

What to say to my children when
we talk about/if they ask about:

Misogyny



Be prepared:

You are a parent/carer, not a medical or legal expert. You aren't expected to know everything. It's OK to check things and look things up but remember, some online sites aren't reliable. Our family hub has some reliable and trusted sites with more information to help you:

Scan here

<https://link.lsec.uk/family-hub>



Pick the time and place. A calm, quiet place where you won't be overheard or interrupted is best.



The facts, useful information and how to word things:

Misogyny is when someone acts unkindly or unfairly towards girls/women because of their gender.

The same can apply to boys/men - this is called misandry.

Discuss stereotypes and equality of opportunity for all. Not all nurses are women, not all lorry drivers are men. England women's sports teams have been as successful as the men's.

Be a positive role model. Use respectful language at home.

Everyone is entitled to their opinion. Not everyone's opinion is correct. Some people online have views which we wouldn't agree with. Always check with an adult.

What options do you have when you are online and things are said you don't like or agree with? Take a break, log off, report, tell an adult, make an excuse and leave.

Discuss the difference between joking, banter and bullying:

Joking - an observation or silly remark not really directed at anyone.

Banter - Mutual - both people happily giving and taking. Bullying - repeated, one-sided - target is not laughing.

Empathy is about considering the feelings of others. How would you feel if treated like this?

What skills should you talk about as well?

Our approach is that children are best armed with accurate facts and information from the programmes used in school and what you discuss with them. Alongside this, they need strategies and skills to say No if they need to. Visit our Family Hub to find out and reinforce the strategies your children have been taught during the Life Skills Programme.

These include:

- Dealing with stress and peer pressure.
- Communicating clearly when saying No.
- The MATES resistance strategies.
- Considering risk and consequence within our SKILL decision-making model.