



British Embassy  
Copenhagen



International  
Women's Day

# Ambassador for a Day

## Promoting Potential Activity Pack

### #BreakTheBias: Promoting Potential

Et arbejdskompendium til udskolingen i forbindelse med  
Kvindernes Internationale Kampdag 2022

#### Indhold:

9 opgaver, der engagerer eleverne i debat om fordomme, diskrimination og allierede.

Profilbeskrivelser af inspirerende kvinder.

Materialet er udviklet af den Britiske Ambassade i København i forbindelse med Ambassador for a Day - en konkurrence for piger mellem 14-17 år, der opfordrer dem til at blive ledere og engagere sig i social forandring.

Materialet kan findes på: [www.ambassadorforaday.dk](http://www.ambassadorforaday.dk)

# AMBASSADOR FOR A DAY

COMPETITION FOR  
INTERNATIONAL  
WOMEN'S DAY



# Worksheet

## Bias and discrimination

**Bias** is a belief that some people, ideas and things are better than others and the judgement of those who are different to those beliefs. Bias is (usually negative) judgement of someone because of their race, gender, sexuality, religion, physical ability or other traits.

**Discrimination** is treating someone differently because of their race, gender, sexuality, religion, physical ability, or other traits.

An **ally** is a person of one social identity group who stands up in support of another group. Often, an ally is a member of a dominant group standing up for the rights of a group experiencing discrimination.

## Task 1: Match the Key Words

|                       |   |
|-----------------------|---|
| <b>Bias</b>           | the judgement of someone or something without any information or knowledge about that person or thing.  |
| <b>Discrimination</b> | the belief that no one should have fewer chances in life because of where they come from, how they look, what they believe in, their sexual orientation, or whether they have a disability. |
| <b>Ally</b>           | a person who supports the rights of a group of people experiencing discrimination.  |
| <b>Equality</b>       | treating someone differently because of their race, gender, sexuality, religion, physical ability, or other traits.   |



# Worksheet

## Task 2 : Translate

Translate these words into English:

|                     |  |
|---------------------|--|
| Ligestilling        |  |
| Bæredygtighed       |  |
| Menneskerettigheder |  |
| Diversitet          |  |
| Fordom              |  |
| Ulighed             |  |

## Task 3: International Women's Day

Visit the webpage for International Women's Day: [www.internationalwomensday.com](http://www.internationalwomensday.com)

- Which date is International Women's Day?
- What is the theme for International Women's Day 2022?
- What does *bias* mean?
- What does *stereotype* mean?
- Give an example of a stereotype



# Worksheet

## Task 4: Bias and Discrimination in Denmark

In a group, discuss what types of bias and discrimination different groups of people may face in Denmark. Write your answers in the table below.

| Group                     | Give examples of bias and discrimination they may experience | How does this affect the people in this group |
|---------------------------|--|---|
| Women                     |  |   |
| Greenlandic People        |  |   |
| LGBTQ+                    |  |   |
| write your own example... |  |   |
| write your own example... |  |   |

# Worksheet

## Task 5: Bias and Discrimination Role Play

Form a group of at least three and create a short role play, in which you illustrate what bias means. Your play should have at least three characters: (1) a person with a **bias**, (2) a victim **experiencing** bias or discrimination and (3) a bystander who can act as an **ally**. After your play is done, the class will discuss how the victim, the perpetrator and the ally experienced the situation.

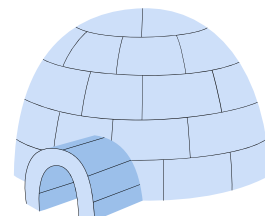
**Victim**

**Perpetrator**

**Ally**

### An example of bias:

Carsten thinks that people in Greenland live in igloos. He has never met anyone from Greenland before and he does not know anything about the history of Greenland.



### An example of an ally:

After school, Mathias plays Counter Strike with Jonas and Peter from his class. Clara asks if she can join their game, but Jonas says that girls cannot play CS because it is a game for boys. Mathias talks to Clara about her experience and he understands how she feels. He talks to Jonas and Peter and helps them understand that girls play computer games, too.



# Worksheet

## Task 6: E-sports

A study from 2021 showed that 59% of female gamers disguised their gender when playing games online to avoid harassment. For example by choosing male characters. 77% of female gamers have experienced gender based discrimination e.g. through exclusion from games, discriminatory comments or patronising comments.

In general, there are high levels of harassment in online gaming communities and both men and women frequently experience harassment. However, women frequently experience discrimination on the basis of their gender.

Studies show that gender does not play a role in abilities for online gaming. That means that women and men can technically progress in games on equal terms. However, many women are discouraged from gaming due to prejudice that they are poor gamers.

**a.** Which prejudices do you think exist about women and girls in the online gaming communities?

**b.** Which barriers do you think girls and women can experience when they try to become professional gamers?

**c.** Fill out the chart below. Who can make a change for more equality? What can they do?

| Who can make a change? |  |  |  |
|------------------------|--|--|--|
| What can they do?      |  |  |  |



# Worksheet

## Task 7: Stereotypes in commercials

In 2019, the United Kingdom banned commercials and ads that use "sexist stereotypes." Now, commercials are for example not allowed to promote products by showing women cleaning while men relax on the couch, men who cannot change diapers, women who cannot drive cars etc.

- a.** Find an example of a commercial that promotes a product for a specific gender. (For example female hygiene products)
- Which examples of stereotypes exist in the commercial? How are the characters portrayed?
  - How would the commercial look like if it tried to sell the product to the opposite gender? How would the characters change?



# Worksheet

## Task 8: Inspirational Women

Choose one of the inspirational women.  
Read the text and answer the questions:

- What are their greatest accomplishments?
- What challenges have they faced?
- Which bias have they faced from other people?

## Task 9: Breaking the bias

Discuss in groups:

- Why do you think people have biases against others?
- What can you do to help break the biases held by others?



# MALALA YOUSAFZAI

## HUMAN RIGHTS ACTIVIST

As a teenager in Pakistan, Malala, spoke out publicly against the Taliban advocating for girls' education.

In October 2012, Malala was 15 and sitting on the bus home from school. A man boarded the bus with a gun and asked "Who is Malala?" He shot her on the left side of her head.

Malala survived the assassination attempt and nine months later - on her 16th birthday she gave a speech at the UN in New York.

She established the Malala Fund, a charity dedicated to giving every girl an opportunity to achieve the future she chooses.

In 2014, at just 17, Malala won the Nobel Peace Prize, making her the youngest-ever winner.



# INGE LEHMANN

SEISMOLOGIST & GEOPHYSICIST

Inge Lehmann was a Danish seismologist and one of the world's most famous scientists.

In 1936, she discovered that the Earth has a solid inner core, which revolutionized our understanding of the Earth. At the time, scientists believed the Earth had a fluid core surrounded by a solid mantle and crust.

Late in her career, she worked in the USA, where she began receiving awards and honours, but her fame was largely ignored in Denmark.

Inge stayed active in seismological research through her 70s, and became one of the world's experts on the composition of the upper mantle.

She published her last scientific article at the age of 99.



# GRETA THUNBERG

## ENVIRONMENTAL ACTIVIST

In August 2018, Greta Thunberg sat on the steps of the Swedish parliament holding a sign saying "Skolstrejk för Klimatet".

She missed school to pressure the government to meet carbon emissions targets. The first day she sat alone but soon she was joined by more and more people.

Her small campaign attracted international attention, inspiring thousands of young people across the world to organise their own strikes in a movement called "Fridays for Future".

In addition to her environmental work, Thunberg is credited with raising awareness about Asperger's and inspiring those who have the syndrome.



# DAME SARAH GILBERT

## VACCINOLOGIST

Professor Sarah Gilbert developed the Oxford/AstraZeneca vaccine, one of the most widely used Covid-19 vaccines in the world.

In 2014, she led the first trial of an Ebola vaccine. When the MERS virus struck, she travelled to Saudi Arabia to try to develop a vaccine for this type of coronavirus.

As Covid-19 emerged, Professor Gilbert quickly realised she might be able to use the same approach.

In 2021, toymaker Mattel created a Barbie of Dr. Gilbert, hoping to inspire children to pursue a career in STEM fields.

She was recognised with a damehood in the Queen's Birthday Honours in 2021.



# DAME ANNE WARBURTON

## DIPLOMAT

Dame Anne Warburton was Britain's first female Ambassador. She served in Copenhagen from 1976-1983 and her posting opened the way for other women in the Foreign Office.

Until 1973 women were made to leave the civil service if they married. Dame Anne Warburton put her career first and remained single.

She worked for women's rights all her life, serving on the Equal Opportunities Commission from 1986 to 1988.

In 1992, she led a mission to investigate allegations of the organised mass rape of Muslim women in Bosnia.

Her report concluded that systematic abuse had taken place and that rape was being used as a weapon of war. It prompted worldwide attention to the subject.



# NADIA NADIM

## PROFESSIONAL FOOTBALL PLAYER

Nadia Nadim is a Danish football player who has played 99 matches for the Danish national team.

In addition to her successful football career, Nadia Nadim recently finished her studies at Aarhus University and is now a qualified doctor.

Nadia came to Denmark when she was 11 years old with her mother and sisters. They fled Afghanistan, after her father was killed by the Taliban.

In 2017 she was awarded the Tryg Forsikring's "Role Model of the Year" prize.

She was voted Player of the Year in 2016 & 2017 in Denmark.

Nadia is fluent in an impressive nine languages: Dari, Danish, English, German, Persian, Urdu, Hindi, Arabic and French.



# CHIMAMANDA NGOZI ADICHIE

## AUTHOR

Chimamanda Ngozi Adichie is a celebrated Nigerian author.

Growing up in Nigeria, she was not used to being identified by the colour of her skin. When she moved to the USA to study, Adichie was suddenly confronted with what it meant to be a person of colour in the United States.

The challenges she faced with learning and navigating life in a new culture inspired her work as an author.

Through books and stories, Chimamanda highlights how powerful narratives can be. And the dangers of a single story:

If we only hear one story, we risk forming simplistic and sometimes false perceptions about individuals, groups, or countries.

Therefore, it is important that we hear stories from diverse places and people.



# QUEEN MARGRETHE II

## MONARCH

Queen Margrethe II is the first queen to rule Denmark in over 500 years.

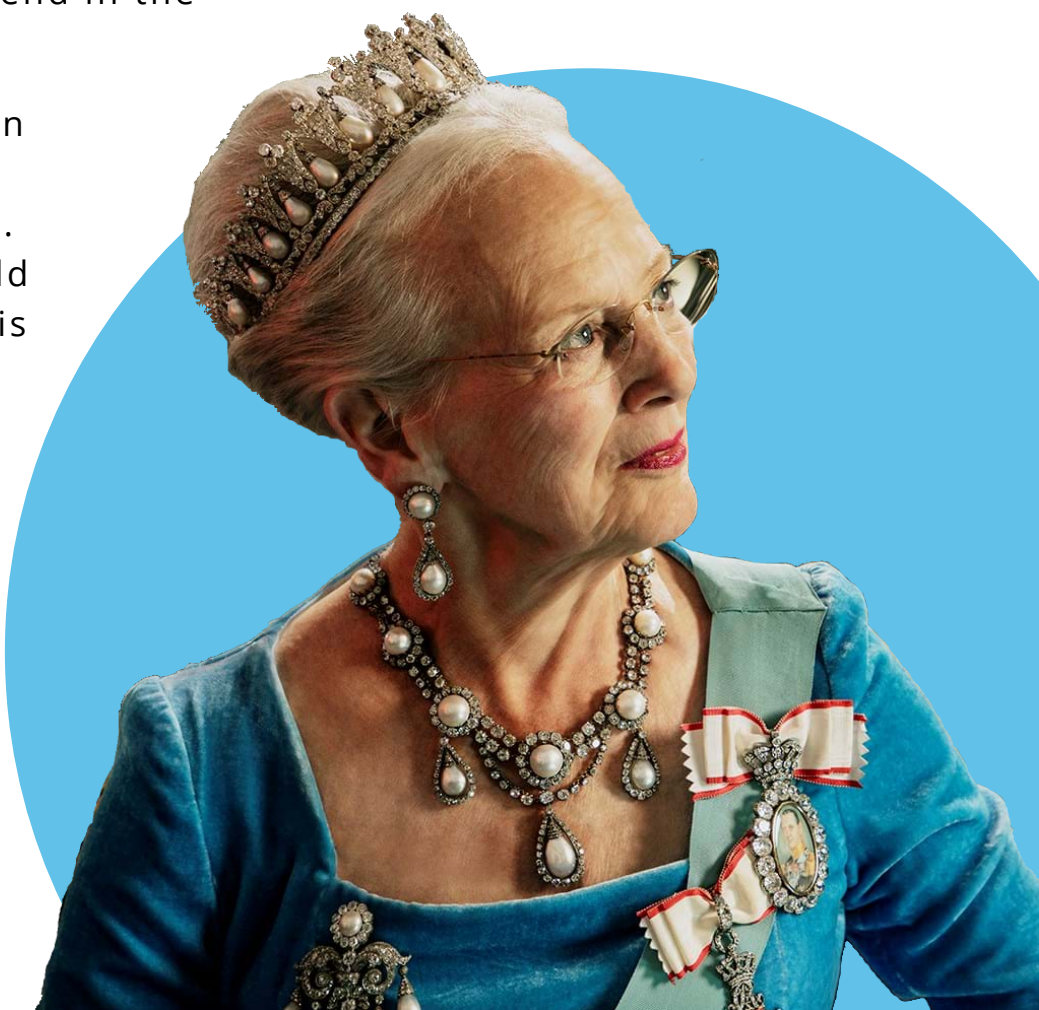
She became queen on 14. January 1972 and this year she celebrates her Golden Jubilee. Queen Margrethe was not heir to the throne at birth, as by Danish law only males could succeed the throne.

In 1953, the constitution was amended, allowing females to ascend in the absence of male heirs.

In 2009, the constitution was changed again following a referendum. Now, any first-born child of any future monarch is to inherit the throne, regardless of gender.

Queen Margrethe has studied archaeology, political science and she is a talented artist.

She has illustrated numerous books under the pseudonym of Ingahild Grathmer.



# QUEEN ELIZABETH II

## MONARCH

Queen Elizabeth II is the world's longest-reigning living monarch.

She became Queen on 6 February 1952 when she was just 25 years old. On 6 February 2022, she celebrated her Platinum Jubilee with 70 years on the throne.

In 1945, during the Second World War she became the first female member of the British Royal Family to join the Armed Services full-time.

Here, she learned to repair and build engines and learned to drive a number of different military vehicles, including trucks and ambulances.

At the age of 95, she politely declined the award for "Oldie of the Year", as she does not believe she meets the relevant criteria.

