

PROGRAMME OVERVIEW

Welcome to the WOWsers Virtual Programme Pack, created by The WOW Foundation. Over five workshop sessions, you will learn about gender equality, understand different people's stories, and undertake research about women and girls in the public sphere who have done something inspirational.

You will need to choose a woman/girl that you find inspiring and that you consider a role model. You will then work with the resources provided to produce creative content inspired by the role model you have chosen.

The works produced will be collected by **The WOW Foundation**, included in future festivals and distributed online - we can't wait to show them to the world.

The aims of the programme are:

- To get you actively involved in the discussion regarding gender equality
- To encourage you to tap into and explore your creativity
- To help you develop knowledge and skills that can be applied to a range of activities and areas of study

PROGRAMME DETAILS

Suggested programme duration: Five weeks (once a week) Suggested session duration: Two hours Age suitability: 13-18 years old

RESOURCES YOU WILL NEED

Laptop/iPad Internet connection Email address Printer (not essential) Scanner/camera/phone camera Pen and paper

Any creative supplies: pencils, crayons, paint, glitter, coloured paper, cardboard, magazines, etc.

HOW TO USE THIS PACK

<u>Contents</u>

Session 1: Think-In

- Who Are The WOWsers?
- What Is Gender Equality and Why Should We Care?
- Inspiring Women and Girls

Session 2: What Does Inspiring Mean?

- What Does Inspiring Mean?
- Who is Your Inspiring Woman/Girl?

Session 3: Words

• How To Write Your Text

Session 4: Visuals

• How To Create Your Visual

Session 5: Your Page

- Putting Your Page Together
- Submitting Your Page

SESSION STRUCTURE

List of resources provided and required

Before beginning each session you will be able to see which resources are provided and which resources will be needed. Ensure you have everything listed before starting. You are welcome to print the pages and hand write on them, or you can type instead if you prefer. We think pen and paper can help the creative flow, so try to handwrite whenever possible.

Introduction to the topic and activity

In each session we will ask you to answer questions and reflect on personal experiences and on what you already know. There are no right or wrong answers, and nobody will be checking so don't be afraid to write down what you really think and want to say! You can do these activities on your own, or you can involve a member of your household or a friend over the phone. We would normally do these activities as a group and use them as a starting point for discussion, so feel free to involve family and friends!

Examples

We have selected a few examples to help you create your artwork. These should be used as a guide only, it's very important that you feel in control and without constraints when creating your page.

Case study

For each session we have picked an inspiring woman or girl who has done something related to that topic.

Further Readings

A brief list of books and zines you can read if you found a specific session or topic particularly intriguing.



SESSION 1: THINK-IN

Resources provided

- Who are the WOWsers?
- What is gender equality and why should we care?
- Inspiring Women and Girls
- Case study: Mhairi Black

Resources required

- Laptop/iPad
- Internet connection

WHO ARE THE WOWSERS?

About the WOWsers Programme

WOWsers are young ambassadors of WOW - Women of the World Festivals. The WOWsers programme is an opportunity for young people to work together and develop a creative project which celebrates the achievements of women and girls. Young people play a crucial role in achieving gender equality - evidence tells us that girls need opportunities to develop their leadership skills, work together and celebrate their achievements. The WOWsers framework and methodology allows young people to explore gender equality in a fun and accessible way. Over the course of a WOWsers project we want participants to meet new people, gain exposure to new ideas and develop their creativity.

The WOWsers programme has been running since 2012 and has taken place in London, Cambridge, Norwich, Perth, Exeter, Rio, Nepal, Brisbane, Chester and China. Approximately 300 young people have taken part in WOWsers to date.



About the Virtual WOWsers Project



The Virtual WOWsers programme is an adaptation of the WOWsers 2020 project - you can find more information about the project below.

Over five workshop sessions, you will learn about gender equality, understand what makes someone inspiring, and undertake research about women and girls in the public sphere who have done something inspirational. You will need to choose a woman/girl that YOU find inspiring and that YOU consider a role model.

You will work with the resources provided to produce creative content inspired by the role model you have chosen. Your work will be collected by **The WOW Foundation,** included in future festivals and distributed online - we can't wait to show them to the world.

About the WOWsers 2020 Project

WOWsers 2020 were a group of 35 young people aged 13-18 from three schools in Lambeth: Dunraven School, Norwood School and Woodmansterne School. Following an initial session exploring what gender equality is, why we should care, and what issues girls are facing today, the students were asked to choose a women or girl they find inspiring and consider a role model. Over the course of the project, the students worked with poet Mandisa Apena and artists Kay Davis and Kazvare Made It, to produce texts and visuals inspired by their role models. The artworks produced by



each student have been put together into an online zine. 10 pages of the zine have been replicated in the format of a postcard - these are given away on Friday 6th March to audience members at the festival, who will be encouraged to send the postcard to a women/girl in their life they find inspiring.

As part of the project we also asked Kazvare Knox to produce a special version of her series 'A Seat at Her Table'. The illustration shows ten of the women and girls that the WOWsers have chosen as role models. This has also been replicated into a postcard that audience members can colour in, and in the back of the postcard they can draw a woman or girl they find inspiring.

READ THE WOWSERS 2020 ZINE!

WHAT IS GENDER EQUALITY AND WHY SHOULD WE CARE?

Take some time to think about what gender equality means to you. You don't need to do any research at this stage, simply ask yourself 'what does gender equality mean?'. Write it down on a piece of paper, and then ask yourself 'why should I or anyone care about gender equality?'. Write down your thoughts - there is no right or wrong answer!

GENDER EQUALITY IS WHEN ALL GENDERS SHARE THE SAME RIGHTS AND OPPORTUNITIES

Let's begin with some myth busters.

Feminists are women who hate men, are lesbians, burn their bras and don't shave their armpits.

Feminists are not always women, they can be of any sexual orientation, they can choose whether to wear a bra or not, and what to do about their body hair.

Feminism is 'a thing of the past', there's no need to fight for gender equality anymore as we already have it.

Yes, we have come a long way since the suffragettes, but there is still a lot of work to be done!

Men and boys shouldn't be concerned with gender equality, it's for women and girls.

Gender equality should be a concern of everyone that wants a world where everyone shares the same rights and opportunities.

We have put together a list to give you an understanding of issues around gender equality. As you read through the list, ask yourself:

- What could be the reasons behind this fact/issue?
- Was this fact/issue different in the past? What about in the future?
- Have I, or someone I know, experienced any of these issues?
- How could these facts/issues impact the decisions I make about my present and future?

Why not involve other members of your household and read through the list together? You'd be surprised to find out that even adults didn't know some of these facts!

Work and education

- Far fewer women are leaders of organisations
- There is a gender pay gap which means on average women earn less than men
- Women in sports earn less than men in equivalent roles
- In low-income countries, for every 100 boys who continue education after high school, but only 55 girls do the same

Politics

- Only 32% of MPs in the UK are women
- Over 150 countries have at least one sexist law

Wellbeing

- 59% of girls aged 11 21 feel there is far too much pressure caused by social media
- One in three women will experience physical or sexual abuse in their lifetime
- 60% of the world's chronically hungry are women and girls

We have also put together a quiz which you can take on your own or with someone in your household. It's unlikely you will know the correct answer, but the point of the game is to guess, so try to answer the questions yourself before checking the answers.

QUESTION 1 In how many countries do men and women have official economic equality? QUESTION 2 In England, in what year were women allowed to spend their own money in pubs without being refused service?

QUESTION 4 In 1921, the FA declared football "quite unsuitable for females" and outlawed the sport. When was the ban lifted? QUESTION 5 How many girls per minute are married before they are ready? (UESTION 3 Men's lifetime average earnings are how much greater than women's?

QUESTION 6 How much less than their male peers do female graduates earn after graduation?

ANSWERS

Q1. Zero | Q2. 1982 | Q3. 80% | Q4. 1971 | Q5. 23 | Q6. £1,600

INSPIRING WOMEN AND GIRLS

The list is endless and ever growing! There are so many inspiring women and girls out there, and you can find lots of lists on the internet. Ultimately, this project is about who YOU find inspiring! Therefore, instead of providing you with a long list of names and achievements, we wanted to share with you this beautiful illustration. This was printed in the form of a postcard and handed out to the audience at WOW London Festival 2020. It was created as part of the WOWsers 2020 programme, the women portrayed here had been chosen by the WOWsers and illustrated by Kazvare Made It. The illustration is a special version of Kazvare's series 'A Seat at Her Table'.



Malala Yousafzai, Vivienne Westwood, Michelle Obama, Ashley Fiolek, Frida Kahlo, Harriet Tubman, Beyoncé, Rebecca Sugar, Serena Williams, Greta Thunberg

And now over to you! Between today and the next session, start thinking about women and girls that you find inspiring. You don't need to pick one just yet, but if you already have that's cool! In the next session, we will focus on understanding what it means to be inspiring, and will start researching about these amazing women and girls!

CASE STUDY: MAHIRI BLACK

In 2015 Mhairi Black became the youngest ever Member of Parliament elected to the House of Commons since 1832. She was just over 20 years old and still an undergraduate student. Mhairi has been working towards justice and fairness for pensioners, protection of local services, Scottish Independence and the rights of the LGBTQ community.

FURTHER READINGS

We Should All Be Feminists - Chimamanda Ngozi Adichie Women, Culture and Politics - Angela Y. Davis Bad Feminist - Roxane Gay Feminists Don't Wear Pink (and other lies) - Scarlett Curtis



SESSION 2: WHAT DOES INSPIRING MEAN?

Resources provided

- What does inspiring mean?
- Who is your inspiring woman/girl?
- Case Study: Marley Dias
- Further Readings

Resources required

- Laptop/iPad
- Internet connection
- Printer (not essential)
- Pen and paper

WHAT DOES INSPIRING MEAN?

Take a few minutes to answer each of the questions below. You can print the pages and write in the boxes, or you can just write your answer in your notebook or on a sheet of paper.

If you are struggling to answer these questions, get another member of your household involved! If you don't think you have any qualities that make you inspiring, just ask a friend or someone that knows you what they would say about you!

What qualities make a person inspiring?

What qualities do you have that make you inspiring?

Why do you think it's important for women and girls to take up space, demand respect and lead?

Who do you consider inspiring? Why?

WHO IS YOUR INSPIRING WOMAN/GIRL?

Once you have decided who your inspiring woman/girl is, spend the rest of the session doing some research on them. Grab a pen and paper and your laptop, start searching, and take notes of what really stands out for you. We have provided a list of questions that you can use as a guide for your research.

- Did they do something for other people or communities?
- Did they achieve something despite all odds?
- Did they inspire future generations to do something no woman/girl had done before?
- Did they spend their lives fighting for an important cause?
- Did they intentionally defy gender norms to make a point?
- Did they make themselves heard?
- Did they do something for which a man took the glory, and we only found out about them today?
- Did they live at a time or in a community where they were not taken seriously because of their gender?
- Did they do something that inspired you in some way? For example to study a certain subject, find out more about a cause, help other people, etc.
- Why are you inspired by this woman/girl?
- Why is what they have done/achieved/fought for important to you?

CASE STUDY: MARLEY DIAS

Marley Dias is an activist and feminist aged 15. She is American and is of Jamaican and Cape Verdean descent. In 2015, when Marley was in sixth grade, frustrated by the lack of diversity in the characters of the school's mandatory readings, she started the campaign **#1000BlackGirlBooks** book drive. Marley's goal was to collect and donate 1,000 books for children and young people featuring black girls as the main character. She collected over 9,000 books in only a few months and has even written her own book 'Marley Dias Gets It Done: And So Can You!'

FURTHER READINGS

Marley Dias Gets It Done: And So Can You! - Marley Dias No One is Too Small To Make A Difference - Great Thunberg Women in Science - Rachel Ignotofsky Warrior Queens - Antonia Fraser



SESSION 3: WORDS

Resources provided

- How to write your text
- Examples
- Case Study: Rupi Kaur
- Further Readings

Resources required

- Laptop/iPad
- Internet connection
- Pen and paper

<u>How To Write Your Text</u>

We list here some types of text that you can experiment with and eventually choose the one(s) you prefer. To help you understand we have included an example for each type - to make the comparison easier, all the examples are about the same inspiring woman/girl: the paralympic gold medallists Ellie Simmonds.

WORDS

A selection of words you associate with your woman/girl. These can be adjectives, feelings, nouns, verbs, anything really!

brave, gold, young, disability, sport, winning, champion, being yourself, success

DIALOGUE

Dialogues are real or imaginary conversations between two or more people, between a person and an object, or an internal dialogue with oneself.

I don't think this is for you.
but this is what I want to do!
I don't want you to get hurt...
why would I get hurt? Why can't I win?

POEM

Poems involve writing in lines that often, but not necessarily, rhyme and tend to have rhythm. The style of writing is evocative and vivid and aims at helping the reader paint an image of the ideas and emotions you want to convey.

gentle but cold water, lulling my body. and fearless, I breathe. glittering, heavy gold is only half the prize. sit back and watch me win.

AFFIRMATION

Affirmations are short, powerful, positive and encouraging statements. Some tips to make your affirmations stronger: use repetition, state in the positive, keep it short.

'Be yourself. Be brave. Be whatever you want to be. Nothing can stop you.'

STATEMENT

A statement is a fact, it's about stating the truth, making your point, asserting your opinion.

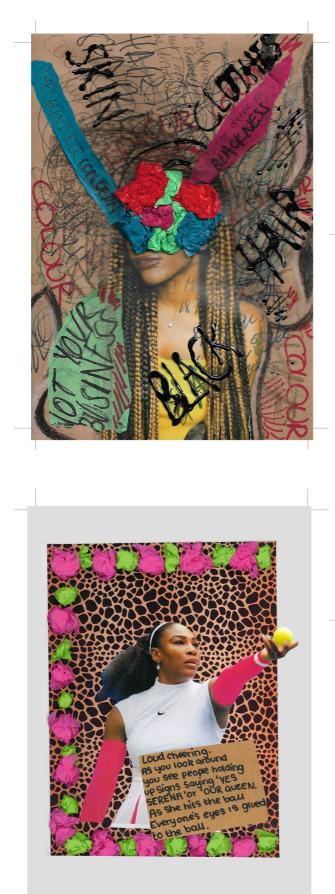
'A force to be reckoned with, she was fearless, she did what she loved, and she won.' We want you to feel that you have complete freedom on what type of text you choose to write. As you can see there are many options, so don't feel limited to using just one. We recommend trying a few different styles to find out what you feel most comfortable with.

Try to leave some time between writing sessions. Don't spend too long working on the same text in one go - take your time, let your mind pause. Go back to the text the next day - your brain will have worked on it without you even knowing!

You can type your text if you prefer, but we recommend using good old fashioned pen and paper. Handwriting helps you capture and process information, it slows you down and so gives more space to your thoughts, and it's a physical record of your thinking.

It's time to get writing! Grab a pen, paper and your notes from the previous session. We have put together a guide to help you write your text.

- Know it: You are an expert of the woman/girl you have chosen
 - What three words would you use to describe her?
 - Use one sentence to describe the impact of this woman/girl
 - Take that sentence and pick out just one word
- Relate to it: You and your chosen woman/girl
 - Write down a list of things you and your woman/girl have in common
 - Reading through your research, write down which feelings come to mind
 - Using one sentence describe why this woman/girl inspires you
- Experiment with it: Find a style that works for you and your chosen woman/girl
 - Write three different types of texts, for example: a poem, a statement and a dialogue
 - Which one did you enjoy most writing?
 - Have more than one session, go back to your texts, edit them or start from scratch
- Finish it: Put a seal of approval on your text
 - Find your guinea pig! Is there anyone among your family and friends that could read your text(s) and give you feedback? You might think your text is rubbish, but your cousin might say it's actually pretty powerful! However, don't take the opinions of your 'audience' as facts, if you like what you have written just stick with it.
 - You will have to combine your text with your visuals. Don't feel restricted by this, but if you already know that you want to use a large photograph or portrait, your text will have to work 'around' it.
 - Have fun!





CASE STUDY: RUPI KAUR

Rupi Kaur is an Indian-born Canadian bestselling author and illustrator. Her themes include love, loss, trauma, healing, femininity, migration and revolution. Rupi Kaur started sharing her poems and illustrations on Instagram and Tumblr, and published her first collection 'milk and honey' in 2014, at the age of 22.

FURTHER READINGS

milk and honey - Rupi Kaur <u>The Portable Nineteenth-Century African American</u> <u>Women Writers - Various authors (Penguin)</u> <u>One Writer's Beginnings - Eudora Welty</u>



SESSION 4: VISUALS

Resources provided

- How to create your visuals
- Examples
- Case Study: Soofiya Andry
- Further Readings

Resources required

- Laptop/iPad
- Internet connection
- Creative supplies

HOW TO CREATE YOUR VISUALS

In this session we will focus on figuring out what creative elements you want to include. You will finalise your page in the next session, so for today focus on the background and the main elements of the page.

If you already know what you want to do, just go for it! But if you are a little lost, and don't feel particularly in touch with your creative side, we have put together an easy step-by-step guide.

Before beginning, you need to collect your creative supplies. Classics include: pens, pencils, felt tip pens, crayons, paint, chalk, coloured paper, craft paper, wrapping paper, glitter, etc. But there's no reason why you can't use bits already in the house, like: buttons, make up, magazines, newspaper, fabric, and anything else you can find! If you have a printer you can print a picture of your chosen woman/girl and stick it on your page. Or if you don't want to use a picture of them, you could print something that is to do with them - for example, if your chosen woman is from Mexico you could print an image of a *calavera*, the famous sugar skulls.

STEP 1: YOUR TEXT

Is your text short or long? Will your text be the focus of your page? Once you have established the length and role of your text, move onto Step 2.

STEP 2: FOCUS

If your focus is not on the text, then what is the focus on? Will you draw and combine the words into your drawing? Will you write your affirmation around a picture? Will your focus be the visuals and the words in the background? You can have lots going on in your page, but having a focus point makes it much more powerful!

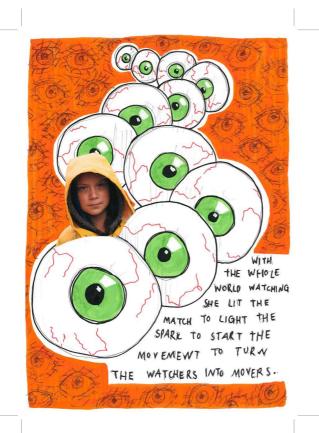
STEP 3: BACKGROUND

Start with the background of your page. You can colour the page, create a pattern, or use magazine cutouts.

STEP 4: VISUALS

Once your background is ready, start experimenting with the visuals. If you are using pictures and cutouts, place them on the page and move them around before pasting them. If you haven't already, start thinking where your text will go. In the following session you will have time to put everything together and finish your page.

EXAMPLES







CASE STUDY: SOOFIYA ANDRY

Soofya is a London-based Muslim Pakistani artist, whose artistic and writing practice revolves around gender, race, bodies and politics. Their work uses a variety of mediums and can be found in the form of illustrations, visual identity, zines and books. A known example is the zine 'Bloody Hell' which Soofiya self-published at 23.

<u>FURTHER READINGS</u>

<u>Sister Magazine</u> <u>Cry Baby Zine</u> <u>Rookie Magazine</u> <u>Bright Lite Magazine</u> <u>Period. Zine</u> <u>Keke Magazine</u> <u>Lithium Magazine</u>



SESSION 5: YOUR PAGE

Resources provided

- Instructions
- Examples
- Evaluation form
- Declaration form

Resources required

- Laptop/iPad
- Internet connection
- Email address
- Scanner/camera/phone

INSTRUCTIONS

Combine your visual work and the text together. You have complete freedom on how you do this. For example you could:

- Use the visual as a background and write or type, print and paste with glue your text.
- Choose significant words from your text and write them on your artwork. You can also cut out letters from magazines, or type, print and paste them.
- Start with your text and recreate the visual around it.

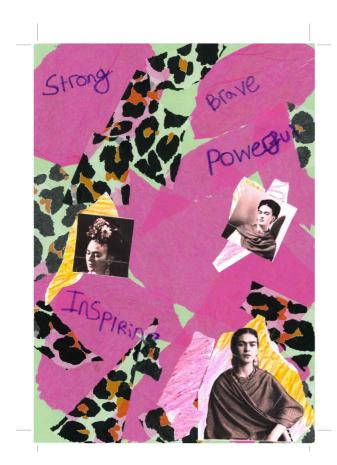
These are only suggestions, you can look through the examples provided, but this is YOUR page so let your creativity run wild!

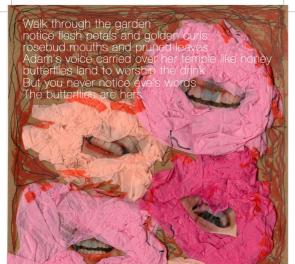
- Once your page is ready, use a scanner, camera or phone camera to make a digital copy of it.
- Complete the Declaration Form at the end of this pack (a guardian/parent will need to sign this).
- Complete the Evaluation Form.
- Send your page and forms to <u>schools@thewowfoundation.com</u> using 'Virtual WOWsers' in the subject line. It is very important that you send us the completed Declaration Form, otherwise we won't be able to contact you for future opportunities.

We are collecting all of the works submitted to show them to the world!

Thank you for taking part in Virtual WOWsers!

EXAMPLES







Evaluation Form

Project: Virtual WOWsers

How would you rate Virtual WOWsers overall?

□POOR	DISAPPOINTING	AVERAGE	GOOD	VERY GOOD

What did you enjoy most about Virtual WOWsers?

Was there anything that stood out, something you didn't know and really surprised you?

Was there anything about Virtual WOWsers that you would change?

What skills did you enhance or gain by taking part in Virtual WOWsers?

Has taking part in Virtual WOWsers inspired you to do something?

Please indicate your age

Please indicate your ethnic group

Please indicate if you identify as a D/deaf or disabled person, or have a long-term health condition

Please indicate your postcode or borough of residence

Please let us know if you have any other comments

Thank you for completing the evaluation form.

Declaration Form

Dear Parent/Guardian,

As you are aware your child is taking part in **The WOW Foundation's Virtual WOWsers Programme**, a creative activity to enrich students' home learning.

As your child is under 18 we need permission from you as their parent/guardian. Please indicate below if you are happy with the following:

As part of this activity, your child will be creating an artwork. The WOW Foundation is collecting the artworks and plans to showcase them at WOW's celebration of International Day of the Girl in October 2020.

□YES □NO I agree to my child taking part in the activity Virtual WOWsers

□YES □NO I agree to my child submitting their artwork to The WOW Foundation

□YES □NO I agree to my child's artwork being showcased in the public sphere (i.e. The WOW Foundation's website and social media, funders' websites, WOW festivals and events). We will only display the child's first name, and never any other personal information.

We value participants' feedback, as it informs our decisions for future projects and helps us demonstrate the impact our projects have on young people.

□YES □NO I agree to my child completing a feedback form about the project

□YES □NO I agree to my child's feedback being used for internal evaluation purposes. Findings will be anonymous and we will never share your child's details with third parties.

□YES □NO I understand that the findings of the evaluation research might be used to demonstrate the impact of the project through reports, presentations and funding applications.

The WOW Foundation is planning a big celebration of International Day of the Girl in October 2020. We would like to give you and your child details of our celebration nearer the time.

□YES □NO I agree to being contacted via email to find out more details about the event. If you ticked yes, please provide your email address: ______

□YES □NO I would like to sign up to The WOW Foundation Mailing List.

If you have any questions about your child's involvement in the project or on how their artwork and feedback will be used please contact Elora Tescari (Project Manager) at schools@thewowfoundation.com

Date_____

Signature_____

Name of Participant_____

Name of Parent/Guardian

Signature_____

ABOUT THE WOW FOUNDATION

The WOW Foundation produces festivals across the world to celebrate women and girls, and raise awareness globally of the issues they face and possible solutions. Led by Jude Kelly CBE, it is an independent organisation that works to build, convene and sustain a global movement that believes a gender equal world is possible and desirable through WOW festivals and empowering women and girls. Over the past 10 years WOW Festivals have reached more than two million people across six continents, from Baltimore to Brazil, Cardiff to Karachi.

Watch <u>this video</u> to find out more about WOW.

TWITTER **@Wowisglobal** Facebook **@Womenoftheworldfestival** Instagram **@wowglobal** www.thewowfoundation.com

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