

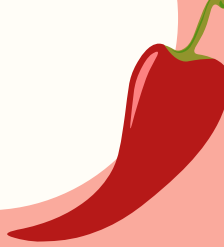


SPICY DISCUSSIONS

Project KA210-YOU-F4A4F28A



Co-funded by the
Erasmus+ Programme
of the European Union



Welcome to the I GET YOUTh “Spicy Discussions” Cards!

This deck was created by Søholm 4H (Denmark) and Las Niñas del Tul (Spain) as part of an Erasmus+ Key Action 2 small project, co-funded by the European Union. As youth workers engaged with gender-related topics in our local communities, we collaborated to design this deck to encourage exploration, reflection, and constructive dialogue about all things gender.

What is it about?

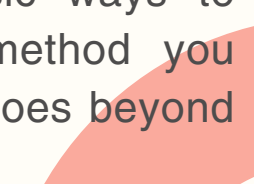
In our work, we realized that topics such as gender, identity, gendered expectations, sexuality, feminism etc. are some of the most interesting yet challenging to discuss. It is essential to address these topics with our target groups in a way that feels safe, authentic, and engaging. Having a toolbox of non-formal education tools that enable this is invaluable.

This deck is one such tool - simple, versatile, and adaptable to meet the needs of different groups. We hope you enjoy it as much as we do!

How does it work?

The deck consists of 80+ cards with gender related statements. These statements are intentionally formulated in a polarizing way to encourage participants to take a stand and either agree or disagree. The lack of nuance in the statements is deliberate. Why? To inspire participants to move beyond a simple "agree/disagree" stance and bring in their own nuance and diverse perspectives during discussions.

Below, we provide recommendations for several basic ways to facilitate these discussions. But regardless of the method you choose, the cards are designed to spark dialogue that goes beyond black-and-white yes-or-no thinking.





For your convenience, the cards are marked by topic and by “spiciness” level (indicating how intense and heated the discussion may be).

Important: Both topics and spiciness levels are somewhat arbitrary and do not reflect any “objective” scientific truth.

In fact, while using the deck, you may find that discussions predicted to be the most heated turn out to be less heated than those expected to be less “spicy.” The intensity of discussions largely depends on the age, gender, socioeconomic, cultural, religious, and other backgrounds of the participants in your group. It may be educational to reflect on how the predicted “spiciness” levels played out in your own activity and why during the debriefing session.

Similarly, the topics on the cards are not universal. For example, a card marked as “masculinity” could easily fall under the topics of “social expectations” or “gender expression.” The topics are included simply to help you navigate the 80+ cards more easily.

How do I use the cards?

It is fully up to you how to use the deck. Usually, we recommend having a facilitator - a person who organizes the process of discussion and typically stays outside the conversation itself to focus on moderation and process control. The deck includes a “*Facilitator*” card that visually indicates who in the group holds this role, especially if the position rotates among participants over time.

If you don't have the deck printed professionally, you can download the design and easily print it yourself from here:

PDF:

https://drive.google.com/file/d/1XCFzYKilbgN_Wbsfb8hIhIde_uyo0osF/view?usp=sharing

Editable version:

https://www.canva.com/design/DAGfMX_loVE/CIUT112UsvzpYQZDa2ZrTw/view?

[utm_content=DAGfMX_loVE&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink&mode=preview](https://www.canva.com/design/DAGfMX_loVE/CIUT112UsvzpYQZDa2ZrTw/view?utm_content=DAGfMX_loVE&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink&mode=preview)

Feel free to use all or just selected cards. The design is editable, so you can add or modify statements to suit your needs. Additionally, we've included blank card templates for each topic, allowing you to create completely unique statements suitable for your group.

The Role of the Facilitator

To facilitate an honest and constructive discussion, it is your role as a facilitator to ensure that the space is safe for all participants. We highly recommend that before any activity you choose to conduct with the help of this deck, you prepare the group properly. This includes warming up, ice-breaking exercises, and clear rule-setting for how to discuss sensitive topics in a safe, non-judgmental, and inclusive way.

The deck itself includes several "Warning" cards that can be used by both the facilitator and participants to indicate when a discussion has become too heated.

It is also very important that the facilitator has some basic knowledge about gender-related issues, as topical questions may arise during the discussion. Some of the cards include small commentaries at the bottom. These typically provide clarifications of terms or simple explanations of the issues in question. However, due to the limitations of the format, not every card includes a detailed explanation. We recommend browsing through the cards in advance to ensure you fully understand their content.

For some basic knowledge about distinctions such as gender, sex, and sexuality, please consult expert-backed resources, such as the Genderbread Model:

<https://www.itspronouncedmetrosexual.com/2018/10/the-genderbread-person-v4/>.

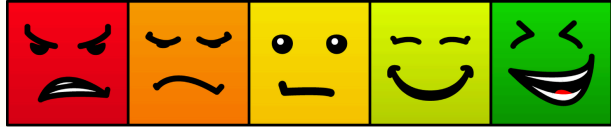
Finally, some groups may prove to be too “agreeable” and lack debate. This often occurs in homogenous groups where members share similar opinions and values, such as activist groups. To “spice” things up, the deck includes several “Devil’s Advocate” cards.

Facilitators can assign these cards to participants, or participants can choose them, encouraging someone to argue an opinion opposite to their own. This approach helps promote more dynamic and thought-provoking discussions.



Suggested activities

Activity 1. Barometer



The barometer activity is a group exercise that helps participants explore and discuss different perspectives on gender-related topics with the help of the cards. Participants respond to statements by physically placing themselves along a spectrum from "Strongly Agree" to "Strongly Disagree," allowing for a visual and interactive way to express opinions. Through open discussions, participants can explain their choices, listen to others, and even change their position if convinced by new arguments. The activity encourages exchange of perspectives, empathy, and dialogue in a safe and respectful environment.

Step by step:

1- Set Up the Space:

Create a physical line in the room to represent a scale from "Strongly Agree" to "Strongly Disagree." Clearly mark both ends and ensure there's enough space for everyone to stand along the line.

2- Explain the Rules:

Brief participants on how the activity works. Highlight that everyone should be respectful, that they can share their thoughts honestly, and that it's okay to change their position during the discussion.

3- Run the Activity:

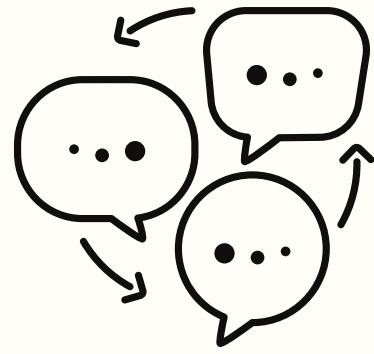
- Read a statement from a card. You can pre-choose cards based on topics and spiciness levels in advance. If needed, provide more context from the commentary from the bottom of the card.
- Ask participants to stand along the scale according to how much they agree or disagree with the statement.
- Invite participants to explain their choices. Encourage open and respectful sharing of reasons behind their positions.
- If someone hears an argument that changes their perspective, they are welcome to move to a new position on the scale.
- After the discussion for one statement wraps up, move on to the next statement and repeat the process.

4- Keep Track of Time:

The activity usually lasts from 45 to 90 minutes, depending on how many statements are discussed and how long the conversations take.

5-Debrief at the End:

Finish with a short reflection. Ask participants to think about what they learned, whether their views changed, and how they felt about the process. Highlight the value of listening to different opinions and engaging in constructive dialogue.



Activity 2. Discussion in circle

The *Discussion-in-Circle* activity is a smaller group exercise designed to encourage in-depth conversations about gender-related topics. Using cards with statements, participants take turns discussing their perspectives in a structured but open-ended way. The activity can include a rotating facilitator role, allowing participants to practice guiding discussions, and may include a competitive twist to engage the group. The focus remains on respectful dialogue and exploring diverse opinions in a safe environment.

Step by step:

1-Group Setup:

Divide participants into smaller groups of 4-8 people. Each group gets a deck of statement cards and arranges their seating in a circle.

2-Explain the Rules:

- One person starts as the facilitator, whose role is to read the statement aloud, invite participants to share their opinions, and guide the discussion.
- The role of facilitator can rotate with each new statement, giving everyone a chance to practice facilitating.
- Discussions should remain respectful, with participants actively listening and engaging thoughtfully.

3- Optional Competitive Twist:

- To add an engaging element, participants can aim to convince the facilitator with their arguments.
- At the end of each statement's discussion, the facilitator selects the argument they found most persuasive.
- Remind participants that this element is optional and secondary to fostering a respectful and open conversation.
- Ensure everyone gets a chance to speak, especially quieter participants.
- Encourage participants to explore the "why" behind their opinions.
- If competitiveness is included, emphasize that it's meant to be fun and not diminish the importance of mutual respect and open-mindedness.

4- Keep timing:

The activity can last between 45 to 90 minutes, depending on the number of statements discussed and the depth of the conversations.

5- Facilitator Role Tips:

- Ensure everyone gets a chance to speak, especially quieter participants.
- Encourage participants to explore the "why" behind their opinions.
- If competitiveness is included, emphasize that it's meant to be fun and not diminish the importance of mutual respect and open-mindedness.

6-Debrief:

Conclude with a reflection. Encourage participants to share their thoughts on the process, whether their views evolved, and what they learned from others. Reinforce the value of understanding different perspectives and the importance of maintaining respectful dialogue.

This publication is a result of the Project KA210-YOU-F4A4F28A "I GET YOU: Innovating Gender Equality Tools for YOUTH" a Small-scale partnerships in youth developed by Las Niñas del Tul (Spain) and Søholm 4H (Denmark).

This publication has been funded by the Erasmus+ Programme of the European Union. More about the Erasmus+

Programme:

[Http://ec.europa.eu/programmes/erasmus-plus/index_en.htm](http://ec.europa.eu/programmes/erasmus-plus/index_en.htm)

This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Co-funded by the
Erasmus+ Programme
of the European Union