**Politics and Feminism Session Plan**

So, the young people have chosen to learn more about Politics and Feminism 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: | Feminism | Age: | Tailor to fit your group’s needs |
| Brief description of session or activities: | This session consists of whole group and paired discussions, as well as giving the YW&Gs the opportunity to illustrate how women can make a difference. The YW&Gs will also get the chance to explore feminist role models. | | |
| Objectives (by the end of the session, participants will): | * Understand the different types of feminism. * Explore the importance of feminism, and what it can achieve. * Build a collection of feminist role models that they can look up to. | | |

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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 | Word association - feminism  Activity   * In small groups, ask the young people to come up with words and/or phrases that they associate with feminism. Discuss this as a whole group afterwards.   What is Feminism?   * Explore definitions of Feminism (Chimamanda’s is a good definition). See which ones the girls agree with (if they differ). * Ask the young people to tell you what feminism means to them.   Different types of Feminist movements   * Ask the young people to name the types of feminist groups they know of, and then name and briefly describe the types (see ‘Different Kinds of Feminism’ PDF) | Flip chart  Pens  Post it notes  Additional Resources documents |
| 20 minutes | Feminist role models   * Explore past and current advocates for women’s rights/feminists. | Additional Resources documents |
| 20 minutes | Time to reflect   * Ask each person to set 3 goals that they would like to set to help support women’s rights. This could be promoting feminist advocates or supporting the rights of LGBT women. |  |
| 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 Politics and feminism resources that can help whilst planning and delivering this topic to the young people.**

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| Content + Additional Resources (videos) | Empowerment  Individual Rights  Resilience | Feminism (Newsbeat videos)  A list of videos regarding feminism news reports. | BBC Newsbeat  <https://www.bbc.co.uk/search?filter=newsbeat&q=feminism&suggid>= |
| Content + Additional Resources (videos) | Empowerment  Individual Rights  Resilience | What's it like to be a girl in 2018?  “We spoke to girls to find out what they think about being a girl in 2018.” | Newsround Article  <https://www.bbc.co.uk/newsround/42909936> |
| Content + Additional Resources (Article, Videos and Activity) | Empowerment  Individual Rights  Resilience | Equal rights: The big victories won by women  An article talking about when women in the UK could vote. For an animation on the women involved in making this happen, see the ‘animation’ link.  Note: For an activity related to when women could vote via different continents, scroll down on the page. | Newsround Article + Activity  <https://www.bbc.co.uk/newsround/46557723>  Animation  <https://www.bbc.co.uk/newsround/42906538> |
| Content + Additional Resources (videos) | Resilience  Individual Rights | Hidden Connections: Climate Change & Child Marriage in Bangladesh  The Thomson Reuters Foundation looks at the connection between child marriages in Bangladesh and how it affects climate change. | Youtube  <https://www.youtube.com/watch?v=KyCwuDzr2fI> |
| Additional Resources (article) | Resilience  Individual Rights | Climate change 'impacts women more than men'  “Women are more likely than men to be affected by climate change, studies show. UN figures indicate that 80% of people displaced by climate change are women. Roles as primary caregivers and providers of food and fuel make them more vulnerable when flooding and drought occur. The 2015 Paris Agreement has made specific provision for the empowerment of women, recognising that they are disproportionately impacted.” | BBC News  <https://www.bbc.co.uk/news/science-environment-43294221> |
| Additional Resources (article) | Individual Rights  Resilience | Trans women are victims of misogyny, too – and all feminists must recognize this  “Some feminists claim misogyny targets only those who have female sex features (ovaries, vaginas and uteruses). We should be alarmed by this view” | The Guardian Opinion Section  <https://www.theguardian.com/commentisfree/2019/may/19/valerie-jackson-trans-women-misogyny-feminism> |