

# #SheSurfsFreedom



**16**  
Days  
of Activism  
against  
Gender-based  
Violence  
2022

Activity Pack



WORLD ASSOCIATION  
OF GIRL GUIDES  
AND GIRL SCOUTS

# #SheSurfsFreedom

16 Days of Activism against Gender-based Violence 2022

As our online and offline lives become more integrated, Gender-based Violence and its impacts now overlap in both physical and digital spaces. Whilst we see and work with the benefits of digital progress daily, we are also aware of the darker side of technology. Its vast impact and influence on the lives of girls and young women worldwide. That is why this year, we are focusing on defending and creating digital spaces of equality as our campaign for 16 Days of Activism Against Gender-based Violence and presenting our findings at CSW67. Connecting with the global CSW theme of 'Innovation and technological change, and education in the digital age for achieving gender equality and the empowerment of all women and girls.'

Our 2022 campaign provides education and information, shares resources, and is centred on lived experience. We will explore the reality for girls online and together develop solutions that move us closer to a safe digital life for all: free of harassment and violence. Where #SheSurfsFreedom.

Can we count on your fire and support as 1 in 10 million?

Find all the 16 Days of Activism Resources:





## Child safety disclaimer

Certain sessions in this Activity Pack may cause some participants discomfort. Sometimes discussions and activities surrounding child safety may be upsetting and cause emotional distress for some participants. It is crucial that you prepare appropriately before beginning this session. If you are from an organisation that works with children and young people, familiarise yourself with your organisation's child safety protection or safeguarding policies and know the correct procedures to follow in the case that a child chooses to disclose an incident of abuse during the session.

If you are not part of an organisation, you can find referrals to local support services in your country using these links:

**Europe Region:** <https://ec.europa.eu/justice/saynostopvaw/helpline.html>

**Asia-Pacific Region:**

<https://asiapacific.unwomen.org/en/focus-areas/end-violence-against-women/shadow-pandemic-evaw-and-covid-response/list-of-helplines>

**Africa Region:** <https://philanthropycircuit.org/insights/10-african-organizations-working-to-end-violence-against-women/>

**Arab Region:** Hotline numbers for victims of abuse

[https://www.instagram.com/p/CCQ4pSrjNY/?utm\\_source=ig\\_embed](https://www.instagram.com/p/CCQ4pSrjNY/?utm_source=ig_embed)

**Western Hemisphere Region:**

**USA:** <https://victimconnect.org/resources/national-hotlines/>

**Latin America and Caribbean:** <https://cladem.org/>

If you know of national and local women's organisations supporting survivors, we recommend you create a list that can be shared with anyone needing support.

## What is Brave Space?

It is important that you create a space for children and young people to feel supported and comfortable to talk about their experiences, rights, gender equality and violence against girls and young women. It is essential to have an agreed code of conduct that is supportive, sensitive and understanding of diversity and difference. We want children and young people to feel safe and encouraged to speak out and share their experiences, concerns and points of view. We want participants to feel encouraged; that's why we are setting not only a safe space but a 'brave space'.

## Agree on the Ground Rules

Ask participants to define their group code to ensure the full participation of children and young people.

Ask the group the following questions so that the guidelines are tailored to the group's needs:

- How can we make this a safe space?
- How can we support you or your friends if you or they experience violence?
- How can we empower everyone to participate in the sessions?

*Don't forget to remind participants:*

They always have the right to say NO to things that make them feel uncomfortable, including any aspect of the following session.

Anything discussed during your session will be kept confidential, but do explain that if information is shared that requires action to protect the child, this information may be shared with people that can help to protect the child.

## Guidelines for setting a Brave Space

Here are some guidelines on how to create safe and supportive, equal and ethical spaces.

1. **FOLLOW YOUR CHILD PROTECTION POLICY IF YOU HAVE ONE** or please refer to the WAGGGS Safeguarding Policy

<https://www.waggs.org/en/resources/waggs-safeguarding-child-protection-policy/>

2. **DO NOT ACCEPT OR TOLERATE ANY ABUSIVE LANGUAGE OR BEHAVIOUR.**

3. **USE APPROPRIATE LANGUAGE** - Use clear communication and age-appropriate words to ensure everyone understands you. Check in with the group to find out if they need extra explanation. Use gender-neutral language and be careful not to reinforce gender stereotypes or use discriminatory language. A few examples; avoid using general statements such as 'girls that like dolls' and 'women are good at cooking'. Use words that are not gender-specific and refer to people in general, e.g. 'chairman' is replaced by 'Chair' or 'chairperson', 'policeman' or 'policewoman' by 'police officer', 'spokesman' by 'spokesperson', 'stewardess' by 'flight attendant', 'headmaster' or 'headmistress' by 'director' or 'principal', etc.

4. **BE INCLUSIVE** - Remember to be inclusive

If you are delivering Girl Guiding and Girl Scouting online, you should still follow your Association's policies and procedures for activities taking place outside your regular meetings, including your Association's child protection policies. Here are some tips and advice by WAGGGS on online safety.

of all types of gender identities, expressions and sexualities.

5. **RESPECT CULTURAL AND RELIGIOUS BELIEFS CHALLENGING HARMFUL ATTITUDES THAT SUPPORT VIOLENCE AGAINST GIRLS AND YOUNG WOMEN** - Be aware that changing attitudes takes time. It must be done sensitively and in partnership with the community and the local context you are working with.
6. Identify a space in the room away from the main session where participants can go if they are feeling overwhelmed or upset during the session. Monitor if any child goes to this space and talk to them more to see how they are feeling and if they need additional help and support.

We invite you to run the following activities with your girls and encourage them also to involve their friends male and female, outside of your Guiding/Scouting group or unit. Please make sure you follow local regulations on whether you are allowed to meet with people.

The following activities could also be delivered online.

## Warm Up

Explain the following to participants:



“This session is being run as part of the World Association of Girl Guides and Girl Scouts (WAGGGS) campaign for 16 Days of Activism 2022. WAGGGS is the largest movement in the world for any girl and every girl, and they work with 10 million girls in 152 countries. We are part of WAGGGS.

16 Days of Activism against Gender-based Violence runs from 25 November – 10 December each year. It is a time in the year when people around the world reflect, raise their voice and unite to call for an end to all forms of violence against girls and women. By participating in this session we will explore the reality for girls online and together develop solutions that move us closer to a safe digital life for all: free of harassment and violence.”

The activities in this pack are from the Voices against Violence curriculum and the Surf Smart 2.0 Activity Pack.























The Voices against Violence Curriculum is part of the Stop the Violence Campaign<sup>1</sup> education programme, that uses non-formal education as a tool to help end violence against girls and women. The curriculum supports children and young people to learn about violence; to understand their rights; and to develop the skills and confidence to speak out and take action against violence in their own lives and in their communities. Surf Smart 2.0<sup>2</sup> takes you on a digital adventure during which you find out about the tools that will help you stay safe and make thoughtful and balanced decisions when you're connected. Furthermore, you can explore how to get more out of your time online and connect positively with local and global communities. And look into ways you can actively participate in digital communities and practice being a digital citizen responsibly.

1 Stop the Violence Campaign: <https://www.waggs.org/en/what-we-do/stop-the-violence/>

2 Smart 2.0 <https://www.waggs.org/en/what-we-do/surf-smart-20/>

# Part 1 - What is online Gender-based Violence?

In this section, the activity aims to help you learn about the different forms of online Gender-based Violence. Leaders can use this activity to generate discussion with participants.

	<p><b>Time:</b> 30min</p>						
	<p><b>Material:</b></p> <ul style="list-style-type: none"><li>• Cards in tools p12 and p13, cut out each card</li><li>• Dice or virtual dice: <a href="https://freeonlinedice.com/">https://freeonlinedice.com/</a></li></ul>						
	<p><b>Explain to your group:</b> Online or technology-facilitated Gender-based Violence (GBV) is a form of gender injustice and discrimination that takes place in online spaces. Online GBV is especially dangerous because many online spaces do not have enough rules and regulations to protect women and girls from this type of violence, leading to perpetrators often not facing the consequences for their harmful actions.</p>						
	<p><b>What happens?</b> Invite your group to sit in a circle forming a circle and place the cards at its centre, one on top of the other facing down. Each round, a member of the group picks a card without letting anyone else see what form of violence they have. Then, they roll the dice and depending on the number they get from the dice they see which activity they get to do. Everyone else tries to guess what form of violence is. You can play until everyone has had a go, or play more than once, depending on your group's engagement.</p> <table border="0"><tr><td data-bbox="459 1809 794 1883"> What do you think it means?</td><td data-bbox="820 1809 1283 1883"> Share if you've seen it happen to someone and what happened.</td></tr><tr><td data-bbox="459 1910 794 1984"> Draw the form of online GBV.</td><td data-bbox="820 1910 1283 1984"> Share what you think the impact is on girls.</td></tr><tr><td data-bbox="459 2011 794 2085"> Act it out.</td><td data-bbox="820 2011 1283 2085"> Share what you think the impact is on girls.</td></tr></table>	 What do you think it means?	 Share if you've seen it happen to someone and what happened.	 Draw the form of online GBV.	 Share what you think the impact is on girls.	 Act it out.	 Share what you think the impact is on girls.
 What do you think it means?	 Share if you've seen it happen to someone and what happened.						
 Draw the form of online GBV.	 Share what you think the impact is on girls.						
 Act it out.	 Share what you think the impact is on girls.						

# Forms of Online Violence against women & girls



**Cyberstalking** – the use of the internet to stalk or harass another person. It is not just the sending of unsolicited emails. It is methodical, deliberate, and persistent. The communications, whether from someone known or unknown, do not stop even after the recipient has asked the sender to stop contacting them, and are often filled with inappropriate and sometimes disturbing content. Cyberstalking is an extension of the physical form of stalking.



**Trolling** – deliberately upsetting other people by posting inflammatory content  
**Gender trolling** involves the use of gender-based insults, vicious language and credible threats (e.g., rape threats, death threats) by a coordinated group of trolls to humiliate women and girls, particularly those who speak out.



**Doxxing** – is the act of revealing identifying information about someone online, such as their real name, home address, workplace, phone, financial, and other personal information. That information is then circulated to the public without the victim's permission. It is often used as a tool to harass and silence someone, particularly if the perpetrator disagrees with their views



**Cyberbullying** – bullying with the use of digital technologies. It can include:

- Excluding people from online conversations.
- Tagging images inappropriately.
- Sending mean text messages, comments or emails.
- Putting unkind images or messages on social networking sites.
- Imitating other people online.

## *Hate Speech* – can be

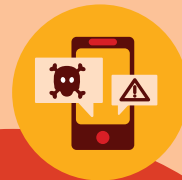
conveyed through any form of expression, including images, cartoons, memes, objects, gestures and symbols and it can be disseminated offline or online. Sexist hate speech relates to expressions which spread, incite, promote or justify hatred based on sex. Some groups of



women are particularly targeted by sexist hate speech (notably young women, women in the media or women politicians). Still, every woman and girl is a potential target for online and offline sexist hate speech. The increasing availability and use of the Internet and social platforms have contributed to growing occurrences of sexist hate speech<sup>3</sup>

## *Intimidating/ Threats* – can include direct

and indirect threats of violence, such as physical or sexual threats. Of the women surveyed who said they'd experienced online abuse or harassment, 26% said they had been threatened (directly or indirectly) with physical or sexual violence<sup>4</sup>. In some instances, such threats can quickly spill over into the offline world.



## *Public Shaming* – practices objectified females and reflected victim-blaming on social media.



## *Sharing sexual and private images without consent* – distribution of sexually graphic images without consent.



<sup>3</sup> Council of Europe, Sexist Hate Speech: <https://www.coe.int/en/web/genderequality/sexist-hate-speech>

<sup>4</sup> Amnesty International, What is Online Violence and abuse against women?

<https://www.amnesty.org/en/latest/campaigns/2017/11/what-is-online-violence-and-abuse-against-women/>

## Online Grooming-

Grooming is a word used to describe people befriending children in order to take advantage of them for sexual abuse and other forms of child abuse. Groomers may use a social network or go on social media platforms used by young people and pretend to be one of them. They might



attempt to gain trust by using fake profile pictures, pretending to have similar interests, offering gifts and saying nice things to the child. They can then use that trust to pressure young people to share intimate photos and videos and, in some cases, convince them to meet in person.

## Revenge Porn -

revealing sexually explicit images or videos of a person posted on the internet, typically by a former sexual partner, without consent, to cause them distress or embarrassment. and saying nice things to the child. They can then use that trust to pressure young people to share intimate photos and videos and, in some cases, convince them to meet in person.



## Deepfake Porn -

is when someone's face is superimposed onto sexually explicit content, either video or photographic without their consent.





## Useful information for leaders

### Impact of Online Violence (or cyberviolence) on girls and women:

Violence and abuse online may limit women's right to express themselves equally, freely and without fear; women are often silenced. In many instances, the impact on victims that experienced online abuse or harassment is major and significant, it may result in lower self-esteem or loss of self-confidence and manifest as stress, anxiety or panic attacks as a consequence.. Online Violence affects women disproportionately, not only causing them psychological harm and suffering but also deterring them from digital participation in political, social and cultural life. Cyberviolence hampers the full realisation of gender equality and violates women's rights.

### What if it happens to me?

- Don't respond. Change your privacy settings and block the person responsible.
- Save copies of the emails, texts and conversations.
- If there is a 'report abuse' button, click it.
- Find someone you trust, such as a good friend or family member, and talk to them about it.
- Don't assume nothing can be done. Cyberbullying is a crime in many countries, and a bully can often be prosecuted by law.
- If the person being mean to you goes to your school or is sharing cruel messages with classmates, speak to a teacher you trust for advice. The school may have a policy and tools to help you.

### What if I witness someone being cyberbullied?

- Whether it is a friend or not, if you are aware that someone is being cyberbullied, you can help.
- Don't take part. Forwarding unkind messages or pictures makes you part of the act even if you didn't start it.
- Talk to the person being harassed and make sure they know you support them and that they aren't alone.
- Speak out to a trusted adult and report what is going on.



*Cyberstalking*



*Doxxing*



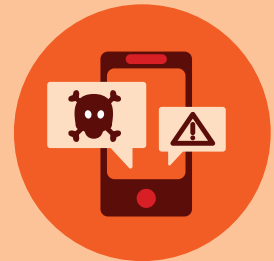
*Trolling*



*Cyberbullying*



*Hate Speech*



*Intimidating/  
Threats*



*Public Shaming*



*Sharing sexual and  
private images without  
consent*



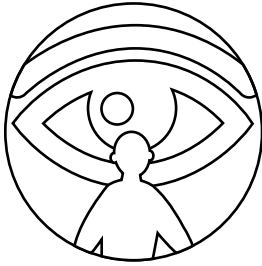
*Online Grooming*



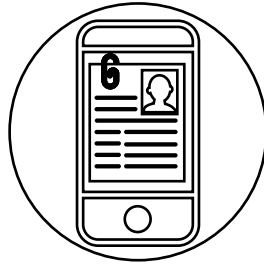
*Revenge Porn*



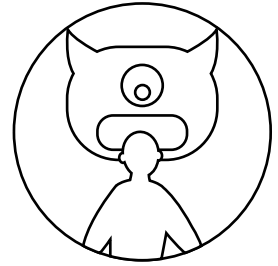
*Deepfake Porn*



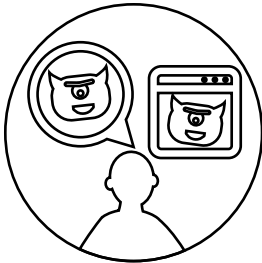
*Cyberstalking*



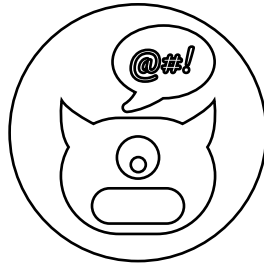
*Doxxing*



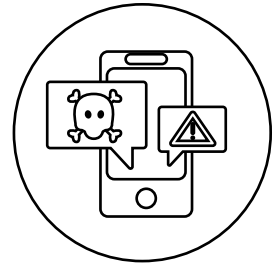
*Trolling*



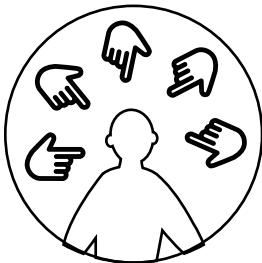
*Cyberbullying*



*Hate Speech*



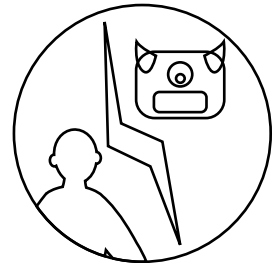
*Intimidating/  
Threats*



*Public Shaming*



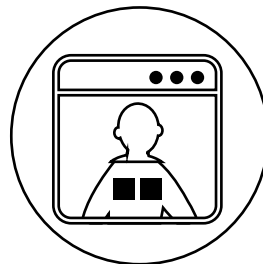
*Sharing sexual and  
private images without  
consent*



*Online Grooming*



*Revenge Porn*



*Deepfake Porn*

# Part 2 - Stand up to sexual harassment

In this section, the activity aims to define sexual harassment, how it happens online and understand how to protect yourself.

	<p><b>Time:</b> 40min</p>		<p><b>Material:</b></p> <ul style="list-style-type: none"><li>• Statements on sexual harassment offline and online (See Tool in page 18)</li></ul>
	<p><b>Explain to the group:</b> that this session is about sexual harassment which is a form of violence against girls and young women.</p>		
	<p>1. First you are going to explore what sexual harassment is.</p> <ul style="list-style-type: none"><li>• Ask everyone to stand up.</li><li>• Label one side of the space 'always' and the other side of the room 'never' and the middle 'sometimes'.</li><li>• The group should listen to the statements you read out aloud and consider whether they are examples of sexual harassment.</li><li>• Move to the side that represents their answer. Ask participants why they have chosen that position and encourage people to move if they hear and agree with a different point of view.</li></ul>		



Participants might congregate in the middle as they think that there are different scenarios when it is sometimes acceptable and sometimes not. Explain that all of the statements are a form of sexual harassment. Many people do not notice or they think it is 'just a normal part of life', but it does hurt people and it should not be considered normal. Try as a group to give a general definition of what sexual harassment is.

***Sexual harassment is unwanted and unwelcome sexual behaviour which interferes with your life. Sexual harassment is behaviours that you do not like or want.***

For example, when you are:

- Seated in a bus next to a man and he starts touching and caressing you.
- Passing by a group of men or boys who make inappropriate sexual comments.
- In a long queue, the boy or man next to you starts caressing your bottom.

2. Ask the group if they think that sexual harassment can happen online. What type of behaviours might you encounter and in which platforms? Do you think it affects boys or girls more?

Then spread the statements on online sexual harassment around the room. Have participants go around and read them. They should rate each statement from 0 to 3, depending on how serious they think the harassment is. Discuss any thoughts.



Explain that all the statements are a form of online sexual harassment, and it is always very serious. Online sexual harassment can make you feel threatened, exploited, coerced, humiliated, upset, sexualised or discriminated against, just as when it happens offline. Any of the actions can be really hurtful and impactful on the person experiencing them. Although it can happen to anyone, it affects girls and women more.

Try as a group to give a general definition of what online sexual harassment is.

*Online sexual harassment is any unwanted sexual conduct on any digital platform.*

*It is recognised as a form of sexual violence and includes a wide range of behaviours that use digital content (images, videos, posts, messages, pages) on a variety of different platforms (private or public). (Source UK Safer Internet Centre)*

For example, when someone:

- Makes sexualised comments (e.g., on photos) or 'jokes' of a sexual nature
- Sends you sexual content (images, emojis, messages) without your permission
- Shares sexual images/videos of you taken without permission
- Harasses or pressures you online to share sexual images or engage in sexual behaviour or threatens you sexually online (e.g., rape threats)
- Bullies you because of your gender and/or sexual orientation
- Posts online gossip, rumours or lies about sexual behaviour naming you directly or indirectly

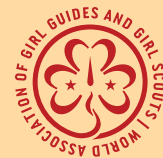
### **DISCUSS:**

- How can I stop online sexual harassment? Are there any tools provided by platforms?
- Are there any actions I should take before reporting?
- Who can I talk to about it?
- Are there any laws against online sexual harassment?

## What can you do if you have experienced online sexual harassment?

1. Talk to an adult you trust: You are not alone. Speaking to someone in your family, your Guiding or Scouting group or your school will provide comfort and help you deal with the situation.
2. Document: With the help of a parent or carer, save emails, voicemails, and texts. Take screenshots and copy direct links whenever possible.
3. Block-Mute-Report: You can block accounts and sometimes mute accounts or even specific posts or words. You can report to the platform any abuse that violates the terms of service and try to get a post taken down or an account suspended.
4. Law enforcement: Depending on the extent of the harassment, your parents or carers might consider reporting to law enforcement.
5. Secure your accounts: make accounts private, change passwords, check what personal information you have made public online.
6. Practice self-care: Remember, this is not your fault. Online sexual harassment can make you feel afraid or ashamed, is exhausting and demoralizing. It can have a negative impact on your mental, emotional, and physical health. Ask for support to deal with your feelings.

[Adapted from <https://hbr.org/2020/06/youre-not-powerless-in-the-face-of-online-harassment>]



## Tools

### Sexual harassment statements:

Is this sexual harassment?

Making inappropriate comments of a sexual nature

Spreading sexy images of someone online or via a mobile

Pinging someone's bra strap

Groping a boy's bottom

Groping or touching a girl's body without her permission

Pinching someone's bottom

Lifting up someone's skirt as they walk past

Staring at someone suggestively or in an intimidating and sexual manner

Whistling at someone in the street

Shouting out something about a girl's looks as she walks by in a way that makes her uncomfortable

### Online sexual harassment statements

Rate the following actions from 0-3 based on how serious you think they are:

Recording sexy videos of someone and purposely not referring to permission to share them online.

Asking a girl for money in exchange for not posting sexy images of her online.

Spreading rumours online about a boy's sexual activity

Commenting on a photo of someone in their bathing suit in a way that makes them uncomfortable

Sharing online a boy's profile and calling others to sexually harass him

Revealing publicly online someone's gender or sexual orientation

Creating an online poll to rate how attractive the girls in your class are

Sexually commenting on your photos online

Taking a photo under a girl's skirt without permission and sharing it online

Asking someone repeatedly to send explicit photos or videos



## WANT TO LEARN MORE ON ONLINE HARASSMENT? PLAY THE DIGITAL SAFETEA GAME!



**Time:**  
20min



### *Material:*

- Internet connection to access the game



***Explain to the group:*** that this session is about sexual harassment which is a form of violence against girls and young women.






Created by Pollicy [<https://pollicy.org/>], a feminist collective of data scientists, creatives and academics based in Uganda, the Digital SafeTea game is based on the storyline of three characters: Aisha, Goitse and Dami. The players face different scenarios of online harassment and are given choices of how to respond to the threat and provided with advice and tips on how to navigate similar threats in real life. Players are also directed to sites and toolkits where they can get further learning on their desired topic.

Access the game here: <https://digitalsafetea.com/>

## Part 3 - Take action & have your say!

In this section, the activity aims to understand the different forms of violence women and girls are experiencing online and how this impacts the way they engage and navigate in virtual spaces.

	<b>Time:</b> 20min		<b>Material:</b> <ul style="list-style-type: none"><li>Internet connection to access the online survey</li></ul>
	A. Find two friends that are not in your Guiding or Scouting unit and play activity from Part 1 - WHAT IS ONLINE GENDER-BASED VIOLENCE? Support your friends to learn about the different forms of online Gender-based Violence and how they can protect themselves. B. With your two friends, visit this link <a href="https://www.waggs.org/en/what-we-do/stop-the-violence/16-days-of-activism/">[https://www.waggs.org/en/what-we-do/stop-the-violence/16-days-of-activism/]</a> to complete an online questionnaire. We want to learn more about your thoughts and experiences with Online Violence against women and girls. Complete this survey about Online Violence in your school or community group.		

The Commission on the Status of Women (CSW) is the main global intergovernmental body exclusively dedicated to promoting gender equality and empowering women and girls. Each year at CSW, senior government representatives from around the world meet to reaffirm and strengthen political commitment to the realisation of gender equality and the empowerment of women and girls as well as their human rights. This takes place through ministerial round tables or other high-level interactive dialogues to exchange experiences, lessons learned, and good practices. Every year there is a theme set and in 2023, CSW67 will focus on 'Innovation and technological change, and education in the digital age for achieving gender equality and the empowerment of all women and girls'. We, through our Global Advocacy Champions, will be taking the findings from the survey to CSW67 in order to lobby decision-makers and advocate for change to make online spaces safer for women and girls.

### Resources on Online Safety for Children & Women

Surf Smart 2.0 <https://www.waggs.org/en/resources/surf-smart-20/>

Internet Matters <https://www.internetmatters.org/>

Culture Reframed <https://www.culturereframed.org/>

Pollicy <https://pollicy.org/about/>

## Pictures and videos

Please take lots of pictures and share them with WAGGGS. Remember to tag WAGGGS on all of your posts so that we can amplify!

Explain to participants that these images will be shared with WAGGGS to add to the stories and messages. We will be receiving content from girls all over the world as part of the campaign. Tell participants that WAGGGS wants to share their messages of support for survivors with Member Organisations and the wider public to raise awareness and create change on the issue of Gender-based Violence.

Once 16 Days kicks off on the 25 November, we will be sharing the images online via WAGGGS social media platforms. Photograph/ video your group's action for 16 Days and share it with WAGGGS. You can email images and videos to us for use on social media. Emails should be sent to: [stoptheviolence@waggs.org](mailto:stoptheviolence@waggs.org)



## Consent

Please seek consent before sharing images with us. By sharing images with us you consent for these images to be shared externally, on social media and on our website. Make sure girls are not taking pictures of each other and sharing them on social media or other channels without permission.

Please ensure you read WAGGGS guidance on sharing images depicting violence <https://www.waggs.org/en/what-we-do/stop-the-violence/16-days-of-activism/>

If you have any questions please contact the Stop the Violence team at the World Association of Girl Guides and Girl Scouts via email: [stoptheviolence@waggs.org](mailto:stoptheviolence@waggs.org)

**#SheSurfsFreedom**

16 Days of Activism against Gender-based Violence 2022



*You can connect with us  
and send us pictures via:*

Facebook - <https://www.facebook.com/wagggsworld>

Twitter - [@wagggsworld](https://twitter.com/wagggsworld)

Instagram - [@wagggsworld](https://www.instagram.com/wagggsworld)

Use the following hashtags - #SheSurfsFreedom, #16Days  
and #StopTheViolence

For more information on the 16 Days of Activism campaign, please visit:

[www.wagggsworld.org/16-days](http://www.wagggsworld.org/16-days)

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