

Through her Eyes: Challenging Misogyny, Preventing Violence



Learning outcomes:

By the end of the session, you will:

- **Understand misogyny, harassment and harmful behaviours**

Be able to identify these behaviours. Know how to challenge them safely

- **Know facts and key statistics on Violence Against Women and Girls**

Understand that ignoring harmful behaviours can lead to further harm

- **Have a safe space**

A list of agencies and support networks should you want to talk to someone

What is misogyny?

Dislike, contempt, or prejudice against women.

- **Everyday examples:**

- Objectifying women, such as rating a woman based on her body parts.
- Belittling women or girls in conversation, such as using sexist nicknames or using derogatory remarks.
- Seeking to control women's behaviour, such as telling her who she can speak to.
- Using intimidating or humiliating behaviour to destroy a woman's self-confidence and undermine her.

- **Common phrase:**

- **“Boys will be boys.”** - Saying that it's okay for boys and men to act in sexist ways is wrong. It hurts everyone – boys, girls, men and women. We shouldn't make excuses or act like it's normal. Boys and men can do better. We must stop this harmful behaviour and treat girls and women with respect.

***“BOYS
WILL BE
BOYS”***

What is Harassment?

Unwanted behaviour that makes someone feel intimidated, degraded or unsafe.

- **Everyday examples:**

- Comments regarding an individual's appearance or body.
- Jokes, gestures and language of a sexual nature.
- Invasion of someone personal space
- Stalking

- **Common phrases:**

- “You look prettier when you smile!” –this is harassment because it’s not actually a compliment — it’s control. It tells someone (usually girls) how they should look or behave instead of letting them decide for themselves. That’s not kindness, that’s pressure. It’s unwanted and personal. If a stranger or someone in power says it, the person can feel uncomfortable or unsafe — like their body and face are up for public review.

“You look prettier when you smile!”



**Through Her Eyes video:
[https://www.youtube.com/
watch?v=hleLdiIINN64](https://www.youtube.com/watch?v=hleLdiIINN64)**

Misogyny: Other Examples

On Social Media:

- Girls receiving unwanted sexual messages, threats, or insults about their appearance when they post photos or express opinions
- Posts mocking women and girls (e.g. jokes about them being “too emotional” or “belonging in the kitchen”)
- Double standards in posting: Boys posting shirtless photos often get admiration, while girls may receive sexualised comments or shaming
- Sharing degrading memes about girls, sharing nudes without consent, or boys pressuring girls into sending explicit images

Daily Examples:

- Normalised language: Using terms like “slut”, “simp”, or “man up” in casual conversation
- Dismissal of ambition: Girls being told they “can’t do” certain subjects (like maths, sciences, or sports) as well as boys



Facts & Statistics

These statistics were shared by Ofsted in 2021:

- 9 in 10 girls and half of boys said they or their peer had received unwanted sexual images.
- 92% of girls and 74% of boys reported frequent sexist name calling.

National statistics:

- Around 1 in 10 women aged 16 to 24 experience sexual assault each year.
- On average, a woman is killed by a man every three days.

Group Activity

Working Together to:

- **Identify examples of harassment and misogyny**

Think about what you have learnt, do we now understand misogyny, harassment, harmful behaviour?

- **Use the worksheet**

Share your views, honestly and openly, respectfully debate and listen to each other

- **Work together**

These issues are complex, nobody has all the answers, finalise your feedback and choose a spokesperson from the group to feedback to class.



Further Advice & Support

Need to talk:

- **Childline – 08001111**

Childline is the free and confidential 24-hour helpline for children and young people in the UK.

- **National Domestic Violence Helpline - 08082000247**

You can free-one the 24-hour National Domestic Violence helpline, calls to this number will not show on BT landline phone bills.

- **Speak to your teacher**

Contact your teacher or another adult at the school for support.