

Parent's homework.

- This will be difficult but **STICK WITH IT**.
- Put this into practice and it will promote a positive change with a lasting impact on thinking, behaviour, aspiration and learning.
- **REPETITION IS THE KEY**. Question your children's views, **question your own views**.

Day to day.

- **DON'T** use gendered nicknames e.g. mate/ love, soldier/ princess. **USE YOUR CHILD'S NAME**.
- **DON'T** get boys to do 'male' chores or activities and girls to do 'female' chores or activities. **SWAP THEM**. Get girls taking out the rubbish and boys doing the washing up.
- **DO** look at who does what jobs at home. Make sure children are seeing jobs being done **EQUALLY** – swap the jobs. Get the men to do the cooking and washing for a week **EVEN IF THEY COME IN LATE FROM WORK** and the women any DIY jobs.
- **EAT MEALS TOGETHER** – not with the TV and social media. Turn phones off.
- **TALK** – about feelings and ambitions but always challenge **GENDER STEREOTYPES**. Ask **WHY** of your children – **WHY** can't a boy feel sad that or do a 'woman's' job, **WHY** can't a girl be a leader or do a 'man's' job.
- Tackle the **BOYS DON'T CRY, GIRLS ARE ALL ABOUT HOW THEY LOOK** myth. At every opportunity encourage your children to **THINK DIFFERENTLY** about themselves and the about the world.

What YOU need to do.

- **DON'T** excuse bad behaviour by letting 'boys be boys'.
- **DON'T** let girls get away with not doing something because its 'hard' or 'dirty.'
- **SPEND 20 MINS EVERY DAY** encouraging boys to express their feelings.
- **SPEND 20 MINS EVERY DAY** encouraging girls to be ambitious in their outlook.
- Remove anything gendered from your home. Magazines, pictures, books. **PUT IT UNDER THE STAIRS**.

What you need to do with your CHILDREN.

- Take your daughters out to play football and bake a cake with your sons.
- Let your daughters get muddy and let the boys get creative.
- **BAN** pink clothes for girls and blue clothes for boys.
- **BAG** camouflage outfits for boys and overtly 'princess-y' outfits for the girls.
- **REMOVE** T Shirts with slogans like 'daddy's little princess' and 'here comes trouble.'
- **NO** 'girly' hair clips and sparkly hair bands.
- **BAG** Superhero or Princess Duvet covers – better to sleep without a cover.
- **REMOVE** posters, book, comics from your child's room that re-enforces stereotype.
- **BAG** Dolls, guns, tea sets and action figure toys.
- Read with your children **EVERY NIGHT** from a book that challenges gender stereotypes.