

Presenting Healthy Habits Without Clichés

Gender stereotypes are alive at camp! And they can even affect a camper's healthy lifestyle habits. The following activities are meant to help you educate your leadership team on the subject.

IMPORTANT!

Choose one or more of the following activities, depending on the length of your training.

01

Let's talk!:

Group discussion workshop on gender stereotypes. (p.2)

02

Random egalitarian teams:

Activity to get your leadership team thinking about how they form teams for camp activities. (p.4)

03

Unique themes:

Activity to get your leadership team thinking about how to choose themes for their camp program. (p.5)

04

Reflecting upon nicknames:

Activity to get your leadership team thinking about how to choose nicknames for campers. (p.6)

05

Everyone has responsibilities:

Activity to get your leadership team thinking about the responsibilities they delegate to campers. (p.8)

06

Want to see more?

Suggestions for further exploring the theme of gender stereotypes with your leadership team. (p.10)



Let's talk!

Take a moment to chat with your leadership team and introduce the theme of gender stereotypes.

Step 1

Ask your leadership team the following question :

What is a gender stereotype?

Answer :

A bias, a preconceived image of what a person should be, based on their gender. A gender stereotype accentuates the differences between the peoples and imposes limits on what a person can do, think or aspire to be, based on their appearance.

Step 2

Ask your counselors the following question :

Can you give me some examples of gender biases (or stereotypes) at camp?

Take a moment to listen to their ideas and viewpoints and to discuss the issue with them.

Step 3

Provide some potential answers :

- Naming team leaders (which can favour the formation of teams based on physical characteristics).
- Assigning nicknames to campers based on their physical appearance (e.g., good-looking boy, you pretty little girl, etc.).
- Holding a theme day on “princesses.”
- Assuming that boys are more active and need to expend more energy, while girls prefer low-key activities like reading, crafts and cooking.

Step 4

Ask your leadership team the following question :

What impacts can gender stereotype have on campers?

Let's talk!

Step 5

Provide potential answers

Take the following example to explain the various impacts that gender stereotype can have on campers.

"A camper enjoys playing football, but because he isn't tall or stocky, he spends most of his time on the bench."

- **Affects self-esteem** : Because all the other campers are chosen before he is, he feels that he isn't as good as the others.
- **Reduces the camper's sense of well-being**, as he internalizes the message that his body is not good enough to play the sport he loves.
- **Undermines the camper's abilities**, as he gets the message that only physical appearance is important and that his own abilities are insufficient to play that sport.
- **Can lead to unhealthy eating habits**, as the camper can decide to change the way he eats, for example by taking protein supplements to bulk up in the hope it will allow him to play football.

Step 6

Get your leadership team thinking by asking the following questions:

Can you give me an example of when you encountered this type of situation during an activity at camp?

How did it make you feel?

How could you have changed the situation in order to avoid this stereotype?

PSST! Establish a culture of gender inclusion at camp to ensure that your leadership team shows openness and respect for the campers.

Random egalitarian teams

Have fun testing your leadership team's creativity through this game meant to encourage teamwork.

Step 1

Explain to the counselors how to form a random egalitarian team.

Suggested answer :

A team that includes all the campers, regardless of their appearance or gender expression.

The following suggestions will help you form egalitarian teams.

- Use a game of cards.
- Give out numbers: 1, 2, 1, 2
- Play a group Rock Paper Scissors game.
- Use the pieces of a puzzle.

Step 2

Split up your leadership team using a random technique. Form three or four teams, depending on the size of your group.

Step 3

It's a race against time! At your signal, the counselors must find an original way to form random egalitarian teams in two minutes.

Step 4

Bring everyone together again, and validate the answers given by each team.

Step 5

At the conclusion of the activity, note all the original ideas for forming teams on a poster sheet. Proudly post the sheet in a place where the counselors can see it throughout the summer.

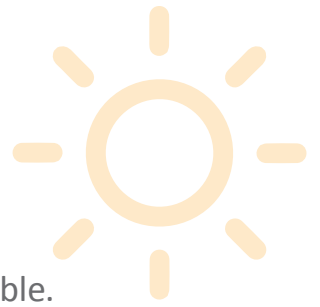
More ideas for forming random teams

- Make a mountain of shoes and, with your eyes closed, divide them into two sides to form teams.
- Randomly distribute cards, and form teams based on cards suits.
- **Animal sounds :** Come up with as many animals as there are teams, and as many animal cards as there are campers. Randomly distribute the cards. At your signal, each camper makes the animal sound and tries to reunite with the other members of their family.
Do it blindfolded to inject some humour into the activity!
- **Mime your number :** Each camper is assigned a number, based on the number of teams formed. At your signal, each camper must mime their number and find their peers.

Unique themes

Theme days are popular at camp!

But sometimes they can cause campers to feel uncomfortable. The objective of this activity is to work together to find ideas for more inclusive camp program themes in connection with healthy lifestyle habits.



Step 1

Ask the members of your leadership team to draw up a list of their favourite themes, and write down their ideas.

Step 2

Ask the counselors to name gendered themes, and circle them.

Note : Gendered = refers to a person's gender (male/female).

Step 3

The counselors must then find an inclusive alternative for each theme.

Examples of gendered themes, with a more inclusive alternative :

- Dancing girls > Follow the rhythm!
- Strong men > The Invincibles
- Girls in the kitchen > Everyone to the kitchen!

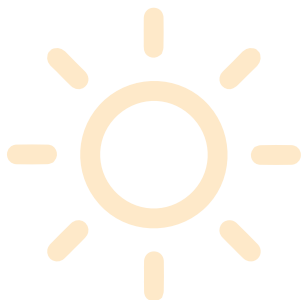
Step 4

Hold a discussion with your leadership team about how to practice inclusion during a theme day on healthy lifestyle habits.



PSST! Pay attention to the manner in which you present activities.

Let's say you choose the Invincibles theme and you're presenting a sports activity. Try to avoid referencing muscles and strength, and instead focus on the motor skills the campers must develop to become Invincibles.



In reflection mode : Nicknames

Is your leadership team the best at assigning nicknames to campers? It's time to test their knowledge.

But brace yourself, this is a game of speed!

Step 1

Give your leadership team a few examples of nicknames based on appearance and gender (e.g. big boy, ma belle, ma petite).

Step 2

Hold a discussion with your team about the potential effects that appearance and gender-based nicknames can have on campers and those around them.

A few points :

- Affects self-esteem
- Reduces well-being
- Undermines campers' abilities
- Limits the campers in what they can be or do

Step 3

Divide the leadership team into two groups and ask them to form two straight lines while facing one another. Stand at the end of the two lines.

Step 4

Call out the nicknames drawing from the list of nicknames given at camp. The first in line take turns trying to be first to clap their hands together and say whether the nickname spoken is NEUTRAL or INAPPROPRIATE.

List of nicknames given at camp

Tutti frutti, Alfalfa, Barbie, Sparky, Hulk, Answer, Rapunzel, Jazz, Potato, Princess, Spell, Badboy, Doll, Banana, Aloe, Tarzan, Pixel, Jello, BayWatch, Pikachu, Guru, Cranberry, Coronavirus, Smiley, Big Guy, Rafiki, Pitoune, Goliath

**The underlined words are inappropriate nicknames.*

In reflection mode : Nicknames

Step 5

The first counselor to provide the correct answer goes to the end of the line, and the next member of the team takes their turn at giving an answer.

Step 6

The team with the most correct answers wins!

Step 7

Hold a discussion with your leadership team about the impact that their camp nicknames can have on campers.

For example: Feather, for a counselor who is skinny and concerned about their weight, emphasizes their physical appearance rather than their personality.

PSST! Want to make this game more active?

Separate the two teams by about 20 to 30 metres and stand in the middle. Place a scarf at your feet, and the first counselor to pick up the scarf has the right to speak.

Watch for collisions!

At the beginning of the week, ask your leadership team to get each camper to choose their own camp nickname.

This is perfect ice-breaker!

Ask your leadership team to keep a list of neutral nicknames that they can suggest to the campers who need some inspiration. You can give them the nickname used for this training.

The counselor must ensure that each camper is comfortable with their nickname.



Everyone has responsibilities

Establish a role-playing game. Preparation is important for this activity, because you'll have to play the role of counselor for each simulation exercise. The more realistic your game is, the greater your chances are of building awareness among the members of your leadership team.

When we assign roles based on the campers' physical appearance (height, size, gender, etc.), we send the message that certain body types are more apt to do certain things than others.

This can have a negative effect on the campers' self-esteem and body satisfaction. In the long run, it can even influence their eating habits and discourage them from practicing physical activities.

Step 1

Ask a counselor to play the role of the camper.

Step 2

Read the simulation exercise and play the role of counselor.

Step 3

Present the first simulation exercise. Give the counselor some time to respond in their role as camper.

Step 4

Show the leadership team the attitude to adopt in order to encourage good behaviour based on the situation.

Step 5

Have a different counselor perform each simulation exercise.



Everyone has responsibilities

Simulation exercise 1

Ask the boys only to help you put away heavy objects after a game, since they're stronger, as we all know!

Attitude to adopt :

- Assign tasks randomly, without considering the appearance or gender of your campers. Do it randomly!

Simulation exercise 2

You're cleaning up your activity room and you ask the attentive and helpful girls in your group to give you a hand with picking up the objects lying around.

Attitudes to adopt :

- The next time, ask for volunteers.
- If you assign tasks, do it in a random and egalitarian manner. You can even ask your campers if they're comfortable with the tasks you've assigned them.

Simulation exercise 3

You're a counselor in a sports camp, and you always choose the stocky boys for the most important positions in contact sports.

Attitudes to adopt :

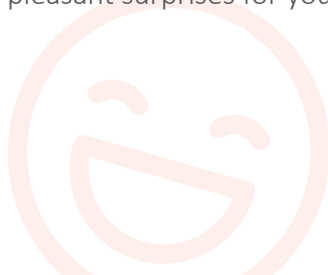
- Talk to your campers about the importance of having fun at play, and emphasize the fact that getting everyone to participate is the key to winning.
- Present an awareness activity to your campers. For example, you could rotate positions during games. That way, all the campers get a chance to play each position. Some of them might even have pleasant surprises for you!

Simulation exercise 4

You hear some of your campers say : "That's not fair! When we have cooking workshops, he always asks the girls to do the dishes, while the boys go out and play."

Attitude to adopt :

- Remember that each camper taking the cooking workshop must be involved in every step (even the clean-up!). Assign tasks on a rotational basis if there are too many campers.



Want to see more?

The following activities and ideas can be used to spark discussion in order to ensure that your campers feel good at camp.

What should you do if a counselor uses stereotyped images at camp?

Present stereotyped images to counselors and engage them in a discussion. Ask them to use neutral images and thus avoid models of beauty with which the campers are unable to identify.

Suggestions

Avoid the use of colours to characterize an activity (blue/pink).

Use National Geographic magazines or circulars for scrapbooking rather than fashion magazines.

+ Present the **I am unique** activity to the members of your leadership team in order to highlight their strengths. They must draw on those strengths to ensure that each camper has fun at camp, regardless of their appearance. This activity can also be done with the campers.

Duration of the activity: 30 minutes

+ Present the **I am super** activity with the members of your leadership team to help them realize how much influence they can have when they take change the way they speak about their bodies. The relationship that counselors have with their own bodies can rub off on the campers. This activity can also be held with the campers.

Duration of activity: 30 minutes

+ Have your leadership team complete the training entitled **Body Diversity : I Have a Role to Play**. In 30 minutes, they'll acquire a better understanding of prevailing biases in connection with body appearance.

+ Present the tool entitled **A camp for everyone** to the members of your leadership team. This companion guide provides tricks and tips meant to help them include all the campers in the various activities presented at camp and enjoy a positive camp experience.

+ Ask the members of your leadership team to view the video capsule on **weight-based shaming**. This is a good way to raise awareness about the importance of intervening when campers are victimized by shaming because of their physical appearance.

+ Invite the members of your leadership team to watch the video capsule on **Body dissatisfaction : how to intervene?** With a little humour, the capsule offers tips to counselors and helps them find the right words to use when speaking to their campers about body appearance.

Thank you to our partners



Récif 02, to re-read the training content and for inspiration drawing on the self-training guide entitled “Pour des camps sans stéréotypes!”
(For camps without stereotypes).



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