

# Tips to break away from gender stereotypes in raising your child

**1**

Empower your child to value and respect other people.



**2**

Seek out good role models of different sexes in the life of your child.

**3**

Give equal opportunities to every child, regardless of their sex.

**4**

Facilitate and encourage gender discussions in your environment.

**5**

Give equal chores to children, regardless of their sex.

**6**

Use language that supports gender diversity and equality.

**7**

Encourage your child to express themselves and make personal choices.

**8**

Treat children of different sexes with the same gentleness and firmness.

**9**

Promote kindness amongst children.

**10**

Be a role model by showing how to deal with conflict without violence or aggression.

**11**

Encourage your child to engage in different kinds of play.

**12**

Encourage your child to play with different kinds of toys.

**13**

Consider buying or making toys that are not typically meant for one sex only.

**14**

Avoid heavily gendered TV programmes and toys.

**15**

In your own home, model how chores and caring work can be done by everyone, regardless of their sex.

**16**

Let children learn about diversity of gender irrespective of their age.

**17**

Seek female tradespeople, such as taxi drivers or business owners, and let your child watch them work.

**18**

Do not allow teasing, bullying and violence.

**19**

Encourage your child to express their emotions.

**20**

Allow your child to like different colours, toys and clothes, regardless of their sex.



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