



Gender Stereotypes



This fact sheet will help you understand more about Gender Stereotypes and what this looks like.

⚠ Warning ⚠ When researching this topic you may encounter material that is upsetting. Please speak to a teacher or a trusted adult if you are worried about anything you have seen.



What are Gender Stereotypes?

Gender stereotypes are ideas or beliefs about how boys and girls are supposed to act, look, or think just because of their gender. For example, people might say "boys should be tough and not cry" or "girls should like pink and be caring." But these are just stereotypes — they don't always match who someone really is or what they like.

🔍 Examples of Gender Stereotypes

For Boys:

- Boys should be tough and not cry.
- Boys like sports and video games.
- Boys are better at maths and science.
- Boys don't like playing with dolls or doing arts and crafts.

For Girls:

- Girls should be caring and gentle.
- Girls like pink, dresses, and makeup.
- Girls are better at reading and writing.
- Girls don't like physical sports or getting dirty.

Remember, these are just stereotypes — they don't have to be true for everyone. People can like and do whatever makes them happy, no matter their gender.

Key Terms	Definition
Gender Stereotype	A fixed idea or belief about how people are supposed to behave, look, or think based only on their gender.
Gender Roles	The social rules or expectations about what boys, girls and people should do or how they should act.
Equality	The idea that everyone should be treated fairly and have the same chances, no matter their gender.
Discrimination	Treating someone unfairly because of their gender, race, or other reasons.
Gender Norms	The behaviours and attitudes society expect from people based on whether they are male or female.
Gender Expression	How someone shows their gender through clothes, behavior, or style.
Gender Identity	How someone personally feels and identifies their gender inside, which might be different from what people expect.
Sexism	Treating someone unfairly just because of their gender.
Non-binary	It's an umbrella term that encompasses a wide range of gender identities that are not exclusively or solely male or female.
Double Standard	Applying different sets of principles for similar situations—e.g., men praised for assertiveness, women labeled as aggressive.
LGBTQ+	An inclusive term for people who are Lesbian, Gay, Bisexual, Transgender, Queer or Questioning, and others.

Things to think about



Why Does It Happen?

- These ideas are deep rooted in **old traditional values** that men and women have their separate roles.
- **Peer Pressure** may influence you if friends expect you to act a certain way.
- Some people **don't always realise** they are making assumptions based on gender.
- **Families** may teach kids to act like a 'typical' boy or girl.



Did You Know?

- Gender stereotypes start influencing kids as early as age 3
- Gender stereotypes affect everyone—not just girls or boys—but also non-binary and transgender people.
- Some countries and schools are **working hard to break down gender stereotypes and encourage everyone to be themselves.**



What can you do?



- **Be Yourself:** Don't feel like you have to act a certain way just because of your gender.
- **Speak Up:** If you hear someone say something unfair about someone, politely explain why it's not true.
- **Try New Things:** Explore hobbies, sports, or subjects you like—even if they aren't "typical" for your gender.
- **Treat Everyone Fairly:** Don't judge people based on their gender; get to know them as individuals.
- **Question Stereotypes:** Ask yourself if something you believe about boys or girls is a fact or just a stereotype.
- **Support Others:** Encourage your friends and family to be themselves too, no matter their gender.
- **Learn and Share:** Read or watch stuff that breaks gender stereotypes and share it with others.

Here are some videos and links that you may find useful:



[We are Girls - AdolescentTV - YouTube](#)

[Gender Identity: Challenging Male Gender Stereotypes With Jason Rogers - amaze](#)

[Decoding Dudes: Debunking Masculinity](#)

[Run Like a Girl - Commercial](#)

Where to go for help

Parents/guardians/carers

Wider trusted family

Teachers/ Youth Workers

Childline 0800 1111

Yellow Door 02380 636312

No Limits

Police 999

Online support

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 **Final Thought**