

# WOMEN'S RIGHTS AND GENDER EQUALITY

Amnesty International has developed new educational resources to help students explore women's rights and gender-based issues. The session plans look at challenging areas such as stereotyping, online violence, and unpaid care work, and are suitable for primary and secondary schools.

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‘I have been thrilled to see shy students come out of their shells and grow enormously in confidence thanks to their involvement in Amnesty... they now see the world from a different perspective.’  
**Sue Bingham, teacher**

## Challenging inequality – exploring gender justice

‘All human beings are born free and equal in dignity and rights’

Despite tangible progress in legislation to secure women’s rights, no country in the world has achieved gender equality. This resource aims to enable young people to identify and challenge the systems that entrench inequality, including all forms of discrimination.

From reproductive rights and equal access to education to freedom from violence, millions of women continue to experience challenges. The effect of the Covid-19 pandemic has set back rights further. In addition, many women and girls experience compounded inequalities on the basis of race, age, gender identity, disability and class.

Gender stereotypes are still widespread at all levels of society and shape children’s view of the world from an early age. The Global Early Adolescent Study of John Hopkins University and the World Health Organisation found that attitudes to gender roles set in by age 10.

Children quickly acquire gender biases, such as which jobs different people should do, and how they think they should act. This impacts schooling, home life and future choices, and creates an environment where gender-based bullying, discrimination and violence can flourish.

Naming these gender stereotypes and the structures that underpin them is vital to achieve change. Also important is a greater awareness and understanding that gender equality and fairness affect other causes such as racial justice, LGBTI rights, healthcare and more.

Teachers have the power to create an inclusive and rights-respecting environment, and to motivate young people to challenge stereotypes and discuss what it means to end gender inequality. Learning about what gender means and diverse gender identities encourages more inclusive schools and communities, challenges discrimination against transgender students and increases support of those who experience discrimination and prejudice.

To support teachers in this, Amnesty International has developed classroom resources for primary and secondary schools to explore gender issues and stereotypes. These resources include sharing examples of how we make judgements of others, looking at the negative consequences of gender divides, and seeing how gender justice can progress not just women’s rights but everyone’s rights.

We hope it will inspire more young people to get involved in their schools and communities, and become positive and confident active citizens of change.

### SESSION PLANS

This resource contains the first four session plans in this new series exploring women’s rights and gender equality. These session plans look at challenging gender-based issues mainly, but not only, experienced by women and girls.

Learn how to question stereotyping that impacts the way women and other marginalised people are judged and treated. Be inspired by Seyi Akiwowo who wants to make the Internet a safer place for everyone. See how you can reduce the burden of unpaid care work on women and girls. This is the first of many activities.



‘Through human rights education we can help shape a new generation of fearless activists.’

**Stasya Denisova, human rights defender and educator**

These sessions can be adapted and used separately, as part of the curriculum, on themed or dropdown days, or to mark key dates such as International Women’s Day.

## SESSION 1 GENDER STEREOTYPING

**Created for Key Stage 2**

What characteristics are given to different genders – and is this fair? In this session, students look at the idea of stereotypes and the impact they can have. They question gender-related perceptions and discuss ways to stand up to gender inequality.

[Download here](#)

## SESSION 2 GENDER STEREOTYPING

**Created for Key Stage 3**

Gender stereotyping stands in the way of girls and women’s participation in all aspects of life. In this session, students will discuss stereotyping, and challenge their own gender perceptions and experiences.

[Download here](#)

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**SESSION 3****WOMEN AND UNPAID WORK****Created for age 14-16**

This session helps students identify the share of unpaid care work women do at home, and how this can affect many aspects of their future including work choices. Students question stereotypical ideas about women, what jobs that leads them in to, and discuss ways to change this.

**Teacher note** We recognise that there are a variety of gender identities, including non-binary. However, this session specifically looks at women and girls based on the statistics that the amount of unpaid care work is done by them based on traditional norms and identities.

[Download here](#)

**SESSION 4****ONLINE GENDER-BASED VIOLENCE****Created for age 14-16**

Trolling, doxing, digital stalking, cyber-harassment. What do students know about online gender-based violence? This session explores definitions and examples, the impact it has on the right to freely express yourselves, and the way we can all help to make online spaces safer.

[Download here](#)

**Other human rights resources**

For over two decades, Amnesty UK's Human Rights Education has reached tens of thousands of students in the UK.

The research we have about our Human Rights Education work says it can create safer and more inclusive schools where students have a greater awareness of their community and human rights. Teachers report student attitudes and behaviour improve and bullying is reduced after learning based on Amnesty resources.

Our educational packs cover topics from the death penalty and refugees to human rights poetry. We offer teacher training, Amnesty speakers, online courses, and more. All our resources are free, mostly downloadable, and for every age group. Browse them **here**

■ Encourage human rights values into school life [Download here](#)