White Ribbon Day 25 November – Key Stage 1-2

(activity 1 can be adapted for Reception)

Introduction

Thank you for your interest in White Ribbon Day 2022. We hope this education pack will help you to mark the day in your school.

White Ribbon Day takes place on the United Nations day to end violence against women. The 16 days that follow the 25th November are globally recognised as 'days of action to end violence'. You may want to choose one of these days to mark White Ribbon Day or mark all 16 with an activity or discussion each day.

White Ribbon 2022 #TheGoal

This year, White Ribbon Day falls on the same week as the launch of the FIFA men's World Cup. There is never a better time for us to focus on the good that can come from unifying and supporting one common cause. #TheGoal does just that, it brings men and boys together to think about how they can make a positive difference to achieve equality and safety for women and girls.

The activities in this pack help children to celebrate what makes them different and unique and to understand the importance of accepting and including others. These are the roots for a gender equal society free from violence.

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What is White Ribbon UK?

White Ribbon is the UK's leading charity engaging with men and boys to end violence against women and girls. Our mission is to prevent violence against women and girls by addressing the root causes. We do this by raising awareness of what constitutes as violence, and the link between dominant masculine norms, gender inequality and violence against women. Through our work, we aim to shift societal attitudes, systems and behaviours around masculinity that help to perpetuate gender inequality and therefore men's violence against women. White Ribbon UK's work is preventative, we aim to end violence before it starts.

What is violence against women and girls?

At White Ribbon we use the United Nations definition:
Violence against women, means "any act of gender-based violence that results in, or is likely to result in, physical, sexual or psychological harm or suffering to women, including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or in private life". United Nations (1994) A/RES/48/104

One in three women worldwide experience violence, mostly by someone known to them. Men's violence towards women and girls in public places, workplaces and intimate relationships causes devastating physical, emotional and psychological harm. It affects women's education and employment, health and mortality, economic independence, participation in public life, and relationships.

OFSTED's 2021 review of sexual abuse in schools and colleges[1] revealed that the sexual harassment and online sexual abuse of children and young people is prevalent, and the issue is so widespread that it needs addressing for all. The frequency of these harmful sexual behaviours means that some children and young people consider them normal.

[1]https://www.gov.uk/government/publications/review-of-sexual-abuse-in-schools-and-colleges/review-of-sexual-abuse-in-schools-and-colleges

The White Ribbon Promise

Encouraging everyone, especially men, to make the White Ribbon Promise, to never use, excuse or remain silent about men's violence against women, and to wear a White Ribbon, is central to the campaign. We hope that your staff team will have no hesitation in making the Promise (this can be done online at https://www.whiteribbon.org.uk/promise) – or follow the QR code later in the pack.

Making the Promise is significant, we would not be expecting children under the age of 14 to make the Promise. Instead you can discuss with children the principles linked to the White Ribbon symbol, e.g. not hurting others, calling out gender stereotypes and standing up for and supporting others.

What you can do

Celebrating White Ribbon Day at your school is most valuable when a whole school approach is taken. Here are some ideas for what you can do beyond the classroom:

·Encourage everyone, especially staff to wear a White Ribbon

·Print out some of our posters to display, order from our shop, or encourage students to design their own. There is information about White Ribbon available on our website.

·Make a human display of a large White Ribbon outside on a football pitch or other large outside space and photograph/film from above. You could run a school competition to see which class makes the most creative human ribbon!

·Encourage children to share what they have done for White Ribbon Day at home

·Deliver a White Ribbon Day and 16 Days of Activism assembly

·Add our White Ribbon Day #TheGoal frames and banners on your school's social media

·Look at some of the wider White Ribbon Day #TheGoal materials that are available and share on your social media

·White Ribbons and awareness raising materials can be bought in the White Ribbon Shop www.whiteribbon.org.uk/shop

https://www.gov.uk/government/publications/review-of-sexual-abuse-in-schools-and-colleges/review-of-sexual-abuse-in-schools-and-colleges

Teaching notes

Create a safe space: Although these activities focus on acceptance and equality, it is worth considering how your students may react to the content. Some students may not feel comfortable confronting gender roles. They may have experienced violence or be someone who perpetrates it. Consider the children in your class and put the right boundaries in place to keep everyone safe, such as by reinforcing classroom rules, informing certain children about what they'll be learning about before the class so they can process it and make clear that children can choose not to take part if they do not feel comfortable. You may wish to display contact details for organisations that can offer help and support during your lessons:

- Childline (Phone 0800 1111)
- Women's Aid (Free 24-hour helpline: 0808 2000 247)

Helping children understand gender and roles: From a very early age children have a clear idea of gender roles, which includes the things they like, believe they are good at, their behaviour and personality and the choices they make. Children then conform to gender roles and identify with them. Everything children encounter reinforce their understanding of gender roles (family, media, books, clothing, etc). Studies have shown that adults will speak and behave differently depending on the gender of a baby, such as being more likely to read with girls and encourage boys to crawl.

We can help children to understand that gender roles are a construct and that we are all unique:

·Always encourage children to try new things that combats gender stereotyping and norms

·Consider your own gender bias and in the way we teach children, most of the time it happens without realising it!

·Formally teach gender neutral language and support children to understand why gendered jokes and terms aren't appropriate

·Explore diverse representations of identity - encourage boys to adopt what have been seen as traditional feminine attributes, such as being caring, supportive, kind and thoughtful. And encourage girls to adopt those attributes that have been associated with masculinity, such as being strong, logical, active and a leader.

Use the White Ribbon: The White Ribbon symbolises everyone being able to live free and safe from harm and can help children to understand gender equality even if they don't have the right language yet to talk about it.

ACTIVITY 1

Resources needed

·2 boxes – one blue (boys) and one pink (girls) if possible. Or something else to identify gender.
·Fill the blue/boys' box with items usually associated with girls – fairy/princess costumes, glittery wigs, make up, handbags, hairbrush, dolls, etc. Ensure that the items are age appropriate and reflect what the girls in your class are interested in.
·Fill the pink/girls' box with items usually associated with boys – construction, police person, fire service, etc costumes, footballs, swords, building materials, etc. Ensure that the items are age appropriate and reflect what the boys in your class are interested in.
·Big strips of paper and blue and pink/purple pens for writing on

Instructions

1.Separate the class into two groups of boys and girls. Ask them to tell you how you grouped them.
2.Ask a group to select their box, assuming that girls will choose pink and boys will choose blue. You may want to hand out the boxes if you think there is a chance they will choose the other box.
3.One group at a time, open the box and pull out the items inside. Ask each group to write with the pens (girls to write in blue and boys to write in pink/purple) on the strips of paper any words associated with the items in their box, e.g. girlie, pretty, glittery, strong, boy stuff, tough.
4.Tell children that they have 10 minutes to play and explore the items from their box. As they are playing make a note of how girls are behaving with the traditional 'boy' items, and how boys are playing with the traditional 'girl' items.

Questions

Bring the class together in a circle with the items they've been playing with and place the initial words they'd written down in the centre.
·How did you feel playing with your item?
·Did you behave differently to how you normally do? Why do you think that is?
·Do you sometimes choose to play with these items, why are they often labelled 'girls' or 'boys'? Do you think that is fair?
·Support the class to reflect on why they behave differently as a boy and as a girl – Was it nice to feel a different way? What if you were able to behave this way sometimes – might it be a good thing?
·Explain that boys and girls can all play with every one of these items, they don't have to be for only for girls and boys. Everyone is special because we all like different things, it is what makes us unique!

Plenary

1.Ask the class to think of examples where girls and boys don't behave in gender roles. For example, the Lionesses winning the Women's Euros 2022, Harry Styles proudly wearing dresses and feathers – what are often considered girl's clothes.
2.With the words from the start of the activity laid out in the centre of the circle, ask girls to pick any typically boy words that they associate with themself – e.g. strong, fast, powerful, blue, and the same for the boys with the girl words, e.g. bright, glitter, fun.
3.Ask students to stand up and in turn rip up their word calling out 'girls/boys can be' followed by the word they've chosen.

Adapting for Reception

Follow the activity instructions but leave out writing down words.
Ask questions:
·Do you like your costume? Why?
·Do you think boys and girls can wear the same clothes and play the same games? Why?
·How did you feel when you were playing in your costume?
·Encourage children to understand that they can all play with the same toys and role play as anything they want. Everyone can be strong, and everyone can be gentle! We are all special and unique, and we should celebrate each other for liking different things.

ACTIVITY 2

Resources needed

·Mark out a goal on the classroom wall or use a real goal outdoors. You could also separate the children into smaller groups and have a goal on each table.
·Mark out the penalty spot close to the goal.
·2 footballs or cut out footballs from the template in this pack.
·The gender stereotype word cards.

Instructions

1.Either as a whole class or in smaller groups, place the footballs at the same distance away from the goal, enough to move the footballs at least 8 steps forward. Indicate which football represents girls and which represents boys by marking a G and a B on them.
2.Call out, or ask groups to read, the gender stereotype words (below) in turn – encourage debate as to the answers – if children think the word is for boys and girls move both balls forward – if boys have the advantage only move the ball representing boys forward, if girls have the advantage only move the ball representing girls forward.
3.When the first ball arrives at the penalty spot invite someone to take the penalty shot.

Questions

·Why do you think we associate the words with boys or girls? Do you think that is fair? How does it make you feel?
·Where do you think these ideas of what is for boys and what is for girls comes from?
·Is it true that these things are only for girls or boys?
·What is something you enjoy that you've been told you're not meant to do because you're a boy or a girl? Is there anything you've not done because you're a boy or a girl?
·What can we do at school to help everyone to be and do all the things they like, even if they're consider boys things or girls things?

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Plenary

1.Ask the class to choose something they like that is usually seen as being for the opposite gender. This could be a colour, an item of clothing, a game, a sport, etc.
2.Standing at the penalty spot one-by-one students call out the thing they like and kick the into the back of the net shouting – 'GOAL!'

Gender stereotype word cards

Cars	Gentle	Cleaning	Dancing
Boxing	Blue	Pink	Mathematics
Green	Doctor	Nurse	Teacher
Rugby	Reading	Building	Strong

ACTIVITY 3

Resources needed

·Goal marked out on the wall (or the floor)
·sticky notes or card, pens
·Positive and negative traits cards to scaffold ideas

Instructions

1.Think of as many things that are associated with being a boy? Write one word on each sticky note and stick to the back of the goal.

Questions

·How do we feel about these words? Are they good/bad – neutral – can some be both good and bad? Can girls be any of these words?
·Ask the boys: Do you ever feel like you must play up to certain words or behave in certain ways because it is expected of you? How does that make you feel?
·Ask the girls: Do you ever feel uncomfortable, left out or hurt because boys are behaving in certain ways? Do you ever feel like you can't be any of these words?
·Encourage everyone to think about behaviours that are good/positive for both girls and boys, such as kind, helpful, supportive, friendly, happy, funny, gentle. Write these onto sticky notes.
·Move the good/positive behaviour words into the goal and take bad/negative ones out. Stand back – what would be different if everyone was each of the words in the goal and rejected those that are left outside?
·Share the White Ribbon poster with the 11 traits. Are some of these the same as the ones in the goal? Could White Ribbon have chosen words that were more important?

Plenary

Ask the class to design a new poster to celebrate all the behaviours that are important to their class.

Caring	Gentle	Reflective	Courageous	Kind
Reliable	Hopeful	Supportive	Friendly	Funny
Strong	Leader	Independent	Protective	Sporty
Controlling	Aggressive	Tough	Unfeeling	Risk-taking

Green = positive; Yellow = could be both positive and negative; Red = negative

Further resources information

·White Ribbon UK were part of the Europe Wide Emancipator Programme and further ideas for activities exploring these themes are available in a toolkit that is available here https://www.emancipator.nl/wp-content/uploads/2018/06/IMAGINE-Toolkit-EN.pdf

·Promundo' 'The Man Box': https://promundoglobal.org/wp-content/uploads/2017/03/TheManBox-Full-EN-Final-29.03.2017-POSTPRINT.v3-web.pdf

·Gender Action's award programme for embedding gender equity as a whole-school approach: https://www.genderaction.co.uk

·AGENDA, Wales: https://agenda.wales/agenda_0319/agenda_english.pdf
·Fawcett Society's #smashstereotypes: https://www.fawcettsociety.org.uk/smashstereotypes

·Let Toys be Toys poster (for parents): http://lettoysbetoys.org.uk/wp-content/uploads/2018/09/LTBT-DrMacKay-poster-A3.pdf and National Literacy Trust: https://cdn.literacytrust.org.uk/media/documents/LTBT_posterV5_Dream_Big_Gender.pdf

·Spark video on gender inequality for boys and men: https://vimeo.com/groups/594278/videos/343266625

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Preventing violence against women and girls isn't just for White Ribbon Day

We encourage you to embed White Ribbon Day principles throughout the year. Here are some ideas for what you can do to continue to create a culture of gender equality and respect for all at your school:

·Encourage staff, and the wider school community, to become White Ribbon Ambassadors and Champions and gain exclusive access to our school resources

·Deliver the White Ribbon gender stereotyping lessons as part of your RSHE curriculum (accessible via the White Ribbon Ambassador and Champion resource portal)

·Your school may be interested in becoming White Ribbon Accredited or a White Ribbon Supporter

·Consider the whole school approach to embedding gender equality and preventing sexism, stereotyping and sexual harassment. There are many fantastic toolkits available to help guide you through implementing this, such as the Equaliteach 'Outside the Box' complete strategy for transforming the whole school environment towards gender equality

·Purchase White Ribbon awareness raising materials to display around your school all year round

·Ensure there is always information about where children can go for support.

Purchasing awareness raising materials and making donations

White Ribbons and other awareness raising materials can be bought through the White Ribbon UK online shop at our website. If you have raised money, it can be paid through the donate button on our website at www.whiteribbon.org.uk
If you pay via bank transfer, please e-mail Jayne.Blacker@whiteribbon.org.uk for our account details. Make cheques payable to 'WHITE RIBBON CAMPAIGN LTD' and send to White Ribbon UK, The Town Hall, St Georges Street, Hebden Bridge, HX7 7BY.

A note to communicate with parents

We have written a short communication for you to share with parents informing them about White Ribbon Day, including what it means and what their children will be doing. You can copy the below text or adapt.

'On 25th November we will be marking White Ribbon Day at school. We will be undertaking activities that look at creating gender equality and challenging gender stereotypes. As this is during the Men's World Cup we will have a football focus to see how sports can encourage positive traits in men and boys. White Ribbon is a global movement working towards ending violence against women by engaging with men and boys. You can find out more about White Ribbon UK here www.whiteribbon.org.uk'

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