



## Breaking the Cycle Education – The Andes, The Altiplano & The Atacama Expedition

### Lesson Plan

### GENDER EQUALITY

Time Allocation

60 mins

Age Range

10-14



*“Exploring is the driving force behind humankind.”* Kate Leeming

#### Learning Outcomes:

- To recognise there are different types of inequality
- To research and recognise role models for young students.
- To understand how to promote gender equality

<https://www.globalgoals.org/>

#### LEARN

This lesson focuses on SDG # 5 Gender Equality

What is this goal all about?

<http://bit.ly/2Ltab0W> Global Goals

Goal-. Achieve gender equality and empower all women and girls



#### THINK

Watch this video of Kate riding in Greenland. Discuss- what makes her a role model to young girls- what characteristics does she display- determination, inspiration courage .....

[Kate Leeming- Role Model](#)

As an explorer/adventurer, Kate has cycled a distance greater than twice around the world at the Equator. Her mission for Breaking the Cycle: Education aims to inspire students to lead their schools, communities, countries, and the world in making positive change by utilising Kate's journeys as a source of innovation and creativity.

ACTIVITY: Why is Kate a Role Model? Brainstorm in small groups your thoughts. Share.



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FEEL- What do you admire about a Role Model?

What are some characteristics of female role models? Who do you admire- why?

It doesn't have to be famous female role model. But what do they do act or display that you really like/ admire?

Think of other words (synonyms) to describe role models.

e.g pioneer, trail blazer, pathfinder, adventurer

Example of an Argentina Role Model: Eva Peron was the beloved first women of Argentina.



In South America she is among the most popular female role models in history. She started as a film actress but her husband, Juan Peron, became President of Argentina in 1946. She swiftly used her new position to speak out for labor rights and women's rights. She was a champion of women's rights. In fact, she founded Argentina's first ever large-scale feminist political party. In 1952, she was given the title "Spiritual leader of the Nation". She died of cancer

the same year.

Activity: Circle of Viewpoints-

Brainstorm a list of different perspectives from people around Kate Leeming- e.g. Kate, family, co-workers, co expeditioners, students researching Kate

1. I am thinking of Kates Andes & Altiplano expedition from the point of view of .....
2. I think..... from your own point of view
3. A question I have from this point of view is.....
4. Students create a comic or visual interpretation of their thoughts.
5. Share and display for all to enjoy and discuss.

**ACT:** Things to do to take action on Gender Equality- Remember Little Steps, Little Steps.

Share the workload at home. Sharing domestic responsibilities ensures the work burden doesn't fall only on one person and instils the value of gender equality and essential life skills in children.

Be aware of gender stereotypes. Recognize them, avoid them and educate others about them.

Find female mentors/leaders. Ensure that some of your role models or mentors are women. There's a lot you can learn from women in positions of authority.



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### Conclusion Activity:

Add yourself to the map on the Home Page

<http://www.breakingthecycle.education>



[Footprints on the Globe- Global Citizenship Education](#)