**Inspirational Women and   
Role Models Session Plan**

So, the young people have chosen to learn more about Female role models as part of their EmpowHER journey. Here is a session plan with discussion points, activities and resources that you can use to deliver this session to the young people. Feel free to adapt the session plan and resources to suit the ages and interests of the young people.

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| Title: | Female Role Models | Age: | Tailor to fit your group’s needs |
| Brief description of session or activities: | This session consists of group and paired discussions, as well as giving the YW&Gs the tools to illustrate what a good role model means to them. The YW&Gs will also have the chance to look at past and current role models. | | |
| Objectives (by the end of the session, participants will): | * Explore what it means to be a good role model. * Identify relevant role models for young women/girls. * Reflect on how the YW&Gs can be role models. | | |

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| Method | | |
| Time | Activity, task, description, etc. | Resources |
| 5 - 10  minutes | Introduction  Ground Rules   * Purpose: to create a safe space so young people feel able to ask questions. * Acknowledge differences in knowledge/comfort levels. * Check whether group has a set of ground rules already. * If not, ask group to create a set of ground rules (if quiet, they can talk in pairs for 1 minute before feeding back). * Write on flipchart paper – include: challenge the statement, not the person / one at a time / no mobile phones / no such thing as a silly question. * Ask group to agree to ground rules.   Ice Breakers  Choose an icebreaker activity of your choice | Flipchart paper  Marker |
| 15- 20  minutes | What makes a good role model?  Activity   * Ask the young people to draw a woman on their paper. * Items and attributes are then added to the person, based on what they think makes a good role model i.e. a hat that says ‘empathy’. * Young people have the chance to share their ‘role models’ with the young group. | Flip chart  Pens  A4 Paper  Post it notes  Additional Resources documents |
| 20 minutes | Relevant role models   * Explore some relevant female role models with the young people. For ideas, see the additional resources document. * Identify what it is about them that is inspirational. How do the young people feel about these role models? * Discuss celebrities and Instragram influencers. Are they good role models for young women? Why/why not? Who do the young women follow? * Whip around the group asking them for 2 or 3 of their own role models. They don’t have to be famous. | Additional Resources documents |
| 20 minutes | Time to reflect   * Ask the young people to think about how they can be good role models for other girls. What qualities do they possess that makes them a good role model? * In small groups, the young people take a few minutes to write down what makes them a good role model. They also think about what they can do to become an inspiration to other women. | Flip Chart Paper  Flip Chart Markers |
| 5 minutes | Wrap up and final points   * Here is a chance for the young people to give their final opinions, or to ask any unanswered questions. * Reminders for the next session. * Provide the young people with relevant books that they can read (You can utilise the recommended reading list for this). |  |

Please refer to the ‘Topics Discussion Points’ document for guidance on how to tailor the focus of this session for the different journey stages.

**Here are a few Inspirational women and role models resources that can help whilst planning and delivering this topic to the young people.**

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| Type | Theme | Resource information | Link / Document location |
| Additional Resources (podcasts) | Empowerment  Individual Rights  Resilience | 10 of my favourite podcasts made by women  “Rowan Slaney celebrated international women’s day 2018 by creating a list of her favourite podcasts made by women from around the world.” | Guardian Media  <https://www.theguardian.com/media/2018/mar/08/my-favourite-podcasts-made-by-women> |
| Content + Additional Resources (podcast) | Empowerment  Individual Rights  Resilience | Women Inspired  Hosted by April Seifert, a Social Psychologist and Psychological Coach, Women Inspired is a weekly dose of inspiration to live life to the fullest, move forward despite fear, squash your self-limiting beliefs, be your best self, and go after your goals and dreams! | Player FM or via April’s page  <https://player.fm/series/women-inspired-2391000> or <https://www.aprilseifert.com/women-inspired> |
| Content + Additional Resources (website) | Empowerment  Individual Rights  Resilience | Women’s March  “The mission of Women’s March is to harness the political power of diverse women and their communities to create transformative social change. Women’s March is a women-led movement providing intersectional education on a diverse range of issues and creating entry points for new grassroots activists & organizers to engage in their local communities through trainings, outreach programs and events. The first one being in 2017 after President Trump came into power.” | Women’s March official website  <https://womensmarch.com/mission-and-principles> |
| Content + Additional Resources (article) | Empowerment  Individual Rights  Resilience | Seyi Akiwowo  “Seyi Akiwowo is the Founder and Executive Director of Glitch, a growing not-for-profit advocacy, campaigning and training organisation that aims to end online abuse. Seyi has published widely on how to end online abuse and digital citizenship. She designed the ‘Fix the Glitch’ toolkit, which supports individuals and organisations to host sessions on how to end online gender-based violence.” | TedxLondon Website  <https://tedxlondon.com/attend/beyondborders2019/speakers/SeyiAkiwowo> |
| Content + Additional Resources (article) | Empowerment  Individual Rights  Resilience | Greta Thunberg's story showing how she went from sitting on the Swedish Parliament’s steps alone, to inadvertently kicking off a global climate change movement.  Shows that you can make a huge change to the world from a young age, even if you must do this alone at first. | Guardian News article/interview  <https://www.theguardian.com/world/2019/mar/11/greta-thunberg-schoolgirl-climate-change-warrior-some-people-can-let-things-go-i-cant> |
| Additional Resources (video) | Empowerment  Individual Rights  Resilience | Greta Thunberg's emotional speech to EU leaders.  Shows that young women can make a big change in the world. | YouTube video of the speech by Guardian News  <https://www.youtube.com/watch?v=FWsM9-_zrKo> |
| Content / Additional Resources (articles) | Empowerment  Individual Rights  Resilience | ‘Flexin in my complexion’ clothing line by Kheris Rogers  At 10 years old, Kheris Rogers was bullied by both white and black kids because of her dark skin. After boosting her confidence, her 22-year-old sister Taylor Pollard posted two pictures of Rogers on Twitter, writing: “My sister is only 10, but already royalty #FlexinInHerComplexion.” This gained global attention when it went viral, and now her clothing line has been worn by everyone from Alicia Keys to Lupita Nyong'o. She was one of 16 girls chosen by LeBron James to be part of the campaign for his latest collection with Nike. She hopes to inspire young girls. | 21 Under 21, Teen Vogue  <https://www.teenvogue.com/story/kheris-rogers-21-under-21-2018> |
| Additional Resources (video) | Empowerment  Individual Rights  Resilience | The Dream Big Princess Video Series by Disney  Empowers the next generation of leaders by spotlighting female trailblazers as they share their stories and advice. 21 talented young women from 13 countries captured the stories of these leaders in digital shorts that will be shared across Disney’s global social media. | Disney  <https://partners.disney.com/dream-big-princess-video-series> |
| Content/ Additional Resources (article) | Empowerment  Individual Rights  Resilience | Amazing women who have changed the world  “Newsround is taking a look back at the achievements of some women who have well and truly left their mark on history through amazing things that they have done.” | Newsround Article  <https://www.bbc.co.uk/newsround/42872803> |