



Gender Equity & Play

Facilitator: Loren
Support person: Phoebe



ZOOM & training etiquette



To reduce background noise, all participants will be muted throughout the session. For questions and activities, you will be unmuted



To ask a question, please use the **Raise Hand** function. You can find this by clicking on the **Participants** button. Please remember to click on **Lower Hand** when your question has been answered



If the facilitator asks if you're ready to move on or if everything is ok, please use the **Thumbs up** or **Clapping** function. You can find these under the **Reactions** button



We acknowledge that discussing family violence can be triggering or upsetting for some. If you need to take a break during the session, please send a **private message** to the EDVOS Support Person.

1800RESPECT

You can also contact **1800 RESPECT** (1800 737 732) for 24/7 confidential information, counselling and support or EDVOS on 9259 4200

Traditional
Custodians



LGBTI communities



People of all kinds
experiencing family
violence



Acknowledgments



Child safe & focused



Experience in the room




Acknowledgments

you

A photograph of a bathroom door with a hand peeking out from under the gap. The door is light-colored and the floor is tiled. The text 'BATHROOM BREAK' is overlaid at the top, and 'THEY WILL FIND YOU.' is overlaid at the bottom. A small logo for 'howtobeadad.com' is in the bottom right corner.

BATHROOM BREAK

THEY WILL FIND YOU.

howtobeadad.com 



*A community free from
family violence,
where everyone feels safe*

Leading specialist
family violence
service in Victoria
working with
**women, children,
pets and other
animals**
across seven local
government areas
in the EMR



We are passionate about raising children who can be their true selves, who are free to explore all the things that interest them in life.

Level Playground offers activities and resources that are free from gender norms and stereotypes that can be used in the classroom or at home

[HOME](#)[LEARN](#)[PLAY](#)[READ](#)[POSTERS](#)[FACT SHEETS](#)[GET INVOLVED](#)[CONTACT](#)[STORY TIME!](#)[PROTECTED GENDER EQUITY RESOURCE TUB](#)

Welcome to Level Playground

Welcome to our website. We hope that you will find lots of great ideas for playing, reading and learning with children here. We are passionate about raising children who can be their true selves, who are free to explore all the things that interest them in life.

[LEARN](#)[PLAY](#)[READ](#)

What we will cover

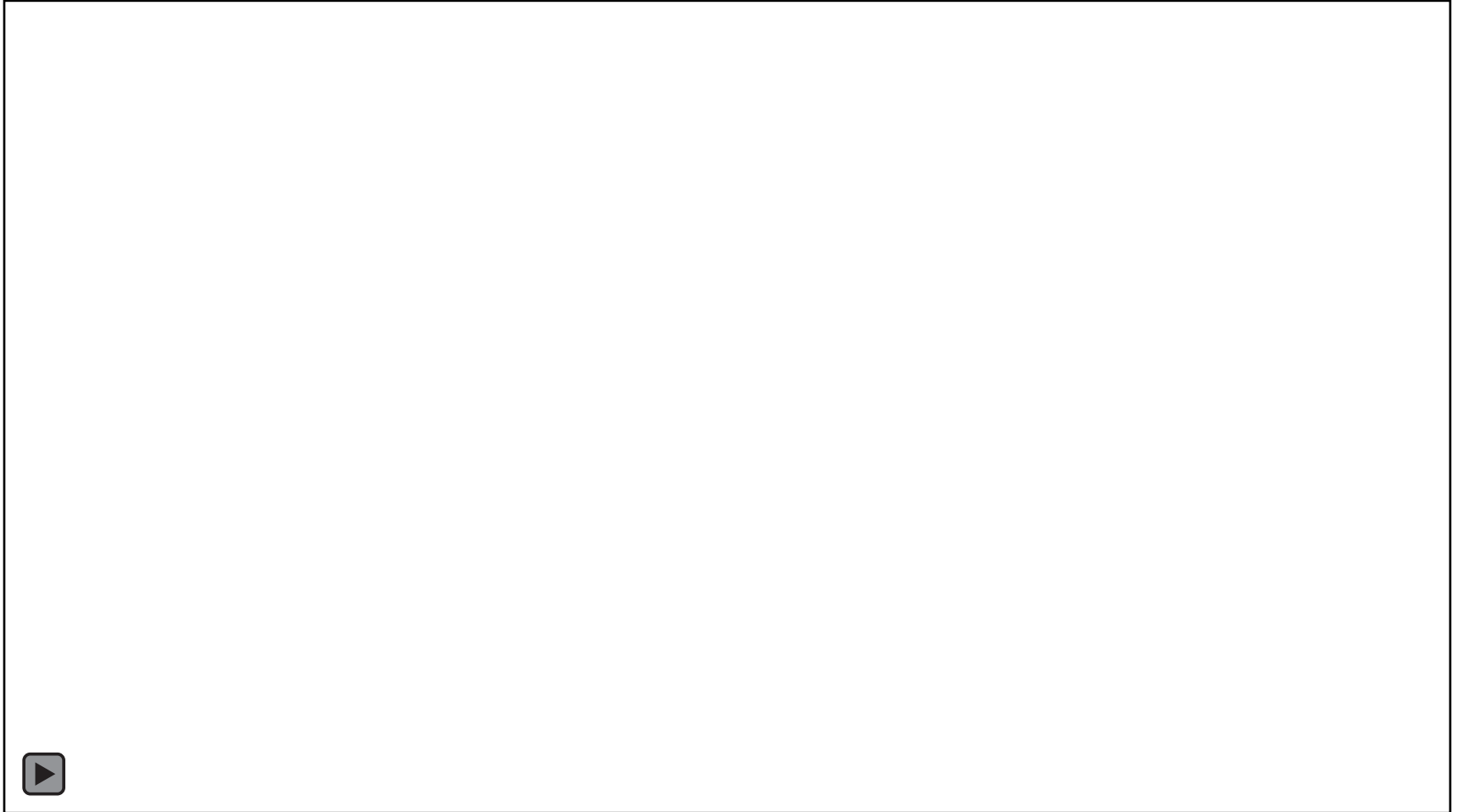
- Importance of play
- Types of play
- Benefits of playing together as a family
- Language and play
- Toys and breaking down stereotypes
- Fun play ideas

A person wearing a blue denim jacket over a black shirt is holding a black rectangular frame. Inside the frame, at the top, is a teal rectangle with the word "Questions" in white. Below this, on a white background, is a large black question mark. The person's hands are visible holding the sides of the frame.

Questions

?

VIDEO: Gender Bias



Available at <https://www.youtube.com/watch?v=GEqRhNSiseI>

Unconscious bias

Each one of us holds unconscious beliefs / bias about gender. Being **aware** of our own biases, how these might have been **formed** and how they **influence** our **behavior** is an important step to **challenging gender stereotypes**.

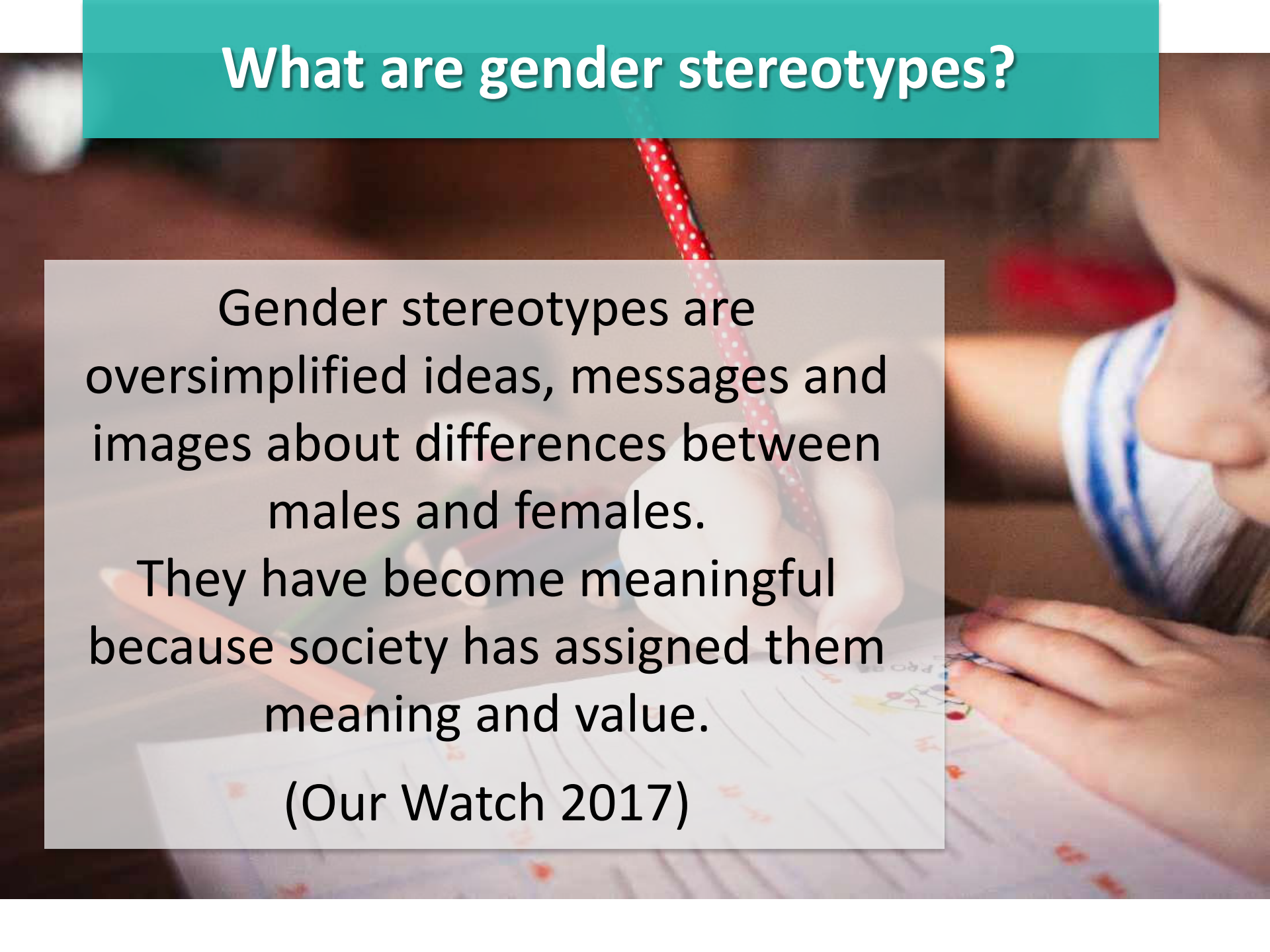


What are gender stereotypes?

Gender stereotypes are oversimplified ideas, messages and images about differences between males and females.

They have become meaningful because society has assigned them meaning and value.

(Our Watch 2017)



GIRLS

EXPECTATION

Sensitive, emotional and physical fragility, carer, focus on appearance, gentle and “proper”.

TOYS FOCUSED ON

Baby dolls, cooking, princesses, art and craft.

GENDER ROLES

High value on appearance (being pretty),
Being compliant (nice, sweet, gentle),
Submissive roles (mummies / princesses).

BOYS

EXPECTATION

Strong, adventurous, practical, rough, leader, non-emotional “boys don’t cry”, like to get dirty.

TOYS FOCUSED ON

Action, construction, technology, fighting and conquering.

GENDER ROLES

Men must be physically strong, aggression is an acceptable part of male behaviour, a willingness to put themselves in harm’s way (superheroes /action figures).

Impact of gender stereotypes on children

Development on their health and wellbeing

For example:

- Fine and gross motor skills
- Caring and nurturing skills
- Bullying
- Body image issues



Benefits promoting gender equity and breaking down gender stereotypes

- A future where every child grows up to be equally valued, heard and respected, and with equal access to opportunities
- Children are encouraged to explore, create and develop diverse interests
- Children reach full potential beyond gender limitations
- Children feel more accepted and celebrated for their individuality.



Gender roles and stereotypes are reinforced through a number of societal channels

- Toys, sports & games
- Clothes
- Books & movies
- Media
- School
- Advertising & marketing
- Treatment by influential adults



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Playing

Some of the skills that can develop through play include:

- Problem solving
- Fine motor skills
- Nurture
- Social skills
- Perseverance
- Empathy



Family Play

Playing together as a family helps your child to:

- build confidence
- feel loved, happy and safe
- develop social skills, language and communication
- learn about caring for others and the environment



Simple tips to making play time fun (for everyone)

- Don't put too much pressure. Aim for one activity a day
- Choose activities that are quick and simple to set up
- Try and set up the activity while they are occupied elsewhere
- Find these tubs!
- Take messy play outside
- Do craft play in old clothes or art smocks
- Everyone helps to pack away/clean up!



Common Responses

Comments	Your response could be..
That's a boys/girls toy	Toys are for everyone
That's girly	What do you mean?
Dolls are for girls only	Dolls are for everyone!
I don't want to play with the girls/boys	Why not? They look like they are having fun!
Pink is a girls colour/ 'blue is a boys colour'	Colours are for everyone
Girls can't play sport	Activities are for everyone
Boys can't dance	Activities are for everyone
Girls can't be a truck driver, boys can't be a nurse	Occupations are for everyone
Boys are better than girls	Strengths are for everyone respect and manners are important for everyone

Types of Play



Unstructured Play



The Dress Up Box

Unstructured Play is play that just happens, depending on what takes your child's interest at the time.

Free play isn't planned and lets your child use their imagination and move at their own pace.

Structured Play



Structured Play is different. It's more organised and happens at a fixed time or in a set space. It's often led by a grown-up.



Sensory Play



Lemon Lime Adventure

Sensory Play includes any activity that stimulates your young child's senses:

- touch
- Smell
- Taste
- Sight
- Hearing

Sensory activities facilitate exploration and naturally encourage children to use scientific processes while they play, create, investigate and explore. Spending time stimulating their senses helps children develop cognitively, linguistically, socially and emotionally, physically and creatively.

Sensory Play

Learning4Kids



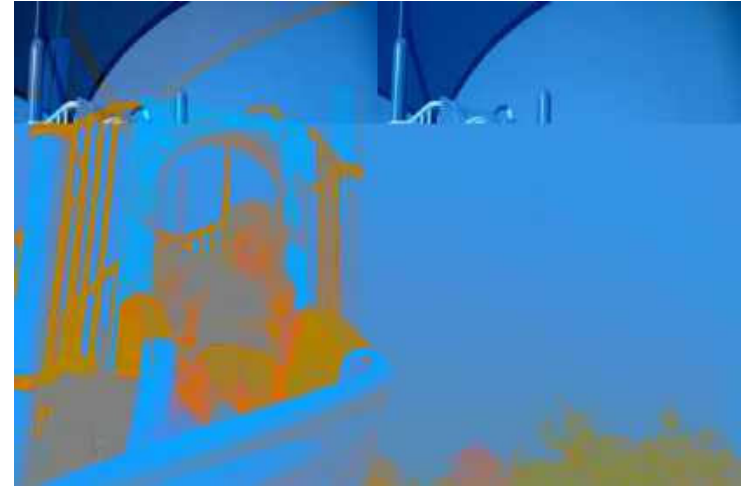
Physical Play



Physical Play is everything to do with your child being physically active.

E.g. Bike riding, climbing running around, playing on the playground etc.

Physical Play



Making Parenthood matter

Imaginative Play



Reading Eggs

Imaginative Play is essentially when children are role **playing** and are acting out various experiences they may have had or something that is of some interest to them. They are experimenting with decision making on how to behave and are also practising their social skills.

Imaginative Play



Busy Toddler



Little Worlds



Fun Littles



Kid Fun



Parenting.com

Creative Play

Creative Play can include dramatic play, music, dance, story-telling and art in its many forms.

By participating in Creative Play children may develop:

- Imagination
- experimentation and self-expression
- social and emotional skills
- self-esteem and resilience
- body and spacial awareness
- ability to organise, estimate and measure
- hand-eye coordination



Creative Play



Playgroup Qld



Childhood 101



Environmental Play



Environmental Play is
any type of play that
is outside!

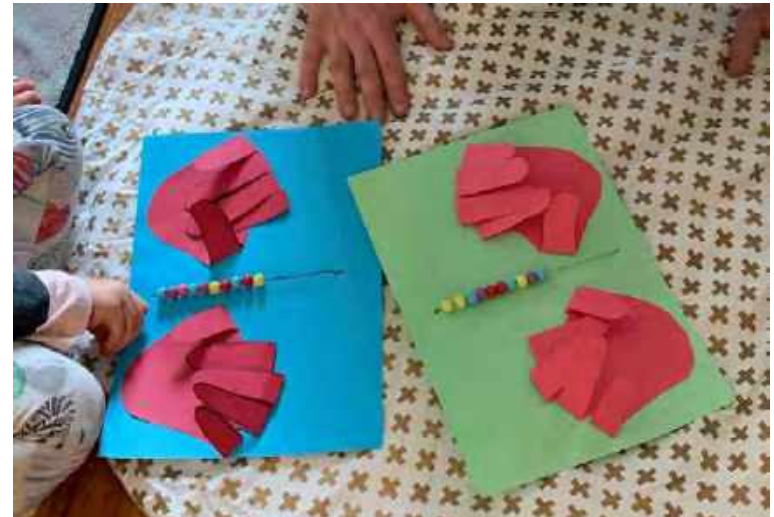
Environmental Play



Doesn't have to be perfect!

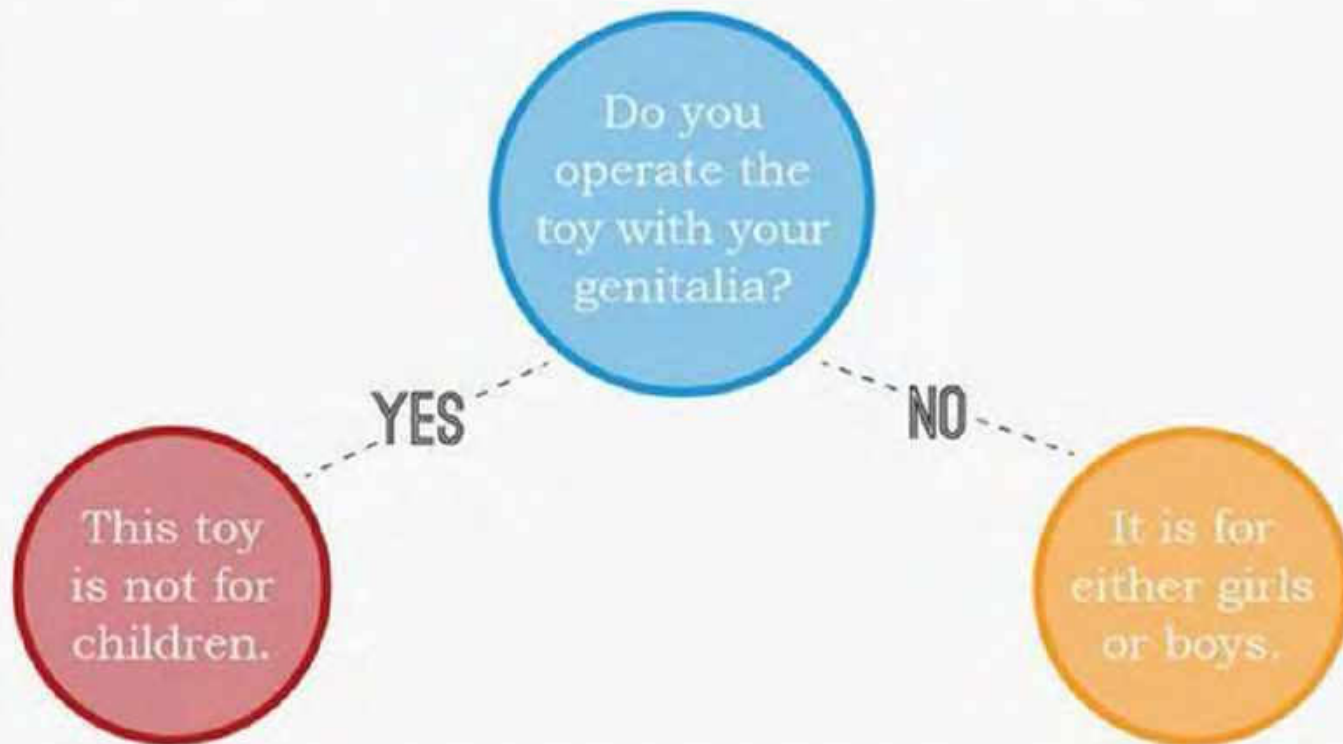


VS.

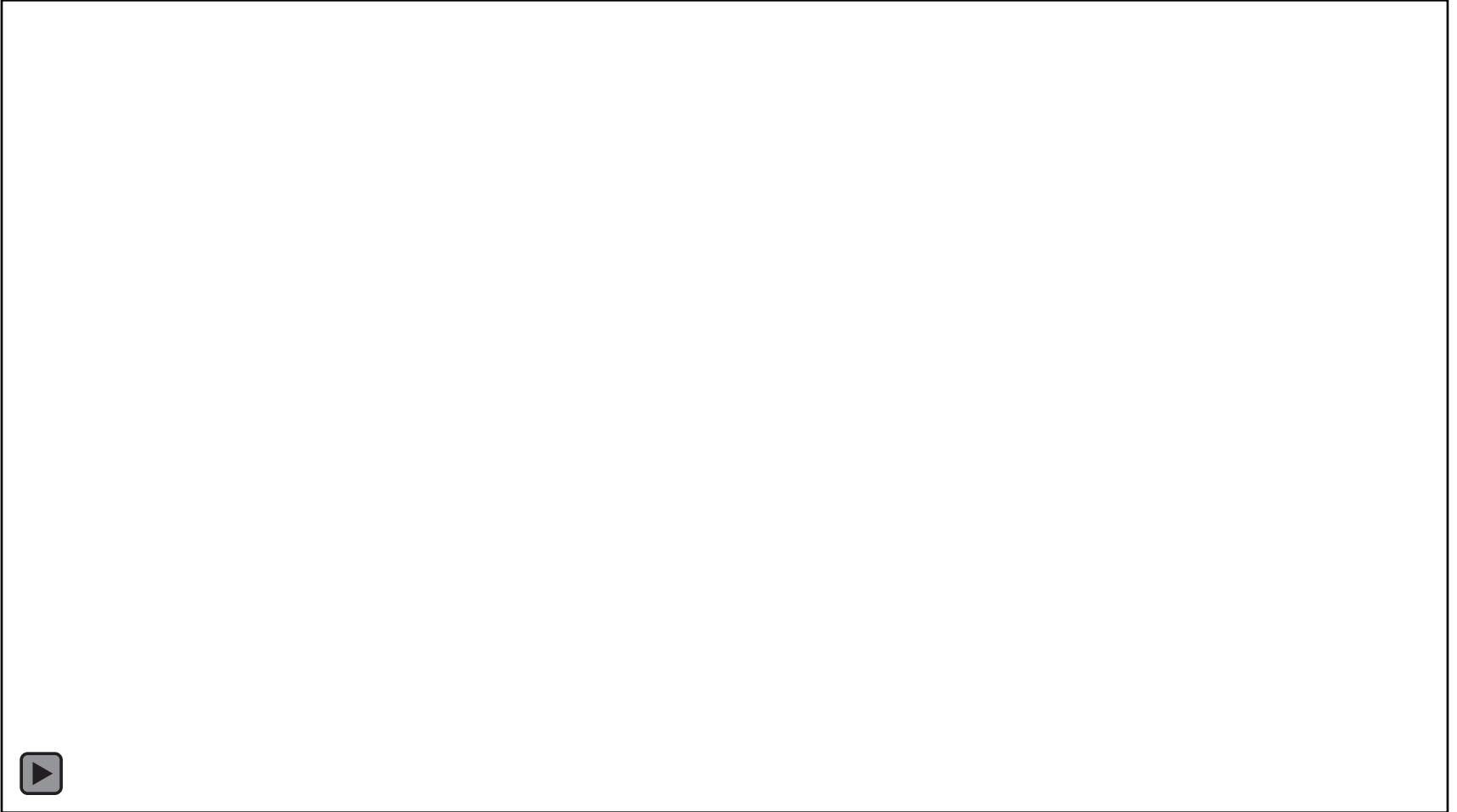


Toys!

HOW TO TELL IF A TOY IS FOR BOYS OR GIRLS: A GUIDE

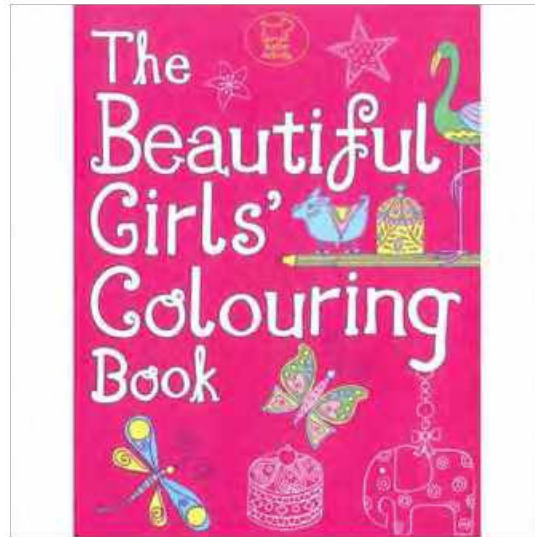


VIDEO: Girl vs Boys toys



Available at <https://www.youtube.com/watch?v=nWu44AqF0il> (**)

Examples of gendered marketing



Examples of gendered marketing



How it should be



Balanced play for girls and boys

How it should be



Images on the left are from a 1976 Argos catalogue, and on the right are images found on the Argos website today (created by LetToysBeToys.org)

Why boys need dolls:

WHY BOYS NEED DOLLS



Process
emotions



Practise
situations



Develop
language skills



Learn to
empathise with
others



Build fine and
gross motor
skills



Engage in
creative, child-
led play

Language and Play

Words and language we use with children carry important messages about gender, power and respectful relationships. These messages can limit how children engage with each other.



That's a
boys
colour!



Girl's can't play
with that!

Common Responses

Comments	Your response could be..
That's a boys/girls toy	Toys are for everyone
That's girly	What do you mean?
Dolls are for girls only	Dolls are for everyone! They teach children about responsibilities, empathy and compassion
I don't want to play with the girls/boys	Why not? They look like they are having fun!
Pink is a girls colour/ blue is a boys colour	Colours are for everyone
Girls can't play sports	Activities are for everyone
Girls can't play sports	Activities are for everyone
Boys can't dance	Occupations are for everyone
Girls can't be a truck driver, boys can't be a nurse	Colours are for everyone
Boys are better than girls	Strengths are for everyone respect and manners are important for everyone

Language

'fireman', 'workman' and 'air
hostess'



'fire fighter', 'construction
workers' and 'flight attendant'

Songs, rhymes, storytelling



Switch the pronouns of
characters. For e.g. Mouse is a
he and the bear is a she

Songs



Change the words of the
songs. For e.g. the doctor
could come to see Miss Polly's
dolly "with her bag and her
hat"

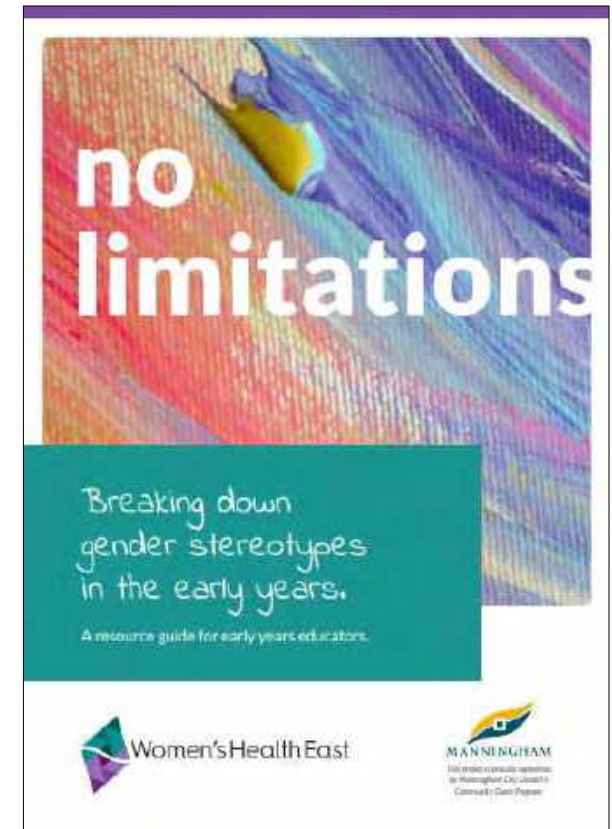
Be a role model

- Be mindful of the language you use
- Take the time to play with your children
- Make a conscious effort to talk to your children in ways that recognise their strengths and individuality, not their gender and their looks.
- Let your children see everyone in the household doing a variety of jobs.

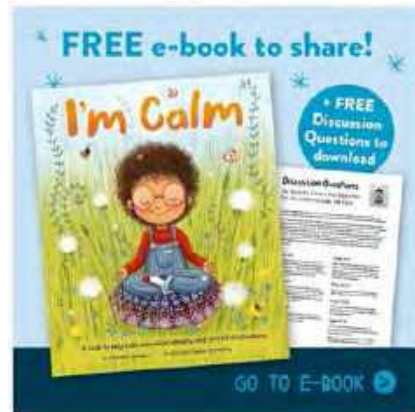


Tools to support you

- Level Playground
- No Limitations Guide



COVID related support



- Tips & Ideas -

Working From Home with Kids

Ideas to help you manage working from home with the kids

Working from home with children, particularly small children, is a big challenge. Here are some tips to help you keep the kids happy whilst also getting some work done. You can also check out our School Holiday Tips for more inspiration.

Lower your expectations

You're about to take multi-tasking to a new level. Manage your expectations about what you can realistically achieve in a day.

Pack a lunch box

If the children were at school or kinder they would have their lunch and snacks sorted and packed and in most cases would be accessing these themselves. Do this at home as well, that way you are not constantly distracted by cries of 'I'm hungry'.

Be compassionate

Give yourself a break! You're doing the very best you can in difficult circumstances. Treat every day as a new challenge and a new accomplishment when you get some work done and the kids haven't destroyed the house!

Change your working hours

If you have the flexibility to work outside of normal hours consider breaking up your day to get a few hours work done when the kids are in bed.

Set a daily routine

For children old enough to manage small activities themselves, set a routine for every day. Check out our school holiday checklist for ideas.

Managing Noise & Mess

Be very clear about noise and mess expectations. For children old enough to understand, have clear signals about when noise must be kept to a minimum, like when you're on the phone, and set a standard that toys must be packed away.

Screen Time

We know it's not ideal, but give yourself and your child permission to have some screen time.

Lunch time exercise

Use your lunch break as a chance to get you all active. Walk around the block, kick a ball outside or turn up the music and have a lounge room disco. Follow the activity with some screen or quiet time when they're naturally wanting a rest.

Household Chores

Even the littiest member can contribute. Set age appropriate tasks which not only keep kids busy but take the load off you. Teens can prepare dinner and clean bathrooms, older children can do the washing and vacuuming and the little ones can help sort out the clean laundry. Set a chores list so children can choose their chores for less of a battle. "Remember, near enough is good enough!"

Reward great behaviour

Time to get out the sticker chart. Be clear about your 'work day' expectations with your children. If they get their chores done, are quiet when you're on the phone or clean up after themselves, add stickers to the chart and reward them every few days to keep them motivated.

Share a desk

Move your laptop onto the kitchen table so you can work amongst the kids if possible or if your desk allows, set up an end for your child so that they can do drawing or some craft next to you.

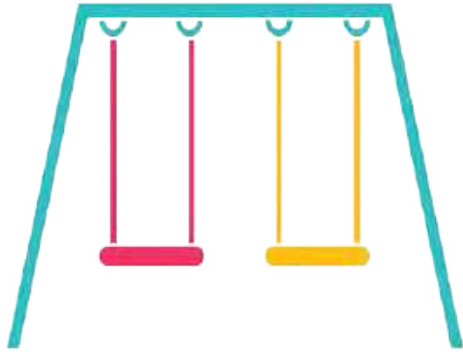
Outer East Primary Care Partnership



Summary

- Provide **options**
- Let them **choose**
- Listen out for **language**
- **Toys** are for **everyone**
- Don't put too much **pressure** on yourself as children are playing more than you think

Follow us!



level
playground

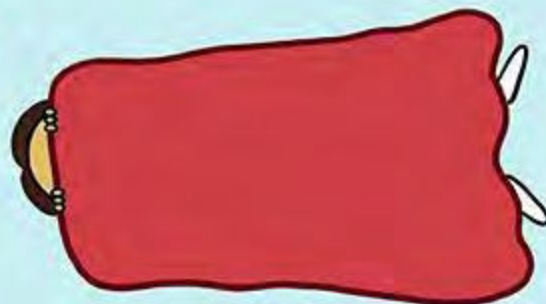


@level.playground

www.levelplayground.org.au

SOME DAYS

OTHER DAYS



@DECADE2000DLES

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Questions

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