










The idol of our century (gender)

 TIME	<p>30- 40 minutes (depends on the size of the group)</p>
 NO.	<p>10- 15 people</p>
 MATERIALS	<ul style="list-style-type: none"> • Mobile phones, computers (internet)
 OBJECTIVES	<ul style="list-style-type: none"> • What does ideal mean in the context of gender? Ideal man? Ideal woman? Or beyond? Who has the power? • Common characteristics of an 'ideal'. How to get to an agreement with other's ideals? • How to avoid unrealistic expectations.
 INSTRUCTIONS STEP BY STEP	<ol style="list-style-type: none"> 1. Create groups of 4-5 people. The group should agree on choosing an Ideal Man and an Ideal Woman (a well-known celebrity or social media influencer) who would be the ideal of our century. (Facilitators encourage the group to think beyond gender binary). 2. Each group needs to list the necessary features together. 3. Each group presents their ideal woman and ideal man (or beyond gender binary person) and explain their decision.
	<p>Look at the pictures and go through the list of necessary features together in each group, then talk about how difficult it was to come to an agreement in each team. Talk about the different ideals and tastes in each group. Talk about what they think, how the idea of ideal</p>

<p>DISCUSSIONS</p>	<p>begins and maintained. What is its purpose at an individual or at a societal level? Is it harmful? Does the ideal even matter? Let the group exchange ideas, personal thoughts. Talk about inner beauty, talent and achievements that can also make someone an idol.</p>
<p></p> <p>HINTS</p>	<p>Good place to talk about different tastes and cases when we like something that is not average (we can like big noses, we can like small people, freckles, ...) makes someone a 'good woman' or 'good man'. Asks the groups to merge their ideals to create one final 'ideal body of their ideals.' One variation: they can make a big poster made by collage of the 'ideal ideal'.</p> <p>Ask the group members to compare themselves to this ideal. Variation: they give scores themselves or they can make a play - to make a character of the ideal.</p> <p>Facilitators can lead the group discussion from ideas more towards personal stories. How these 'ideals' in our mind make our life easier or more difficult. You can share personal stories of family, school, friends, relationships, etc.</p> <p>If gender comes up, you can go into details - what is behind gender binary. How gender diversity influences our ideas of the ideal body.</p>
<p></p> <p>THIS ACTIVITY ONLINE</p>	<p>Yes, you can use Jamboard to exhibit individual ideals.</p>
<p></p> <p>THEORY</p>	



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