

How to raise a powerful girl

**"It took me quite a long time to develop a voice, and now that I have it, I am not going to be silent."**

**Madeleine Albright**

**Exercise 1.** Look at the traits listed in the box and try to divide them into two groups, the ones that are **stereotypically** ascribed to men and the ones people usually associate with women. Then discuss in groups whether you agree with such division.

emotional	self-confident	innocent	self-critical
assertive	competitive	home-oriented	logical
cries a lot	talkative	strong	sensitive
compassionate	patient	dominant	risk-taking

WOMEN	MEN



**Exercise 2.** You are going to watch a TED Talk by Reshma Saujani. See the first part of the video (up to 3:10 minutes) and answer the questions below.

**VIDEO:** <https://bit.ly/2J930u6>

1. What did people tell Reshma Saujani when she decided to run for congress and how did she feel about it?
2. According to Reshma, what are girls and boys usually taught to do?

**Exercise 3.** Watch the second part of the video (3:45 – 5:00) and decide if the sentences below are true or false.

1. According to a research, the higher the girl's IQ, the less likely T/F  
is she to give up.
2. Boys are usually better at science than girls at the 5<sup>th</sup> grade level T/F
3. Men apply for a position only if they meet 100% requirements. T/F
4. Women are taught to be perfect and avoid taking risk. T/F



**Exercise 4.** Look at chores below and decide who should perform them, then discuss your choices in groups:

<b>make dinner</b>	WOMEN	MEN	BOTH
<b>pay the bills</b>	WOMEN	MEN	BOTH
<b>fix a leaky tap</b>	WOMEN	MEN	BOTH
<b>take a sick leave when a child is ill</b>	WOMEN	MEN	BOTH
<b>iron the clothes</b>	WOMEN	MEN	BOTH
<b>wash the car</b>	WOMEN	MEN	BOTH
<b>mop the floors</b>	WOMEN	MEN	BOTH

Do you believe that certain roles in the society are strictly assigned to women or men?

How were chores divided in your family when you were a child? What does it look like now?



**Exercise 5.** Discuss the questions below:

1. Do you believe that children should have the same duties at home, regardless of their gender?
2. Should we alter how we parent depending on whether our child is a boy or a girl?
3. Would you buy a doll as a gift for a boy?
4. Have you noticed that toy producers usually advertise toy vacuum cleaners, mops and kitchenettes with an image of a girl and cars, tools and robots with an image of a boy? Do you believe it can influence the upbringing of children and their future roles in the society?

## HOMEWORK

You are going to read an excerpt from an article on raising powerful girls. Use the words given in CAPITALS to form a word that fits into each gap.

**Encourage your daughter to pursue a passion.** “Full 1..... (ENGAGE) with an activity she loves will give her the opportunity to master challenges, which will boost her self-esteem and 2..... (RESILIENT) and affirm intrinsic values rather than 3..... (APPEAR),” says Rachel Simmons, author of *Odd Girl Out*. (...)

**Let her have a voice in making decisions.** “Whenever possible, let her make 4..... (CONSTRUCT) choices about her life. Let her choose her own clothes, within appropriate limits. Give her a voice in what after-school activities she participates in and how many she wants to do (...). Remember that knowing what she cares about most will come from trying some things and finding she doesn’t like them, as well as from finding things she loves to do,” recommends Jane Katch, Ed.D., author of *They Don’t Like Me*. “Your daughter might need to make a 5..... (COMMIT) for a short time for an activity (...) but when that’s over, it’s okay to try something different!” (...)

**Allow her to 6..... (AGREE) with you and get angry.** “Raising a powerful girl means living with one. She must be able to stand up to you and be heard, so she can learn to do the same with classmates, teachers, a boyfriend, or future bosses,” (...). “Girls need 7..... (GUIDE) about how to stay clear in their disagreements, and they need support for not giving up their convictions to maintain a false harmony.” (...)

Source: <https://www.pbs.org/parents/thrive/raising-a-powerful-girl>

**KEY:**

**Exercise 2**

1. That she was crazy to run, that there was no way she could win.

She was sure she would win, she was endorsed by The New York Daily News, supported by newspapers and the local community.

2. Girls: avoid risk and failure, smile pretty, play it safe, get all A's (good grades), be perfect

Boys: play rough, swing high, take risk, be brave

**Exercise. 3**

1. F
2. F
3. F
4. T

**HOMEWORK**

1. engagement
2. resilience
3. appearance
4. constructive
5. commitment
6. disagree
7. guidance