

# Discussion points for each topic and theme

This document contains examples of discussion points that you can use for each topic. The discussion points may vary depending on the theme (i.e. My Self) or lesson focus. You will also see some aims for each topic (under the topic names).

## Topic

## My Self

## My Community

## My World

### Choosing an Ally

- ★ Explore role of male allies.
- ★ Discuss ways to become an ally.
- ★ Empower YW&Gs to explore being allies to other groups.

- ★ What/who do I consider to be an ally?
- ★ What traits would I expect an ally of women's rights to have?
- ★ The importance of safe spaces and trust.

- ★ Do we need more male allies in the community?
- ★ Who are the male allies in the community? Are they genuine allies?
- ★ How to be an ally to other women and marginalised groups.

- ★ Current global movements e.g. #MeToo and #TimesUp.
- ★ The importance of the Gillette advert, and the backlash it received.
- ★ Women's Right Campaigns from around the world.
- ★ Men who consider themselves allies e.g. Canadian President Justin Trudeau, Malala's Father.



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In partnership with

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Topic	My Self	My Community	My World
<b>Women in Sports</b> <ul style="list-style-type: none"> <li>★ Empower YW&amp;Gs through exploring current role models within sport/physical activity.</li> <li>★ Review local, global and national initiatives that increase YW&amp;Gs sports participation.</li> <li>★ Explore the issues women face in sports.</li> </ul>	<ul style="list-style-type: none"> <li>★ Reflecting on my experiences (good and bad) playing sports or taking part in physical activity.</li> <li>★ Why I participate/don't participate in sports/physical activity.</li> <li>★ Who are my female sporting heroes?</li> </ul>	<ul style="list-style-type: none"> <li>★ How does my community perceive women in sports i.e. is it frowned upon?</li> <li>★ Are there opportunities for women/girls to participate in sports and physical activity in my community?</li> <li>★ Female sporting heroes and role models from the community.</li> <li>★ Fitness/Sporting Issues women face within my community.</li> </ul>	<ul style="list-style-type: none"> <li>★ Sporting heroes/role models around the world.</li> <li>★ Global issues women face in the sporting community (see Serena Williams and Caster Semenya).</li> <li>★ Do women have the same opportunities as men, around the world?</li> <li>★ What are the differences between male and female sports? Do we hold women's sports to the same standards/importance?</li> </ul>

Topic	My Self	My Community	My World
<b>Inspirational Women / Role Models</b> <ul style="list-style-type: none"> <li>★ Explore the attributes of a good role model.</li> <li>★ Discuss the impact of current role models both locally and around the world.</li> <li>★ Empower the YW&amp;Gs to become role models</li> </ul>	<ul style="list-style-type: none"> <li>★ What do I consider to be a good/bad role model for YW&amp;Gs?</li> <li>★ Who are my own role models? Who inspires me?</li> <li>★ Would I consider myself to be a good role model for women and girls?</li> </ul>	<ul style="list-style-type: none"> <li>★ Who do I look up to in my community? Are there many visible female role models around me?</li> <li>★ Where can I go or look to find good leaders and role models in my community?</li> <li>★ How can I become an inspirational leader for and within my community?</li> </ul>	<ul style="list-style-type: none"> <li>★ Who are considered good female role models around the world? Who inspires me?</li> <li>★ How does the world perceive people like me i.e. are we role models?</li> <li>★ Greta Thunberg and the new female climate change activists - it only takes one person to change the world.</li> </ul>

## Topic

## My Self

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### Wellbeing / Mental Health

- ★ Explore the mental health issues YW&Gs face.
- ★ Inspire the YW&Gs to focus on self-care and how to love themselves.
- ★ Create a safe space for the YW&Gs to share their worries.
- ★ Provide outlets to help the YW&Gs with any issues they struggle with.
- ★ Discuss ways that each YW&Gs could support someone else with their wellbeing.

### Mental health

- ★ What does mental health mean to me? Why is it important?
- ★ How to talk about mental health (see 'Blob Tree JPEG' and 'Example Blob Tree Activity' PDF in the folder).
- ★ How would I go about seeking help and asking for support?
- ★ Discussions around self-worth.

### Well-being

- ★ What is wellbeing and self-care?
- ★ How do I look after my own wellbeing/ what self-care routines do I follow?
- ★ How can I support other young girls and women with their wellbeing?

### Mental health

- ★ How to support a friend or family member/someone in your community who is struggling with their mental health.
- ★ How can we help destigmatise mental illness?
- ★ What mental health issues are prominent in my community?
- ★ What mental health support is available in my local area.

### Well-being

- ★ What local community services are there to promote positive wellbeing?
- ★ women face within my community.

### Mental health

- ★ Mental health and school – what are the pressures affecting young women and girls around the world?

### Well-being

- ★ How culture, community and environment influence mental wellbeing.



## Topic

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### Body Image and Body Positivity

- ★ Empower YW&Gs to have positive body images of themselves.
- ★ Explore current role models and campaigns that encourage body positivity.
- ★ Discuss the pressures YW&Gs face from social media body image representations.

- ★ Self-reflection about how the YW&Gs feel about their bodies/ talking about insecurities.
- ★ Discussions on how YW&Gs feel to have a certain body/look a certain way. What pressures do they experience?
- ★ YW&Gs to consider what they find beautiful and why?
- ★ YW&Gs to discuss the effect social media and magazines have on their own body image perceptions.
- ★ Exploring ways to celebrate our own bodies.

- ★ Exploring the pressures YW&Gs feel to look a certain way, based on what they see in their community.
- ★ Exploring body positive role models and campaigners in the community e.g. Rihanna's Fenty Beauty brand,
- ★ Discussing the exclusivity of beauty standards, access to range of clothing and suitable make-up etc.

- ★ Exploring global/ national body positive role models and campaigners e.g. Jameela Jamil's #IWeigh, Dove's 'True to Me' campaign, Megan Jayne-Crabbe (@BodiPosiPanda) or Michelle Elman (@scarrednotscared).
- ★ Exploring global/ national role models and campaigners that are tackling exclusivity of beauty standards e.g. Rihanna's Fenty Beauty brand, Nubian Skin, Boohoo's Plus Size and Curve options etc.
- ★ Current global/ nationally issues regarding photoshopping, manipulating of pictures and advertisement.
- ★ Discussion about how beauty standards are 'trends', and constantly change.
- ★ Exploring how beauty standards change within history and/or around the world.



## Topic

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### Gender Based Violence and Exploitation

- ★ Explore how women are exploited within criminal gangs and organisations.
- ★ Discuss types of abuse women face, and how this is being tackled locally and around the world.
- ★ Create a safe space for YW&Gs to share their worries.

#### Gang culture

- ★ What is gang culture?
- ★ What is my experience of gang culture?
- ★ What do I know about the role of women in gangs?

#### Violence against women

- ★ What is domestic violence?
- ★ What types of abuse do I know about?
- ★ What can I do to support someone I know who is being abused?

#### Gang culture

- ★ How are women affected by gangs in my community?
- ★ What is the role of women in gangs?
- ★ What does my community do to combat this issue?

#### Violence against women

- ★ What measures does my community take to reduce violence and abuse against women?
- ★ What services are offered in my local area to support women who do suffer from abuse or violence?

#### Gang culture

- ★ How have women been exploited by gang culture/criminal groups around the world
- ★ What global and national campaigns are tackling this issue?

#### Violence against women

- ★ What are the abuse/violence issues that women currently face
- ★ What campaigns and measure tackle violence and abuse against women.
- ★ What services are offered around the world to support women who do suffer from abuse or violence?

### Destigmatising Periods

- ★ Explore the stigma around periods, and how it affects YW&Gs.
- ★ Discuss strategies for tackling the stigma of periods, and period poverty.
- ★ Explore current campaigns to end period poverty.

- ★ How does the stigma of period affect us?
- ★ The struggle of period poverty and what we can do about it.
- ★ Bloody Good Period charity!

- ★ How can we break the stigma about one of the most normal body processes, having a period?
- ★ 'Speaking to a GP about the power and magic of periods' Talk idea.

- ★ Netflix movie about Period Poverty (See Period. End of Sentence, 2019 film).
- ★ Global campaigns tackling period poverty i.e. Period Poverty Taskforce by the Government.

## Topic

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### Dating, Sexual Health and Relationships

- ★ Explore the differences between healthy and unhealthy relationships.
- ★ Discuss current issues that YW&Gs face when dating e.g. ghosting and gaslighting.
- ★ Explore how culture can affect YW&Gs in their relationships e.g. arranged marriages or gender roles.
- ★ Create a safe space for YW&Gs to share their worries.
- ★ Explore the places YW&Gs may be sexually harassed, and the laws and policies there to protect them.
- ★ Discuss the importance of setting boundaries in all relationships, and how to do this.

- ★ What do I consider to be a healthy relationship?
- ★ What constitutes an unhealthy relationship?
- ★ What experiences do I have of healthy and unhealthy relationships?
- ★ Have I had experience of gaslighting and ghosting?
- ★ What signs of domestic violence do I know

#### Sexual harassment

- ★ What does sexual harassment mean to me?
- ★ What do I consider to be sexual harassment?
- ★ What are my experiences of sexual harassment?

#### Setting boundaries

- ★ What do I consider to be good and bad boundaries in relationships?
- ★ What boundaries do I set in all my relationships (including friendships and family)?
- ★ What do I do when my boundaries are crossed?

- ★ Where can I get help and advice relating to relationships where I live?

#### Sexual harassment

- ★ How does my community perceive sexual harassment?
- ★ What issues does my community face around the issue of sexual harassment?
- ★ What help can I receive in my community if I am sexually assaulted?
- ★ What measures are my community taking to reduce sexual harassment?

#### Setting boundaries

- ★ What actions does my community take when my boundaries are crossed?
- ★ What boundaries does my community advise me to set in relationships?

#### Sexual harassment

- ★ What are the main global/national issues surrounding sexual harassment e.g. #metoo #timesup
- ★ What is currently being done to support women who have been sexually assaulted around the world?

#### Setting boundaries

- ★ What global laws and policies protect women's relationship boundaries? What happens when the boundaries are crossed?





## Topic

### Social Media and Technology

- ★ Discuss the current issues women face when using social media.
- ★ Share and discuss the experiences YW&Gs have had online.
- ★ Advise the YW&Gs how to stay safe online. Direct them to an outlet that gives them extra information.
- ★ Explore the policies and laws that have been designed to keep YW&Gs safe online.
- ★ Discuss the contribution women make in the tech world. Are they well represented?

## My Self

- ★ What is gaslighting, and what are my experiences of it?
- ★ What is ghosting, and what are my experiences of it?
- ★ What problems do I face when using social media?
- ★ How do I perceive myself compared to what I'm seeing on social media?
- ★ Has my social media experience been positive or negative? Why?

### Staying safe online

- ★ What does online safety mean to me?
- ★ How do I stay safe online?
- ★ Where do I currently get information to help me stay safe online?

## My Community

- ★ What problems do the women in my community face online when using social media?
- ★ Are there enough opportunities for women to work within the tech sector, in my community?

### Staying safe online

- ★ What help can I get from my community to help me stay safe online?
- ★ What issues does my community face when trying to keep young women safe online?
- ★ What is my community doing to keep women safe online?

## My World

### Sexual harassment

- ★ Are there equal numbers of women in the tech sector around the world?
- ★ What problems do women face when trying to get into the technology sector? What is being done about this?

- ★ What problems do women face when using social media?

- ★ How are women represented on social media around the world?

### Staying safe online

- ★ What are the current global and national issues around the world regarding online safety for women?
- ★ What is being done to tackle those issues?

## Topic

## My Self

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### Politics and Feminism

- ★ Discuss the YW&Gs engagement in politics, and the issues they've faced.
- ★ Explore the contribution of women in politics.
- ★ Empower the YW&Gs by reviewing current female campaigners ★ Discuss global/national policies that disproportionately affect women.
- ★ Explore definitions of feminism, and its role in gender equality.
- ★ Inspire the YW&Gs to consider participating in feminist campaigns etc.
- ★ Explore and discuss the global/national current policies that impact gender equality, and who should benefit from women's rights.

#### Politics

- ★ Do I engage in politics? Why/Why not?
- ★ What female politicians do I know of?

#### Feminism

- ★ What does Feminism mean to me?
- ★ Do I consider myself to be a feminist? Why/Why not?
- ★ What are my experiences of feminism?
- ★ What feminists do I know of/ follow?

#### Gender equality

- ★ What does gender equality mean to you?
- ★ Do you feel that both genders are treated equally as fair?

#### Politics

- ★ What opportunities are there for women to get into politics within my community?
- ★ How does local policy affect women?
- ★ Are there any female role models/campaigners within or from my community?
- ★ How can I contribute to a local campaign or political party?

#### Feminism

- ★ How does my community perceive feminism?
- ★ What feminist organisations/events are there in my community?
- ★ How do I join my local feminist organisations/events?

- ★ Who are my local feminist 'heroes'?

#### Gender equality

- ★ Are women treated equally in my community?
- ★ What initiatives/campaigns promote equal rights in my community?

#### Politics

- ★ How does national policies affect women around the world i.e. abortion bans, Burka bans and LGBT rights?
- ★ Which countries have a good balance of female politicians? How are they treated?
- ★ When and where did women get the right to vote?

#### Feminism

- ★ How does the world perceive feminism?
- ★ What are the current global/national issues surrounding feminism?
- ★ How can I be part of a global/national movement?
- ★ What feminist role models around the world can I follow?

#### Gender equality

- ★ How are women and men treated differently around the world?
- ★ What global/national laws and policies encourage gender equality?
- ★ What global/national campaigns currently support gender equality?
- ★ Do transgender women get the same rights?

