LISTEN TO GIRLS

- Climate Change
- Violence Against Girls
- Self Esteem
- Body Positivity
- Girls Agency
- Covid Impact
How to play

LISTEN TO GIRLS

1. Cut.

2. Put a pen (or similar) on top of wheel

3. Spin it & take the card of the topic you landed.
The majority of girls and young women consulted (76%) think children’s education in their countries worsened due to COVID-19.

**DISCUSS**
Do you agree?
Share how education has been different for you since the pandemic started and how it impacted your life so far.

For 1 in 4 girls and young women consulted, the COVID-19 pandemic made their periods harder to manage, mainly because it was harder for them to get menstrual materials (49%).

**LEARN**
Do you know that Scotland was the first country to make period products free? Other countries have reduced its prices - including Kenya, Canada, Australia, India, Colombia and Lebanon. Explore if your country has any similar initiative or if there are national campaigns on this topic that you can support.

9 out of 10 girls and young women consulted are worried about their future.

**REFLECT**
It is okay to feel anxious about the future. Write down 3 things you are currently worried about and how you feel about them.
You can also explore our Positivity Patrol challenges and the COVID-19 Survival Strategies handbook, with tips written by Girl Guides and Girl Scouts."

45% of girls and young women polled don’t know who or where to ask for help if needed and get emotional support.

**TAKE ACTION**
Get in touch with your friends today and let them know you are available to talk and listen to them.
A conversation can change a life! Also, check our new “Global Youth Mobilization for Generation Disrupted” initiative and sign up at the bottom to join.
Now more than ever, people need strong leadership that promotes cooperation and solidarity. People need to feel safe and secure, trust public institutions and political leaders so they can return to their normal lives, feel calm and recover from the damage brought by the pandemic."

- 21 year old young woman from Portugal

Do you agree?

Since the pandemic started, for 10 girls and young women polled: 4 felt less safe; 4 felt equally safe; 2 felt safer.

**DISCUSS**

What do you think might be the reason why people feel either more or less safe during the COVID pandemic? Don't forget that everyone goes through unique experiences and different realities. Practice empathy and compassion in this discussion.

From the girls and young women polled, half said that the COVID-19 crisis has made it harder for them to eat healthy food. Of these, 25% said it was because of less money to get food.

**LEARN**

Have you heard about the Girl Powered Nutrition programme? Learn more about the impact of girls' malnutrition and how healthy food is key to achieve one's full potential.

Poverty (24%), Peace & Security (17%) and Gender equality (16%) were the top 3 issues girls and young women would like to change in the world.

**TAKE ACTION**

It always seems impossible until it's done! Create your own advocacy campaign to make the change you want to see in the world. Take a look at our Advocacy Toolkit with an easy step-by-step guide to build your campaign.
8 in 10 girls and young women polled want to be involved in decision-making that directly affects their lives.

LEARN
Do you know that in the last 5 years, more than 100 Girl Guides have attended some of the highest global decision-making spaces and spoke side-by-side with Head of States and UN officials? Find out more about the WAGGGS global advocacy opportunities.

When asked, “what is your biggest barrier to being involved in decision making?”, girls aged 13-17 years-old mentioned their age (32%). Young women, 18-30 years-old, said the lack of access to decision-makers (39%).

LEARN
Girls and young women should be involved in the decisions that affect them, no matter their age. Download our “Hear Me Now” activity pack to learn more about girl-led advocacy and how you can make your voice heard.

88% of Girl Guides and Girl Scouts consulted think that the Girl Guiding and Girl Scouting Movement has helped them to become changemakers.

DISCUSS
How can we help bring Girl Guiding and Girl Scouting to girls who don’t have access to it yet? Discuss any strategies and ideas with your unit or patrol. Don’t forget to put them in practice!

We asked girls and young women “what makes girls truly unstoppable?”. The most popular option was access to free education (49%).

DISCUSS
Do you know the difference between formal and non-formal education? Think about when and how they have made you feel unstoppable. Share with at least two adults around you the importance they had for you.
More than half of the girls and young women consulted (55%) said they don’t feel included in making decisions that affect them.

REFLECT
How do you feel when you are involved in the decisions that will affect you and your future?
Try to identify a decision-making moment you have participated and reflect on how you were involved. What was the decision about?

"I want a future where my decisions are respected and accepted"

- 13 year old girl from Lesotho

Do you agree?

"Campaigns should be created to reinforce that beauty is based on who we are. We must ignore - and not increase - social pressure. The most important opinion about myself is my own!"

- 16 year old girl from Argentina

Do you agree?

Girls aged 13-17 years-old told us that fear of being bullied if not considered beautiful is the #1 problem with their body image (39%). Young women, 18-30 years-old, mentioned instead of pressure from social media (26%).

DISCUSS
Amongst your friends, what do you think are the main challenges around girls’ body confidence?
Share your tips on how to overcome them so we can all learn from each other.
The majority of girls and young women consulted (56%) believe training on body confidence is the best solution to fix body image problems among young people.

**LEARN**
Did you know that WAGGGS and DOVE partnered to create a body confidence programme? Download the Free Being Me activity packs and explore them with your friends.

9 out of 10 girls and young women said they feel pressured to make changes in their appearance to feel more accepted and attractive.

**REFLECT**
Why do you think so many girls need to feel more accepted or attractive? Have you ever felt pressured to change the way you look?

8 out of 10 girls and young women told us that they spent more time on social media during COVID19. Half of them think this has negatively affected their body confidence and self-esteem.

**DISCUSS**
Did you find yourself in a similar situation? Discuss with your friends how much time you spend on social media and if it impacts your body confidence and self-esteem.

The majority (89%) of girls and young women consulted believe that there should be laws or guidelines for promoting beauty standards.

**TAKE ACTION**
Are there any laws or guidelines for the promotion of these beauty standards in your country? If not, what about creating a petition to change that? Here you can find a template and instructions on how to start one.
**SELF CARE & BODY POSITIVITY**

Both girls and young women said that thin models in fashion and the media are the most harmful thing for their self-esteem (25%), followed by plastic surgery promotion (22%) and a lack of diversity (22%).

**TAKE ACTION**

Girls deserve to be free from the pressure to look different! Get involved with Action on Body Confidence to run your own advocacy initiatives on the issue you think is more harmful to girls.

**CLIMATE ACTION**

The majority of girls and young women consulted (68%) think that the way they act can influence climate change.

**REFLECT**

What actions can each one of us do to positively impact climate change? Take a look at our YUNGA Challenge badges or these young climate activists to get inspiration!

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**CLIMATE ACTION**

2 in 5 girls and young women believe that plastic and low recycling is one of the biggest contributors to environmental damage in their countries.

**TAKE ACTION**

Are there any plastic items in your bin that can be recycled or reused? Choose one and think about how you can transform it. You can also participate in our "Tide Turner" badge to take action against plastic pollution.

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**CLIMATE ACTION**

8 out of 10 girls and young women polled in early 2021 believe that they have the responsibility to tackle climate change.

**LEARN**

Do you know what climate change is? Take a look at this 3-minute video from the "World's Largest Lesson" to learn more about it.
6 in 10 girls and young women want to have an active role in building green and sustainable economies.

**DISCUSS**
How does a green and sustainable economy look like for you? Would there be any new jobs and industries that need to be created? Discuss your ideas with your friends and family.

Both girls and young women said that raising awareness is the most vital action to fight climate change (29%), followed by recycling (16%) and investing in renewable energy (16%).

**TAKE ACTION**
Raising awareness for climate change can also be fun!
1. Send Climate to your U-Report chat and then choose “Quiz”. Ask your friends and family to do it too. 2. Share this image on your social media and tag two friends, challenging them to do the same.

30% of girls and young women said that the most important thing that world leaders need to do is to invest in green energy.

**LEARN**
Have you heard of the Paris Agreement?
Download the UNICEF Paris Agreement toolkit to learn more about this international document and why it is so important to invest in green energy.

“We can raise awareness but it doesn’t end there. We need to have an attainable and sustainable platform to help everyone, especially children, to take action. Climate change is a problem of today and the future: if we don’t do something about it, future generations will surely be affected.”

- 17 year old girl from the Philippines

Do you agree?
“What if we fight together against violence? What if we support and protect the lives of all girls and young women? I hope that, in 30 years, girls have a better life because of that.”

- 23 year-old young woman from Madagascar

Do you agree?

1 in 2 girls told us that they had experienced harassment and abuse online in the past, and that it affected them emotionally and physically.

LEARN
Learn how to stay safe online and fight against cyberbullying by downloading the recently launched Surf Smart 2.0 - Generation Digital curriculum.

1 in 4 girls consulted want governments to adopt legislation on street harassment.

TAKE ACTION
Does your country have laws on street harassment? Sign our petition to ask all countries to protect girls and women from public harassment and make streets a safer place.

Half of the girls and young women who took part in our #OurStreetsToo poll believe that school training around consent is the best way to stop public harassment.

DISCUSS
What is consent? Do you know how to protect your space? Explore this topic by starting a discussion with your schoolmates and running this activity together.
4 in 10 girls and young women told us they have been blamed for abuse suffered in the past. At least 1 didn’t talk about it with anyone.

LEARN
Do you know what victim-blaming is?
Download our “Not Her Fault” activity pack to explore it with your friends.

Girls and young women shared what they do the most to avoid public harassment:
#1 keep away from crowds of men (28%)
#2 avoid walking on the streets at night (21%)
#3 learn about self-defence (16%)

REFLECT
Have you ever faced a situation where you had to do one of those 3 things?
Do you think the focus should be teaching girls how to avoid harassment or preventing abusers from doing it?

3 out of 4 girls and young women shared that they were afraid of people saying it is their fault if someone harms them. Of these, Half pointed out the fear of not being believed as the main reason.

TAKE ACTION
No one should be blamed for abuse they might suffer. Join our Stop the Violence campaign to change attitudes and end gender-based violence in your community.