

PRESENTING HEALTHY LIFESTYLE HABITS WITHOUT CLICHÉS

What is a gender stereotype in connection with healthy lifestyle habits?

Boys play sports, while girls like to cook.

Girls want to be skinny, while boys want to be muscular.

Ring a bell?

A gender stereotype is a bias, a preconceived image of what a person should be, based on their gender.

Where can you find gender stereotypes at camp?

In the choice of activities:

Girls cook, while boys play soccer.

In the nicknames you give the campers:

big boy, ma belle...

And in lots of other places!

What impact do these stereotypes have on campers?

Reduce self-esteem

Encourage unhealthy eating behaviours

Reduce the feeling of well-being

Undermine the campers' abilities



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The following tricks will help you avoid gender stereotypes at camp and promote a positive body image.

Responsibilities assigned to campers

- Avoid roles associated with gender stereotypes:
 - › Girls to pick up or clean up
 - › Boys to perform the “physical” tasks or play the role of team leader

Form random egalitarian teams

- Encourage mixed teams, rather than a battle of the genders.
- Favour a random method of forming teams.

Example:

- › Make a mountain of shoes and, with your eyes closed, divide them into two sides.
- › Group Rock Paper Scissors game.
- › Assign numbers: 1-2-1-2.

Choose themes

- Choose inclusive theme days.

Examples:

- Dancing girls* › *Follow the rhythm!*
- Girls in the kitchen* › *Everyone to the kitchen!*
- Strong men* › *The invincibles!*

- Choose a variety of theme-based activities and invite all the campers to participate, regardless of their gender or appearance.

Nicknames given to campers

- Favour neutral nicknames based on the campers’ individual personalities rather than their appearance or gender. You can even let them choose a nickname they like.
Be creative!

Example:

- Pixel* = a camper who is passionate about computing
- Smiley* = a camper who’s always in a good mood

