# 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.

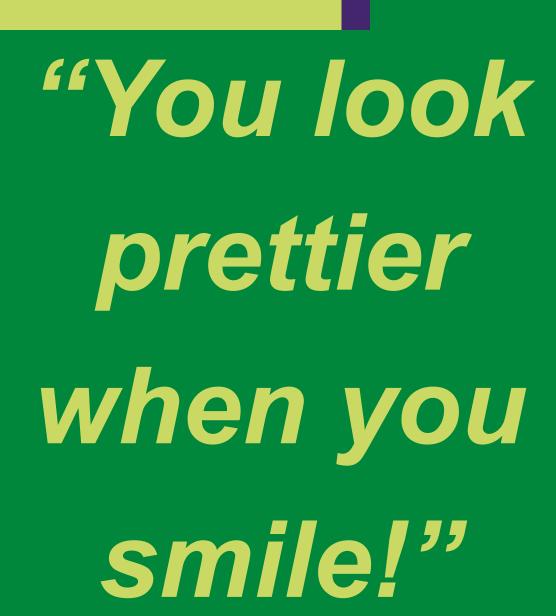
- Everyday examples:
- Objectifying women, such rating a women based on her body parts.
- Belittling women or girls in conversation, such as using sexist nicknames or using derogatory remarks.
- Seeking to control women's behaviour, such as telling her who she can speak to.
- Using intimidating or humiliating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



## What is Harassment?

# Unwanted behaviour that makes someone feel intimated, 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.





Through Her Eyes video: https://www.youtube.com/watch?v=hleLdilNN64



# 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

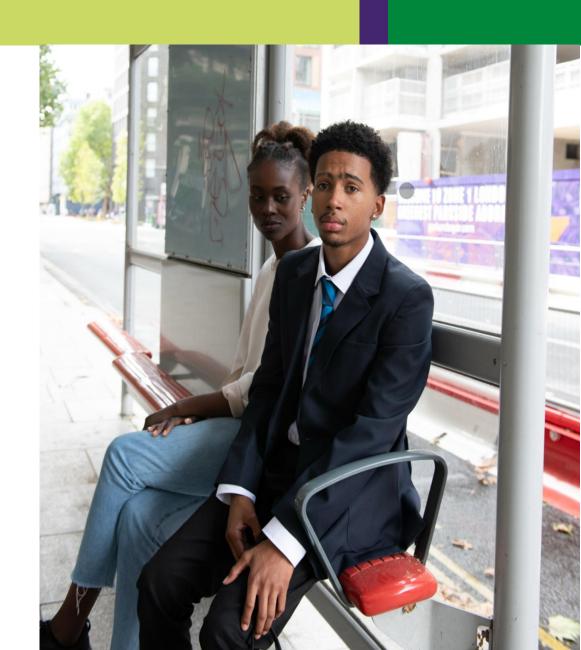
Think about what you have learnt, do we now understand misogyny, harassment, harmful behaviour?

#### 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.