

HOW CAN I CHALLENGE GENDER STEREOTYPES AT EACH AGE?

As your children, or children you work with, grow up, there are ways you can challenge gender stereotypes. This timeline sets out some key things to think about at each age, although they may also apply earlier or later on.

Age 0-1 Role model equality whenever it's possible

What you can do: Fathers and men can perform caring tasks, like preparing food, and mothers and women can do manual jobs, like DIY around the house.



Age 2 Use non-gendered language when talking to children

What you can do: Say "Good job" rather than "Good girl" or "Good boy".



Age 3 Think about whether anything in your space or behaviour encourages unnecessary gender segregation

What you can do: Avoid having children queue up in a 'boys line' and 'girls line' or painting children's coat pegs pink and blue.



Age 4 Encourage children to take part in a range of activities

What you can do: If you have a home corner, encourage boys and girls to play in it or get everyone involved with football by kicking the ball to girls and boys.



Age 5 Praise and be supportive of children when they behave in ways that challenge gender stereotypes

What you can do: Cheer on girls engaging in a risk-taking play or comfort boys when they express their emotions.



Age 6 Have challenging conversations about gender with children

What you can do: If a child says something is "for boys" or "for girls" ask them to explain why and give an example of someone who challenges that stereotype.



Age 7 Offer children a range of worldviews

What you can do: Choose story time books with lead characters who show a range of diversity in gender, race, and other characteristics.



Age 8 Have developmentally-appropriate conversations about historical inequality, both about gender and other characteristics

What you can do: Read about and discuss local figures who have faced discrimination because of their gender, race, or other characteristics.



ALL THE WAY THROUGH ...

★ **Make challenging gender stereotypes a priority**

What you can do: Start by devoting time to talking with colleagues, family and friends about how gender stereotypes operate and ways they can be challenged.

★ **Consider ways other aspects of children's identity intersect with how they are treated**

What you can do: Take a step back and observe whether BAME children are encouraged to take part in different games and activities than White Children.

★ **Have conversations with other adults about gender stereotypes**

What you can do: If a colleague or friend tells a child something is a "boy" or "girl" activity, talk about why you disagree or suggest a less stereotypical book if they select a traditional fairy tale to read to children.