

## Do you really think that about me?

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### Summary

This activity focuses on detecting gender stereotypes among citizens. By using an audiovisual resource, trainers will be able to discuss the image of female workers in society.

### Aims

- To detect and change social stereotypes that affect women in society, especially at work.
- To learn how mass media can manipulate the way we think
- To become aware that stereotypes are social imposed fears that are not real
- To explore the way we or others behave in different situations

### Participants

Workers at employment offices

### Method

Through discussion, explanation, demonstration and self-analysis.

### Source

News24 (2014). *Does gender stereotyping women in the workplace?* Retrieved from: <https://www.youtube.com/watch?v=8LvX-DUCxIQ>

### Keywords

non-violent communication, stereotypes

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### Description

Think about women who hold positions at your workplace. What image do you have of them? Are there negative thoughts about them achieving a position of responsibility?

What vision do the media present of women in positions of responsibility at work?

Before watching the video, the facilitator prepares the participants in groups of four in order to discuss the situation explained before. Then, the facilitator will try to discuss with the whole group about what is a stereotype and the stereotypes they could have regarding women at work in positions of responsibility. Once we play the video, in groups of 4, participants have to detect the most common stereotypes and how to prevent them at work.

### Material

Paper and pen for the participants. For the trainer: computer, internet access and sound.

## Advice for Facilitators

Not necessary.

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Category: Communication, Group size: Small group

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