mostly aimed at women and girls; boys, men and people of all genders are affected by misogyny in different ways.

What is sexism?

A. Sexism and misogyny are different words for the same thing

B. Sexism is just a personal opinion that doesn't affect behaviour

C. Sexism involves prejudice, stereotypes and discrimination based on gender, and involves systems in wider society

D. Sexism doesn't exist since women got the vote

What is sexism?

Sexism is any expression (act, word, image, gesture) based on the idea that a person or group, most often women, are inferior because of their sex or gender.

Sexism is often based on inequality in history that influences things today like laws, stereotypes, assumptions and workplaces.

What is prejudice?

Prejudice refers to pre-judging someone just because they belong to a certain group or have a certain characteristic – e.g. gender, ethnicity, culture, disability, sexual orientation.

Which of these are examples of misogyny?

(name all that apply)

A. Rating or ranking girls based on their appearance

B. Dismissing a woman’s anger as emotional, crazy or hysterical

C. Posting online that you hate women

D. Domestic violence against women and girls

Teaching notes

Which of these are examples of misogyny – all of the above

What percentage of sexual deepfakes are of girls? 99%

How many people have seen misogynistic content on TikTok? 70% - rising to 80% of women who responded. Do we think that more women are seeing misogynistic content, or do we think that men aren't recognising it as misogynistic?

Can you think of any other examples?

What does misogyny look like?

Belief that wearing revealing clothing means a victim was ‘asking for it’

Rating/ranking women based on their appearance

Violence against women and girls

Dismissing women’s anger or disagreement as ‘emotional’ ‘crazy’ or ‘hysterical’

Describing a girl as a ‘slut’ or a ‘slag' particularly relating to her actions or appearance

Online abuse of women and girls

Trying to control a woman’s behaviour

Belief that women and girls are lesser than men and boys

What does sexism look like?

Assuming that a woman is less capable at a job

Expecting women to do all the housework

Describing a boy as a ‘player’ or ‘lad’ for having multiple sexual partners

Saying someone is ‘crying like a girl’

Making jokes about women being bad drivers

‘Real man’ stereotype that boys should be strong, not show emotion

The fact that women are paid less than men on average

‘Good girl’ stereotypes that girls should be quiet, submissive & agreeable

What percentage of sexual deepfakes are of girls?

A. 20%

B. 75%

C. 99%

What are deepfakes?

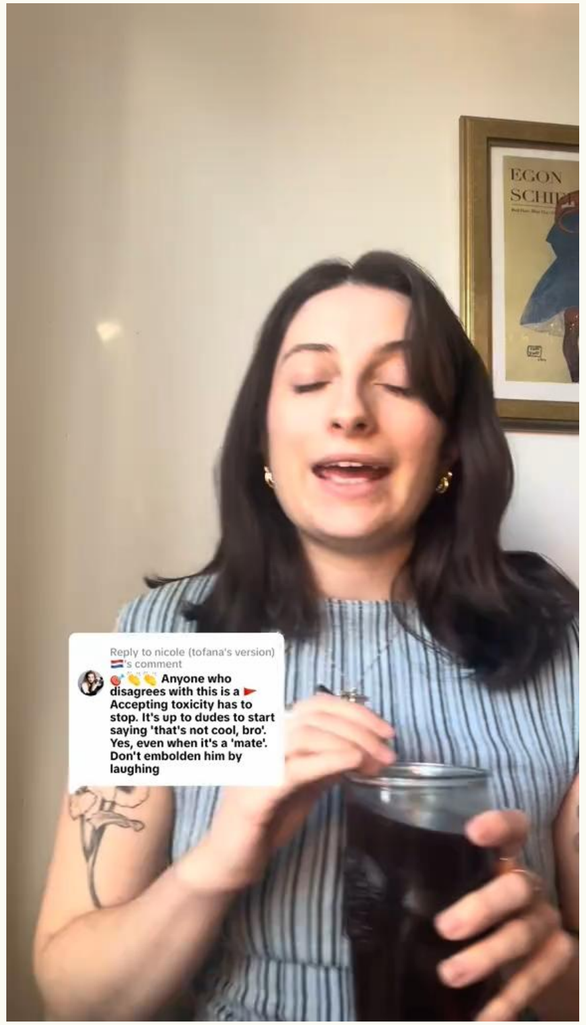
Deepfakes are digitally manipulated content to falsely depict someone using AI. It can include altering audio to imply someone has said something and altering videos and images to show someone doing something they haven’t.

How many people have seen misogynistic content on TikTok?

A. 30%

B. 50%

C. 70%



What to do if you experience misogyny

Teaching notes

- Know your rights - Misogyny and sexism are not ok, and you are protected under the Equality Act
- Remember that it's never your fault - What someone says and does is their responsibility, not yours
- Talk to someone you trust - A trusted adult, a friend – you don’t have to deal with it alone
- Keep evidence - Screenshot messages, comments, usernames, dates and times –don’t reply if it doesn’t feel safe to
- Report it - In school – tell a teacher, safeguarding lead etc. Online – to social media site, report and block. To police if necessary
- Get extra support – NSPCC Sexual Harassment in schools helpline, childline

What to do if you experience misogyny

- Make sure you are safe
- Know your rights
- Remember that its never your fault
- Talk to someone you trust
- Keep evidence
- Report it
- Get extra support

Remember:

Misogyny has existed for a long time, but things **are** changing. Speaking up helps protect you and others.

NSPCC
You don’t have to face sexual assault, harassment or abuse at school alone. It’s not OK and never your fault.
For advice and support contact NSPCC’s dedicated helpline
0800 136 663
help@nspcc.org.uk

Choose Respect

Teaching notes

Choose respect:

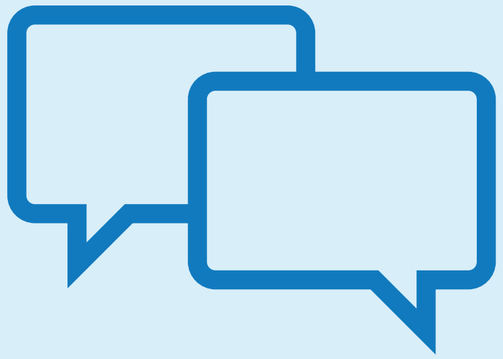
RESOURCE: Respectful responses activity

This activity is to encourage young people to learn how to allow themselves to feel their emotions whilst understanding how to respond to potentially hurtful or difficult situations in a respectful way. It encourages them to acknowledge that their initial reaction may not be the most helpful in a situation, and if we take a moment to pause we can choose respect to the benefit of both others and ourselves.

It really *is* that easy!

- No one is owed a date, reply or attention.
- Rejection happens – and its tough!
- Feel your emotions, but don’t take them out on others.
- Rejection is never an excuse for insults or misogyny.
- How you handle rejection shows more about you than the rejection itself.

What would you do?



Teaching notes

- Print out low risk/medium risk/high risk slides and place them at different ends of the room
- Print out the responses to place in each category
- Read out scenario and ask young people to read out the different responses and categorise them as high/medium/low risk. You can hand these out for young people to get up and move around the room, or read them out and place them on the spectrum yourself after their feedback.
- Ask them why they've categorised it that way, and which response would they be most likely to choose.

Low Risk

Medium Risk

High Risk

Scenario

You’re on a bus. An older man is sitting next to a school girl. He keeps asking her questions about where she’s going and where she’s getting off the bus. She’s giving short answers, looks uncomfortable, and keeps checking her phone.

Shout to tell the man to leave her alone. Point out that he’s making her uncomfortable

Go tell the bus driver there’s a man making someone uncomfortable and ask if they could you keep an eye on it.

Pretend you know her and go and sit next to her and talk.

Stay where you are but keep watching in case it gets worse.

Tell your friend to go and tell the driver whilst you make sure she is ok

Wait to see if someone else does something.

Scenario

You’re at a party. A boy is shouting at his girlfriend outside, calling her names and grabbing her phone. She looks upset and is trying to leave. Other people notice but don’t get involved.

Stay out of it, it’s not your relationship

Tell him to calm down and back off

Get other people together and check in on her

Call the police

Go outside pretending to wait for a taxi, start chatting to him

Go out whilst they are arguing and ask her if she’s alright and needs any help

Scenario

You’re in a group chat with friends. Someone starts rating girls they know based on looks and makes a comment about one girl being “easy”.

A few people send laugh emojis. Your friend says, “That’s a bit harsh” and people start making fun of him.

Change the subject and move the conversation on

Send a laugh emoji and keep reading the chat

Private message the person saying mean things to let them know you disagree with them too

Don’t say anything but like your friends comment so they know you agree with them

Stand up for your friend in the group chat

Private message your friend letting them know you agree it was harsh but keep quiet in the group chat

Scenario

You’re in a group chat with school friends. Nude photos come up in conversation your mate then shares a picture of his girlfriend who’s in the year below. She doesn’t know it’s been shared, and you know she would feel humiliated. Other people start reacting with emojis and comments.

Say nothing and mute the chat

React with an emoji but don’t comment

Message one of the girlfriend’s mates so she knows it’s been shared to a group of people from school

Let one of your parents know so they can handle the situation before it gets worse

Message the friend privately to tell him to delete the picture before he gets in trouble

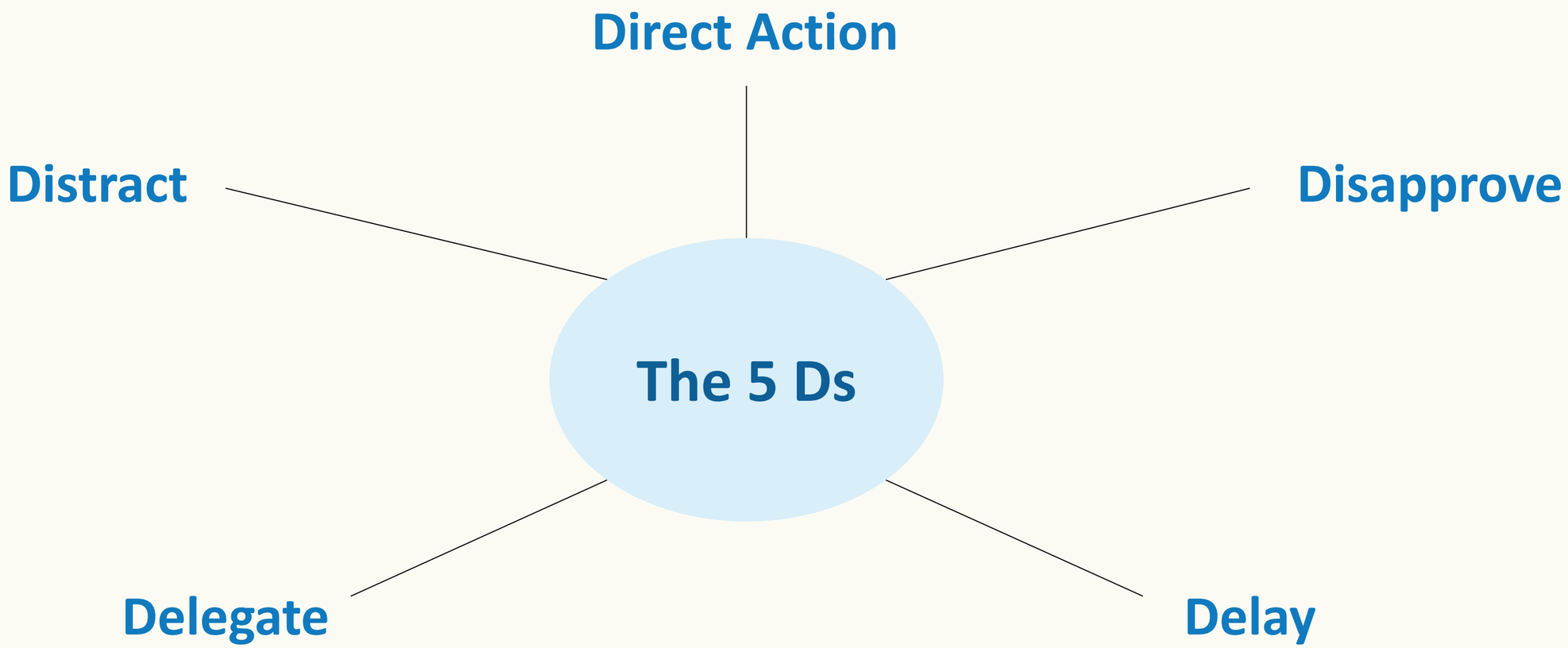
Tell him in the group chat that it’s not funny and that he should delete it

Did you know?

It is against the law to make, send, own or show nude or sexual images of someone under 18, **even if the person in the photo is consenting or took it themselves.**

This doesn’t necessarily mean you’ll get in trouble though – always ask for help if someone shares your image.

How to be an active bystander



An active bystander is **someone who not only witnesses unacceptable behaviour**, but who chooses to act and challenge that behaviour.

How to be an active bystander

Disapprove

- Show you disagree with the behaviour
- Not laughing, walking away, shaking head

Direct Action

- Call out misogynistic behaviour
- *‘That’s not funny’, ‘I don’t get it…’*

Distract

- Change the subject instead of joining in
- *‘Hey did you see the match last night?’*

How to be an active bystander

Delegate

- Tell a trusted adult
- Report to social media site

Delay

- Check in with the victim afterwards
- *‘I’m sorry that happened. Are you ok?’*

Remember:

There’s always *something* you can – and should - do.

Where to get support

Branch is an online mental wellbeing hub for children and young people in Wirral, from 0 all the way to 18 (and up to 25 with additional needs).

Health services in schools have youth workers who can offer 121 support around any concerns or support you may need. Ask you teacher to learn how to chat to them.

ourPlace

Free, confidential and non-judgemental service for young people aged 19 and under. We offer advice, support and treatment in a discreet and young person friendly clinic area.

Services and support:

- Contraception
- Emergency contraception
- Condoms
- STI testing
- Psychosexual support
- LGBTQ+ support

Visiting ourPlace

Monday to Thursday - 3.00pm to 7.00pm

Friday - 3.00pm to 6.00pm

Saturday - 1.30pm to 3.30pm

For appointments, please call **0300 123 5474**

Location:
ourPlace, 1st floor, St Catherine’s Health Centre, Derby Road, Birkenhead CH42 0LQ