

SEX & GENDER

The intended outcome for this theme is that young people can explain the difference between sex & gender, what are gender norms and the need for gender equality.

SEX ≠ GENDER

Sex Male / Female

Biology:

chromosomes, hormonal profiles, internal and external sex organs

Gender Masculine / Feminine

Culture:

the characteristics that a society or culture delineates as masculine or feminine

BACKGROUND

The term "sex" refers to the biological distinction between males and females whereas the term "gender" refers to the social differences between males and females.

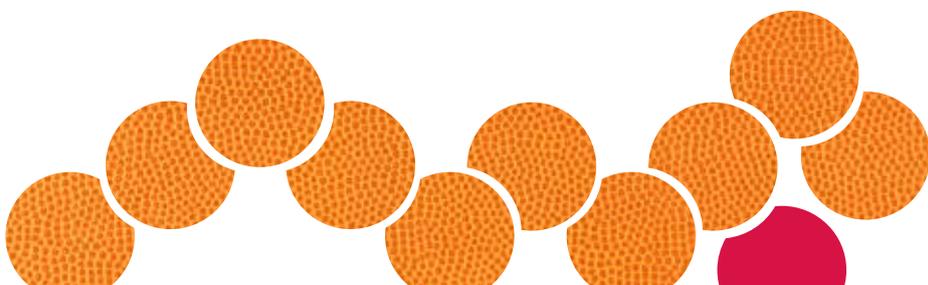
Gender norms are a set of ideas about how each gender should behave. They are not based on biology, but instead determined by culture or society. For example, women are not better than men at doing housework, but often they are expected to perform those tasks. It is important to remember that gender norms can be very different from one culture to another. What may be acceptable behaviour for a male or female in one culture may be unacceptable in another. In some countries, gender norms can be harmful especially towards women. Women not being able to negotiate condom use for example has made them more vulnerable to HIV infection. Women not being able to acquire certain work that can improve their livelihood can make them dependent on men and unable to achieve financial independence.

Gender equality means that women and men, and girls and boys, enjoy the same rights, resources, opportunities and protections. It does not require that girls and boys, or women and men, be the same, or that they be treated exactly alike. Gender equality is a human right.

Gender equity is the process of allocating resources, programs, and decision making fairly to both males and females without any discrimination on the basis of sex and addressing any imbalances in what is available to males and females.

In basketball it is clear that men and women can play the game. However, gender norms in some countries and communities do not encourage women to play basketball. Gender equality is a human right and women and girls have a right to play basketball should they wish to do so. Actions being taken by FIFA and the Namibia Basketball Association to encourage women and girls to play basketball is part of the process of gender equity.

Article 10 of the Constitution of the Republic of Namibia guarantees equality before the law and the right to non-discrimination on the basis of sex.



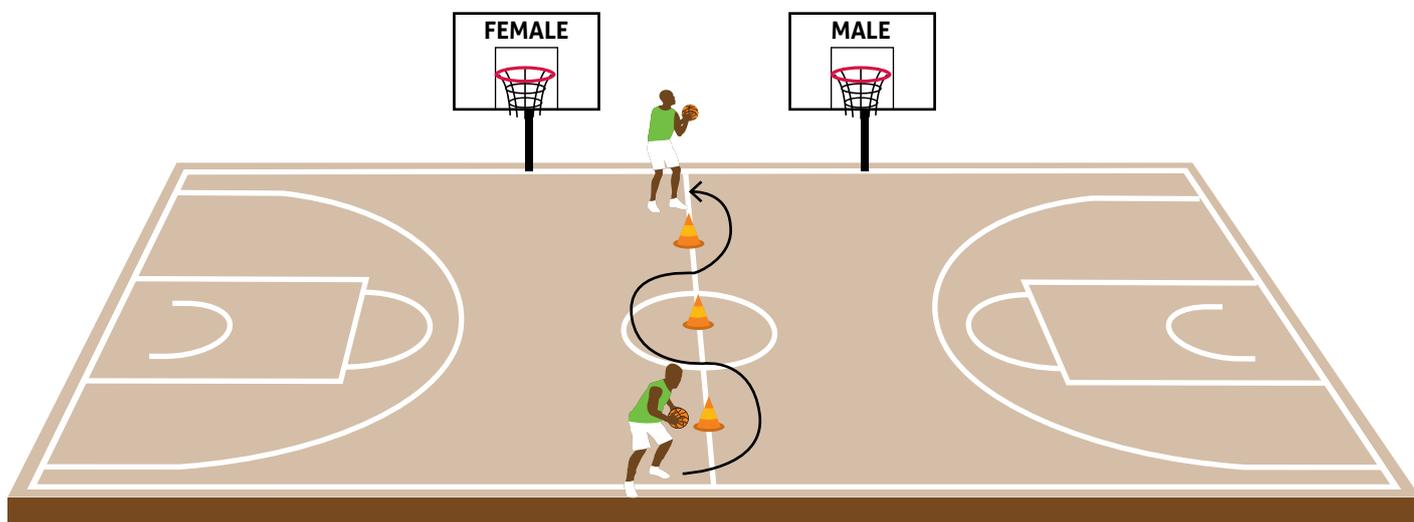
Key Messages for Young People

- Sex describes our body parts – things we are born with.
- Gender describes what society expects of us because of our sex.
- Gender norms can be challenged and changed.
- We used to believe that only boys could play basketball. That gender norm has been challenged and changed. We now have a FIFA World Cup for Women's Basketball and programmes such as the Namibian Basketball Federation's Galz&Goals Programme.
- Women and girls are often at risk where we do not have gender equality which is a human right. They can be subject to health risks such as early pregnancy, HIV infection and injury from physical violence.
- Women and girls who are treated equally in society to men and boys do better in education, achieve economic independence, avoid gender based violence and avoid health risks.



SUGGESTED ACTIVITY

Gender Stereotypes (11-15 years)



Shooting competition

- The player starts to dribble into the slalom-course, when the coach shout out stereotypes or attitudes.
- Depending on the statement (female or male attitude!), the player has to shoot on the left or right basket.

Progression

- Start with a shorter distance to the basket for beginners and increase distance as they get used to it.
- Create a competition: a right decision scores one point and a basket another point.



Connected Conversations

- 1. Come to play** - basketball is a game for both boys and girls, men and women to play. Can you identify role models for both men's and women's basketball? Men and women can represent Namibia in international basketball.
- 2. Prioritise, goalset & plan** - gender norms and stereotypes may place greater emphasis on men and boy's having sporting and life goals, but women and girls can also have similar goals in basketball and in life.
- 3. Look and list** - What are the gender norms and stereotypes in Namibia and how can these be challenged and changed?
- 4. Stay in the game** - boys and girls are encouraged to stay in the game so that they can play as adults. Basketball is a game for women and not just men, boys and girls. Can we identify successful women basketball players?
- 5. Use your voice** - young people use their voice to encourage women and girls to play basketball and to celebrate the success of women and girls in basketball.
- 6. Build your team** - can we encourage everyone connected with basketball in Namibia to promote gender equity in the sport.

