

Activity and Sarah and Becca's Reflection - A to Z of Women

During a training course that we had both attending, we played a version of this game where we had to create an A to Z of young people to see what stereotypes we were guilty of making as youth workers. Both of us got a lot out of the game and the subsequent discussion and decided we could use an A to Z of women as an activity with our group. We intended for it to be a quick starter activity before the main part of the session, but this actually ended up taking the whole session because there was an awful lot to unpack about some of the adjectives the girls had chosen.

Some words such as 'hoe' and 'slut' led to an in depth conversation about the way in which these words have historically been used against women and how they are still used today. The girls admitted to often using words like this without thinking what they really mean, and the history behind them. Other words were seemingly more innocuous, such as 'hormonal' but when we began to discuss the words further, we realised how gendered our views or certain words were. People of all genders have hormones, so why is it only women who we describe as hormonal? And why is this often said to discredit or belittle women? It was amazing (and a little sad) to see how many of the adjectives were negative.

Leaders should be prepared for a frank conversation if using this activity in the same way as we did. We were also aware of not giving any examples at the start of the activity, in case this affected the group's answers.

An A to Z can also be used as a good way to present findings about a particular woman, and will likely feature a different set of adjectives to when the activity is used to describe all women. Another way of using the activity is to ask the young people to write an A to Z of themselves as a starting point for a conversation about self confidence.

Project in partnership with:



A to Z of Women

For each letter of the alphabet, try to think of at least one adjective to describe women.

A...

B...

C...

D...

E...

F...

G...

H...

I...

J...

K...

L...

M...

N...

O...

P...

Q...

R...

S...

T...

U...

V...

W...

X...

Y...

Z...

Project in partnership with:

