

Me, Myself & You

Healthy Relationships

informed

plus+

Masculinity, Feminism & Gender Empowerment

Aims & Objectives

To introduce young people to media and wider social representation of women and men as well as the behaviours that are in turn expected of them.

To challenge young people on their own engrained prejudices to facilitate their understanding of how this may directly impact their responses and actions in everyday life.

To enable young people to focus on assumptions and judgements to support their development of acceptance and support of difference.

Part 1

Play a selection of the following music videos and gather some classroom feedback in relation to how women and men are represented. Your choice of video might be dictated by the year group – make your own judgements! These videos can also be found on the portal.

<https://www.youtube.com/watch?v=iGs1gODLiSQ>

<https://www.youtube.com/watch?v=VuNI5Y6JdUw>

https://www.youtube.com/watch?v=ShIW5pID_40

There are plenty of other music videos that you can use – it might be worth spending some time looking for something that will support the context of your session.

Encourage young people to think about and feedback on the following;
How are women and men represented?

What are the gendered differences portrayed in the videos?

Part 2

Ask young people to think honestly about their own prejudices, judgements and assumptions based on the page of photographs that are located at the end of this lesson plan. You can create your own set own photos if you wish.

Once you have facilitated a discussion amongst the class based on what they have seen, it is important to explain that our thoughts and feelings around something often dictate our actions. With this in mind it is essential that we encourage young people to think their responses to real life situations where they may find themselves.

Part 3

Using the following 3 case studies, ask young people to answer the following questions;

What would your response be?

How is your response influenced by your peers?

How would you support?

“Jade decided to shave her head and people in her year group have started calling her a lesbian. In recent weeks Jade has started receiving some abuse online calling her an attention seeker and a boy”.

“Tom is a talented rugby player and has previously played for his local team and the school team. Tom has recently quit rugby as it clashed with one of his other interests – ballroom dancing. Since everyone has found out about Tom’s ballroom dancing he has been bullied online and continually gets called gay”.

“Joe’s group of friends are shouting sexist comments at a girl in their year group at school. Joe challenges his group of friends and tells them that what they are saying is not acceptable. Joe’s friends turn on him calling him names and telling him he’s acting like a girl”.

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Part 4

Consolidate the session by focusing on support that young people can provide. Explain that being different is ok and we should all play our part in accepting and supporting difference.