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E-WISEE LAB

Name of activity	Promoting Healthy Gender Relationships Workshop
Description of activity	The "Promoting Healthy Gender Relationships Workshop" is designed to equip Youth Workers with the knowledge and skills to facilitate discussions on gender relationships, stereotypes, and equality among young people. This interactive workshop includes group discussions, role-playing, and reflection exercises to enhance participants' abilities in addressing gender-related issues.
Who are the participants?	This activity is foreseen to strengthen Youth Workers, skills such as Gender Sensitivity, Facilitation Skills, Empathy, Conflict Resolution, and Active Listening.
Identification of the aims of the activity	To enhance Youth Workers' knowledge of gender dynamics and challenges among young people. To develop facilitation skills for conducting discussions on sensitive gender-related topics. To promote empathy and understanding of diverse gender perspectives. To equip participants with strategies for addressing gender-related conflicts and promoting equality.
Number of participants	10-20
Duration	Session: apex 4 hours
Materials for the activity	Workshop materials, e.g. handouts, scenario cards, and discussion prompts. Whiteboard or flipchart paper and markers.
Identification of the competencies	Gender Sensitivity: Participants gain a deeper understanding of gender dynamics, stereotypes, and challenges faced by young people. Facilitation Skills: Youth Workers develop skills for guiding discussions on sensitive gender-related topics and creating a safe space for open dialogue. Empathy: The workshop promotes empathy by encouraging participants to consider different gender perspectives and experiences. Conflict Resolution: Participants practice conflict resolution strategies in the context of gender relationships and equality. Active Listening: Engaging in group discussions and role-playing fosters active listening skills.
Workshop Steps	Introduction and Icebreaker: The facilitator introduces the workshop and its objectives,

emphasizing the importance of addressing healthy gender relationships among young people.
An icebreaker activity helps participants become more comfortable with each other and the workshop's theme.

Understanding Gender Dynamics:

Participants engage in a brief discussion to clarify their current understanding of gender dynamics, stereotypes, and challenges.

Exploring Gender Stereotypes:

The facilitator provides a presentation or shares resources on common gender stereotypes and their impact on young people.

Group Discussions and Scenario Analysis:

Participants are divided into small groups to discuss scenarios related to gender relationships and equality. These scenarios may involve situations where stereotypes or biases come into play.

Groups analyze the scenarios, identify potential challenges, and discuss strategies for promoting equality.

Role-Playing:

Participants engage in role-playing exercises that simulate real-life situations where they can practice active listening, empathy, and conflict resolution in the context of gender relationships.

Group Sharing and Feedback:

Each group presents their scenario analysis and shares insights and strategies for addressing gender-related issues.

The facilitator and other participants provide feedback and suggestions for improvement.

Promoting Healthy Gender Relationships:

The facilitator leads a discussion on strategies for promoting healthy gender relationships, including open communication, mutual respect, and challenging stereotypes.

Debriefing and Discussion:

The facilitator leads a debriefing discussion, asking questions like:
What did you learn from the scenario analysis and role-playing exercises?

How can you apply these skills in your work to promote healthy gender relationships among young people?

What are some potential challenges in addressing gender-related issues, and how can you address them?

Action Planning:

Participants develop action plans outlining how they will incorporate what they've learned into their work to promote healthy gender relationships.

Closing and Resources:

The facilitator provides additional resources, references, and contacts for organizations working on gender equality.

Participants reflect on their learning experiences and receive certificates of participation.

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