



M·A·N·U·A·L·

2022



ESCAPE Gender Inequality Manual| 2022

This manual was created within the project "**ESCAPE Gender Inequality**". ESCAPE Gender Inequality was a project consisting of one training course for youth workers and one youth exchange for young people, coordinated by the non-profit organization Awesome People (www.awesomepeople.se) with funding from Erasmus+.

The overall **aim** of the project was to increase the awareness of gender equality among young people by creating and using portable educational escape rooms as an effective method of engaging young people.

Objectives

- Enhance youth worker's knowledge and experience of non-formal learning activities related to gender equality and the support of young people's own ideas
- Provide space and time for participants (Youth workers and young people) to reflect upon the different aspects of gender equality such as discrimination against girls and young women, traditional gender roles and stereotypes, and violence against girls and young women
- Upskilling youth work practitioners in the use of educational escape rooms as an effective tool for engaging young people and youth work communities
- Encourage young people to become active citizens and take initiative by creating educational escape rooms and implementing public events
- Create 3-4 portable educational escape room concepts on the topic of gender equality to spread to the youth work community

The Educational escape rooms were created by participants in the youth exchange together with group leaders from the following organisations:

Awesome People - Sweden

Prisms Malta - Malta

Ticket2Europe - Spain

Un strop de fericere - Romania

ESCAPE THE VIOLENCE

ESCAPE THE VIOLENCE

 **Topic:** The different types of violence

 **Learning outcomes:**

- Learn about the different types of violence and learn to name each case.
- Raise awareness about violence in general and especially among young people.
- Raise awareness about the solutions that exist.
- Empower players to seek help if they are in need.

 **Age:** 12+

 **Group size:** 2-4 players

 **Language:** English

 **Playing time:** 5' introduction | 30' playing | 15' debriefing and discussion

 **Players' role:** Players are the assistants of the school nurse

 **Introduction:**

Every few months the school nurse talks to the students about their mental and physical health. She has a record for every student in the school with their private details. Her duty is to check on every student regularly and make sure they are fine both mentally and physically. Unfortunately, the files were all mixed up and now you have to relate the four files left with the students they refer to. Today's monthly meeting with the families starts in thirty minutes, so that's the time you have to complete this mission.

 **Ultimate mission:** To find and match the files to the students' names because they contain sensitive information.

 **Communication with players:** The game master is in the room with the players

 **Rules:**

- You can not destroy anything in the room
- You can not cheat by getting into boxes or code locks without having the code
- You can ask the game master for as many clues as you want, the most important thing is that you complete the room so it is better to ask for clues than to be stuck
- You only need to use each item once except at the end
- Do not take anything from the board
- You might need to look around the board for other materials
- You can use anything that doesn't have a padlock
- Do you have any questions?

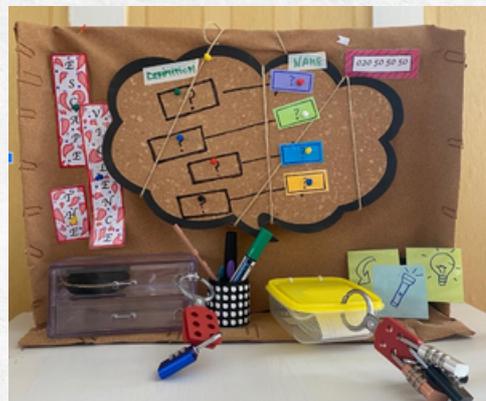
▶ Start:

Your task will be to find and match the files to the students' names because they contain sensitive information.

▶ Gameplay:

The players will enter a "room" with a notice board which contains different information, the players will be instructed on the rules of the game and will be informed that the game master can give them unlimited hints.

The colors of the folders enables the participant to open the lock with the corresponding colors.



White Folder with a Black dot | Physical violence

Puzzle 1: Maria

The participants are supposed to open the white folder with the black-dot sticker, where all the materials are (puzzle: 7 pieces) and a mirrored text. They need to read the profile first and do the puzzle. On this puzzle appears a laminated picture of a father who appears to be shouting at a child. In the reverse of the puzzle there is a numerical code written next they will get a code (125) that opens the blue lock of the transparent drawer with the mirror in it. The participant have to use the mirror to read the mirrored text.

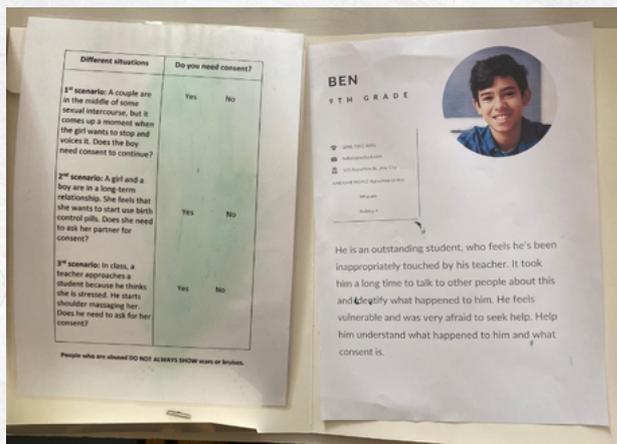
The **mirrored text** is as follows:

"Dependent variables were student self-reported school bullying victimization and electronic bullying victimization during the previous 12 months. Independent variables used to estimate multiple logistic regression models by gender were survey year, race/ethnicity, and grade level. Results showed the prevalence of school bullying increased significantly among females till twenty *four* percent and decreased significantly among males reaching *sixteen* percent. Showing that although boys have the stereotypes of being ruder and more dominant, girls suffer even more bullying than them."

The number for the lock code is in italics (416). This code opens the corresponding lock that is the black lock with a black dot.



White Folder with a pink dot | Sexual violence



Ben is a male student, who feels he's been inappropriately touched by his teacher. It took him a long time to talk to other people about this and identify what happened to him. He felt vulnerable and was very afraid to seek help. Help him understand what happened to him and what consent is.

Puzzle 1:

Participants are supposed to first answer the three questions about consent (cf. board below), and then they have to use the UV light (the symbolism is that most of the times this violence goes unnoticed) that they will find in the pen holder. Next to the right answer, there is a number written in invisible ink which has the right code to open the pink lock with the pink dot. Code: (120).

Situations	Do you need consent?
A couple are in the middle of some sexual intercourse, but it comes up a moment when the girl wants to stop and voices it. Does the boy need consent to continue?	YES / NO
A girl and a boy are in a long-term relationship. She feels that she wants to start using birth control pills. Does she need to ask her partner for consent?	YES / NO
In class, a teacher approaches a student because he thinks she is stressed. He starts shoulder massaging her. Does he need to ask for her consent?	YES / NO

Black Folder with a yellow dot | Social-Psychological violence

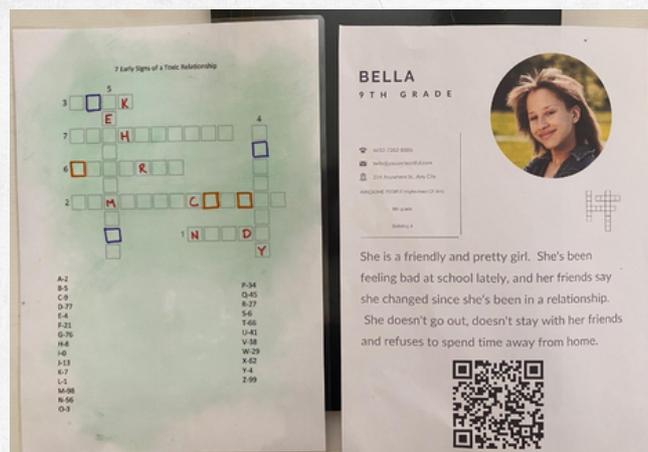
Puzzle 1:

The students will move on to the black folder with a yellow dot sticker. They will find profile 3 (Bella's profile). On the profile there is a QR code, which leads them to a video, and as a clue, they also have the words "THE EYE" (given by the game master).

When the eye appears in the video (flowerpot), they need to pause it and see the time of the video (**2:09**).

Puzzle 2:

They have to resolve a crossword. They know that it is about the video because it's got the same title, they need to see the signs and complete the crossword (1- Needs 2- Communication 3- Work 4- Jealousy 5- Resentment 6- Control 7- Dishonesty). After they did so, there are some coloured boxes (blue and orange) that correspond to letters, every letter is related to a number at the bottom of the paper. There are two colors, with the only purpose of making it a little bit more complicated. The right color is orange. They should then try all the combinations possible (the code is 920). With this code they open the black lock with a yellow dot.

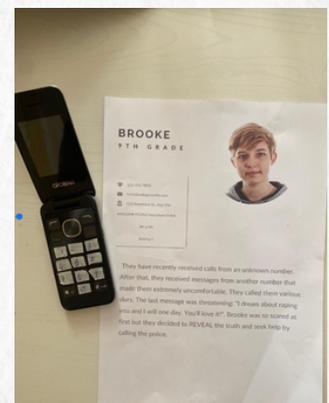


Grey Folder with a black dot | Latent violence

Puzzle 1:

The participants will need to read the file for clues, in the folder they have Brooke's profile, a phone and a wiping cloth.

After reading the profile, they will notice that the word "REVEAL" is in capital letters, so they will need to erase the buttons (hidden under black ink) by using the cloth, and only the numbers 1 and 2 will be visible. So, they will have to connect them with 112, the emergency number, since the grey lock is a three digit one.



Yellow and transparent box |

With the code 112 they opened the yellow and transparent box which is the last puzzle of the game. It contains the definitions of the four types of violence they see in the room and they have to link each definition to a name and put in on the board under "definition" and "name" (to achieve the initial goal to help the school nurse). Maria - Physical violence, Ben - Sexual violence, Bella - Social violence, Brooke- latent violence.



Reflection:

Gather the group and go through each puzzle to recap what they have done:

"This room was about the different types of violence and more precisely, physical, sexual, latent and social-psychological violence. Physical violence can be defined as "Any act where an individual attempts to harm another through physical means", Sexual violence "is any intentional act of a sexual nature that is forced on another person, regardless of their relationship through physical force, intimidation, humiliation or taking advantage of another person's inability to consent." As for Social-Psychological violence is "a sort of violence which involves psychological damage on the part of the agent who is being violated". Latent violence relates to the denigrating attitude of someone toward someone else from aggressive body language to non-listening behavior.

White Folder with a black dot | Physical violence

The participants discover the profile of Maria when opening the black folder, what did you think at first when you read her description? Then you did the puzzle and it both gives you a code and an image. What did you think seeing this image? Did it change your way of seeing Maria's aggressiveness? If yes, why? The code you found was 125 and it stands for 12,5% of children who have experienced at least one episode of abuse or neglect by the age 18. Of what type of violence are we talking in this case?

Once they have unlocked the blue lock to the mirror, they use it to read the text to get the code for the next lock. What do you think about the text you read? The code you found was 416, 24% of girls are bullied from 12-18 in 2019 and 16% stands for the number of boys bullied at the same age.

White Folder with a pink dot | Sexual violence

This puzzle is about the story of Ben. Firstly you have to read his story, what type of violence is this? Why do you think we chose a boy for this case (statistically it is always tougher for a boy to voice problems related to sexual violence)? To find the code you have had to reflect on three situations and on the notion of consent. What did you think of these three situations? Did you ever hear of "consent" before?

The code was 120, because according to the EU Commission proposal for new EU rules to stop violence against women, it was found that 1 in 20 women in Europe had been victims of rape (2022 study).

Black Folder with a yellow dot | Social-Psychological violence

When opening the yellow folder, you discovered the profile of Bella. What do you think about the video you saw about the 7 signs of toxic relationship? Do you remember what are the 7 signs (1 - You give up on your needs because they don't care 2- Hostile communication 3-You put in all the work 4-Jealousy 5- Resentment 6-They're controlling 7- Dishonesty) ?

Grey Folder with a black dot | Latent violence

In the grey folder you learn about a non-binary person named Brooke. What did you feel when reading what they are going through ? The code you found was the emergency number 112 which is valid in all the European Union for any kind of emergency. Do you know any specific number dedicated to help people for these situations of violence (Sweden - Kvinnofridslinjen - 020-50 50 50 for example) ? What do you think is better to do in Brooke's situation (Speaking to someone or keeping everything for themselves). In the last puzzle you linked the definitions with their name.

Discussion:

- Do you think or know if these things happen in your country?
- When reading the mirrored text in Maria's folder you find 24% of girls are bullied and 16% of boys are also bullied. Why do you think there is such a difference?
- What will you retain of the video?
- Could you propose any solution or action to take to prevent it from happening or at least, raising awareness among teens?

Restart checklist:

1. Put the correct material back in the folders
 - **Yellow dot folder:** Bella's profile and crossword.
 - **Grey folder with black dot:** Brooke's profile and the phone.
 - **Pink dot folder:** Ben's profile and the Consent maze.
 - **White folder with black dot:** Maria's profile, the puzzle and the mirrored text.
2. Next to the notice board, place a pencil holder (glass/container) with the UV light, a pencil, a ball pen and the wiping cloth.
3. Put the mirror in one of the two transparent drawers, lock it with the blue lock (code 125). The "lunch box" should contain all the other locks: The black one: 416 - The Pink one: 120 - The grey one: 112 - The yellow one: 920.

“THE INTERVIEW”

“THE INTERVIEW”

 **Topic:** Gender Based Discrimination at work

 **Learning outcomes:**

- Gain knowledge about different acts of gender discrimination and the reasons why it exists
- Learn where gender discrimination originates from
- Gain abilities to counteract gender discrimination and to support those suffering from discrimination

 **Age:** 12+

 **Group size:** 3-5 players

 **Language:** English

 **Playing time:** 5' introduction | 30' playing | 15' debriefing and discussion

 **Players' role:** Executive Officers of the Company JIMMAF

 **Introduction:**

You recently became the new Executive Officers of the Company JIMMAF. After your first weeks in the company you got suspicious about the recruitment process. Now you want to take a closer look at the issues and make sure the recruitment process is done fair and right.

The head of human resources went on a Fika break (a Swedish coffee break) and will be back in 30 minutes. you have to find the criteria by which the applicant Adam was chosen over the applicant Sarah before he comes back.

 **Ultimate mission:** To find out why Adam was hired instead of Sarah

 **Communication with players:** The game master is in the room with the players

 **Rules:**

- You can not destroy anything in the room
- You can not cheat by getting into boxes or code locks without having the code
- You can ask the game master for as many clues as you want, the most important thing is that you complete the room so it is better to ask for clues than to be stuck
- You only need to use each item once except at the end
- You only need to use the board if you get a clue to do so
- This is what the locks look like and this is how you open them. (Show)
- Do you have any questions?

 **Google drive link:** <https://tinyurl.com/unequalworkopportunities>

▶ Start:

You have to solve the puzzles to find out why Adam was hired and Sarah wasn't hired. You have 30 minutes before the head of Human Resources will be back from his break.

▶ Gameplay:

The players enter the room which is an office-like setting where two CVs lay on the table with a tablecloth on it. Along with that, there are 2 pencil cases - one is small & black and the other one is big & striped, both locked; a frame that represents a family, 3 pencil holders, a stapler and 2 clear drawers, both locked. On the front of the table there is the firm sign.



Puzzle 1 | CV



The players need to figure out the code in **Sarah's CV**, to do so they need to notice the number **453** that is mentioned numerous times throughout the file. The 3 digits code will then open the **black pencil case**. The file also contains 3 of the puzzle pieces.

Puzzle 2 | Small Black Pencil Case

inside the small black pencil case is a **phone** and 3 pieces of the puzzle. There is a code on the back of the phone, which reads "**OPEN ME**". Players open the case, see some fragments from some articles about the worst nicknames given to women in the field of work, and inside the case is pasted a code from the key numbers - from which comes the word "**HORMONAL**", the most used word in the field of work in percentages of 68%. In the end they will look at the **fragment** with the word "**HORMONAL**" and they will use the code **068** for the next puzzle.



Puzzle 3 | Striped Pencil Case

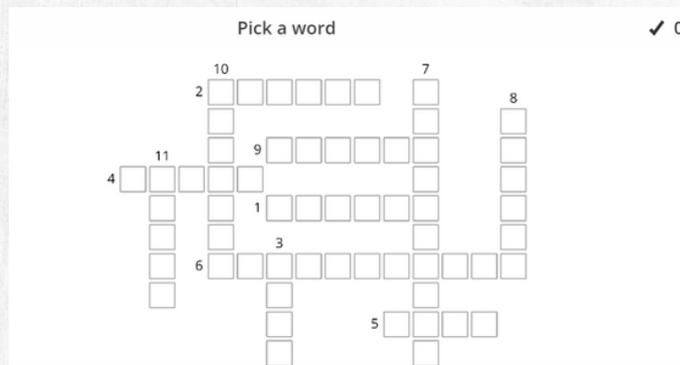


Now they open the striped pencil case with the code 068 and inside of it is a calculator, a mirror (that they're not going to use), **2 riddles**, an **alphabet with numbers** and 4 pieces of the last puzzle. The two riddles have the answers: "**upside down**" and "**lies**". Looking at the alphabet, they will see that if they form the word "**lies**" in that alphabet, they will give them the code **5317**, which, if they turn it "upside down", will give them lies again.

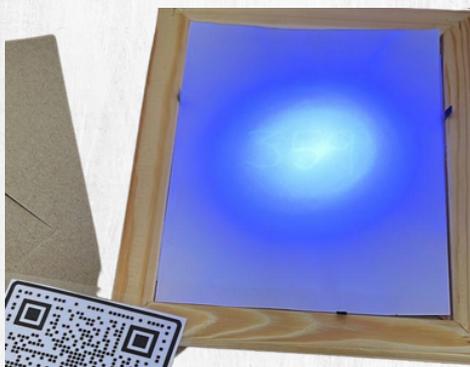
Puzzle 4 | Black Key Box



The black box will contain a **QR-code**, 3 **batteries** and a 2 of the puzzle pieces. When the QR-code will be **scanned** a digital **crossword puzzle** will appear with the theme "family". After completing the game the participants should figure out that the clues are leading to the **family photo frame**.



Puzzle 5 | Picture Frame



In the photo frame the participants will find a **QR code** that will lead to a **video on Youtube** about unequal payment due to gender. At the end they will see the **percentage (14,8%)** that describes the **difference between women's salary and men's**. Also, on the back of the photo in the frame you will get a the **code 3-5-9** by using the **uv-light**.

Puzzle 6 | Drawers



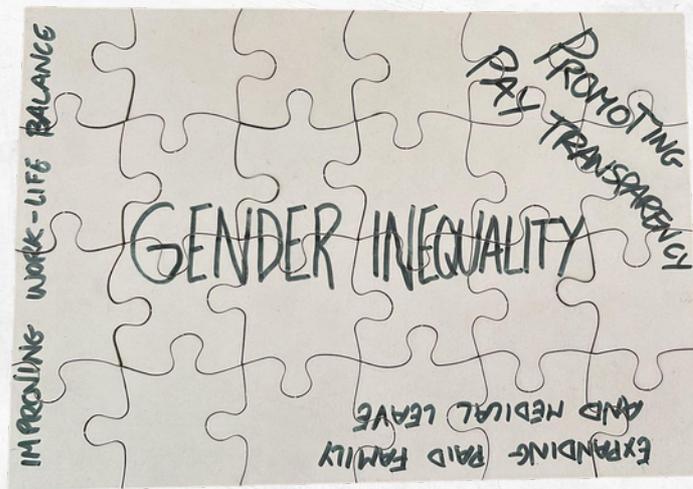
The participants will use the code (1-4-8) from the video to open the red lock on the drawer and pick up the puzzle pieces from inside.



the participants will use the code (3-5-9) from the UV-light to open the pink lock in the other drawer and get the puzzle pieces.

Ending point

Now the participants received all the pieces of the puzzle and can put it together. It contains things you can do to prevent gender inequality in the workplace.



Reflection:

Gather the group and go through each puzzle to recap what they have done:

"This room was about unequal job opportunities between men and women. Unfortunately men and women are still not treated equal on the job market and there is many reasons and consequences. This room was aiming to show issues that women are facing in their everyday work life and consequences of inequality."

Puzzle 1 | CV

We could see in the CV's that the woman had more qualifications than the man, but still, the man had been chosen for the work. That is because men usually apply for a job if they fulfill between 60% and 70% of the qualifications, whereas women make sure they cover nearly 100% of the qualifications.

Women are rejected because if they plan on having a family, they will have to quit for some time to take care of their children, while men can perfectly have a family and still have a good job. We could also see that in the picture of the Director of Human Resources.

Puzzle 2 | Small Black Pencil Case

Code 4-5-3:

Statistics show that during job interviews, men are interrupted **4** times and women **5** times on average. Men's interruptions are mostly for positive comments.

Women face at least **3** more questions than men during interviews, and those questions are more personal and often crossing the border of what is legally allowed to bring up during a job interview.

Puzzle 3 | Big Striped Pencil Case

Code 0-6-8:

68% of women are called hormonal or drama queen by their coworkers, which is, by far, one of the greatest insults a man can say to a woman when comparing themselves.

Puzzle 4 | Black Key Box and Crossword

Code: 5-3-1-7:

53% of the women plan to quit their jobs in the next two years due to burnout. Research shows that the new arrangements after the pandemic run the risk of excluding the very people who could most benefit from them, with the majority of the women that were polled having experienced exclusion when working in a hybrid environment.

Currently only around **17%** of the almost 8 million ICT specialists in Europe are women.

On the calculator, if you turned it upside down, you could read the word LIES. That is because many people lie on their CV's to get a job.

The topic of the crosswords is the family. When we think of the head of the family, we always think of a man. It is seen as a good, normal thing in our society, but if the head of the family is a woman, you see her as a single mother, and is less accepted by society.

Puzzle 5 | Picture Frame

Mothers are on average 35,9% less likely to be called for a job interview than fathers.

The picture frame was leading to Youtube (<https://www.youtube.com/watch?v=xbvHAr6Ydt4>). Do you remember what the video was about? (Women get 14,8% less payment for the same work) What do you think about it? What do you think can be done to reach equal payment between men and women?

Ending point

In the end, when you solved the puzzle in its place, it was revealing some tips and things to do that would help reduce the gap between genders in work life situations.

All the data that was used during this escape room is not from decades ago, but from recent studies. While we speak, these kinds of injustices are happening all over the world, in some places more and in others less. But still, it happens, and will continue being like that if we don't do anything.

The purpose of this escape room is to raise awareness among young people so that you, who will be the adults of the future, will not make the same mistakes and will bring justice and equality for both men and women.

Discussion:

- Did you know something about this subject before?
- What do you think now?
- What have you learned?
- What would you do if you found yourself in that situation? (Doesn't matter if you are a man or a woman)

Restart checklist:

1. **CV ENVELOPES:** Put CV back in the envelopes. Sarah has **3 pieces of the puzzle** in her envelope.
2. **SMALL BLACK PENCIL CASE:** Put **sentences** in the **phone**; put the phone with the sentences and **3 puzzle pieces** in the small pencil case. Lock it with **453**.
3. **BIG STRIPED PENCIL CASE:** Put **calculator**, math **equations**, **mirror** and **4 puzzle pieces** in the big pencil case. Lock it with **068**.
4. **BLACK KEY BOX:** Put **batteries** and the **QR-code** in the black box. Lock it with **5317**.
5. **PICTURE FRAME:** Put **paper** with **code**, **QR-code** and **2 puzzle pieces** in the picture frame.
6. **CLEAR BOX, FIRST DRAWER:** Put **4 puzzle pieces** in the drawer. Lock it with **359**.
7. **CLEAR BOX, SECOND DRAWER:** Put the **remaining puzzle pieces** in the second drawer. Lock it with **148**.

Time needed for restarting: **4 minutes**

“GIRL-O-PHOBIA”

“GIRL-O-PHOBIA”

 **Topic:** Gender Based Discrimination

 **Learning outcomes:**

- Gain knowledge about different acts of gender discrimination and the reasons why it exists
- Learn how gender discrimination originates
- Gain abilities to counteract gender discrimination and to support those suffering from discrimination

 **Age:** 12+

 **Group size:** 3-5 players

 **Language:** English

 **Playing time:** 5' introduction | 30' playing | 15' debriefing and discussion

 **Players' role:** A group of teachers

 **Introduction:**

Ali is a teenage girl who loves getting involved in school activities. Her school is organizing a friendly football match between the students and teachers. Ali was excited for the game and she prepared for it weeks in advance. When she went to her teacher to sign up for the team, the boy in front of her looked at her with a disgusted look. The teacher informs her that she is not allowed to play because it is an only boys' team. Her classmate informs her that the "actual" reason for her to not play is the fact that with her in the team, they are going to lose. Ali leaves the line feeling angry, she puts her bag in her locker and furiously smacks the door. The sound it makes startles a group of teachers who see Ali leave for a walk during the break. The teachers feel bad for her and want to find out what happened so they can help.

 **Ultimate mission:** To find the reason why Ali is upset.

 **Communication with players:** The game master is in the room with the players

 **Rules:**

- You can not destroy anything in the room
- You can not cheat by getting into boxes or code locks without having the code
- You can ask the game master for as many clues as you want, the most important thing is that you complete the room so it is better to ask for clues than to be stuck
- You only need to use each item once except at the end
- You only need to use the board if you get a clue to do so
- This is what the locks look like and this is how you open them. (Show)
- Do you have any questions?

▶ **Start:**

You have 30 minutes to find out what upset Ali before the break ends and Ali comes back from her walk to take her bag from the locker.

▶ **Gameplay:**

The participants enter the room. On the table they find Ali`s backpack. It contains every puzzle. On top of the backpack they find a basecap.



Puzzle 1 | Base Cap



Inside the cap there is a key which leads to the first lock. (Accessoire bag with key lock)

Puzzle 2 | Accessory Bag

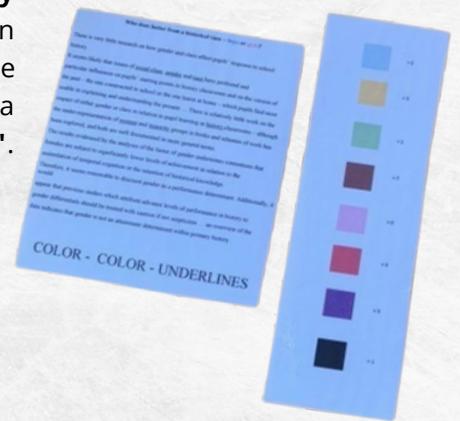
Inside the Accessory Bag participants find a mirror and an empty lip balm, which contains a mirrored message saying: "Principal`s office: 0332-7**19**-**678**". The numbers 2, 1 and 6 are in bold. They form the code: "216".



Puzzle 3 | Envelope



Inside the envelope there are a "**history lesson**" and a **color code**. the word "**girl**" is in pink, "**boy**" is in blue and **six words** are **underlined**. At the bottom of the text there is a hint saying: "**COLOR - COLOR - UNDERLINES**". The code taken from this puzzle is: "**206**".



Puzzle 4 | Green Zylindrical Box



Inside the box there are 3 plastic cups on which three codes are written: "**045**", one made with **symbols** and another **random 3 digit number**. The correct code is **045**.



Puzzle 5 | Homework Bag

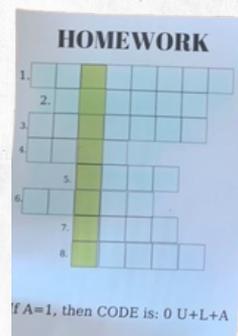
Inside the bag on which is written "**Homework**" contains a double-sided paper with a **crossword**, the **definitions**, and an **erasable marker**. On the green line, the word "**Equality**" should form. The other words are: 1. Creativity, 2. Equity, 3. Courage, 4. Goal, 5. Love, 6. Alike, 7. Team, 8. Youth.

In order to determine the code, the participants should follow the hint at the end of the page: `IF A=1, THEN CODE= 0 U+L+A`. The code they should find is "**034**".



Definitions:

1. The use of imagination or original ideas to create something.
2. The quality of being fair and impartial
3. The ability to do something that frightens one; bravery.
4. When a football team scores a point.
5. An intense feeling of deep affection.
6. Similar to each other.
7. A group of players forming one side in a competitive game or sport.
8. The period between childhood and adult age



Puzzle 6 | Striped Zylindrical Box



Inside the box there is a **puzzle**. The participants need to solve the puzzle which portrays an only-boys football team. On some of the players` jerseys there are some **numbers**. The code they form is "192".



Ending point

INSIDE THE PENCIL CASE THERE ARE SOME PENCILS AND A PIECE OF PAPER WITH ALI`S **MESSAGE** ON IT SAYING: "I AM AS STRONG AS A BOY, AS SMART AS A BOY, AS CAPABLE AS A BOY!". NOW THE PARTICIPANTS HAVE REACHED THE END OF THE ESCAPE ROOM.



Reflection:

Gather the group and go through each puzzle to recap what they have done:

"This room was about gender bias which means that we have certain prejudices and expectations connected to the gender of a person. We often put people into boxes based on their gender. This is a form of discrimination. The aim of this room was to raise awareness about our stereotyping and empower especially young girls to break through the bias towards them."

Puzzle 1 | Base Cap

The first puzzle, the base cap, represents her passion to sports. Sports and competition are often associated with masculinity even though there is as many women doing sports and being passionate about it.

Puzzle 2 | Accessory Bag

The second puzzle includes accessories that are usually associated with femininity. This should represent that you don't have to decide between the two - you can both like sports and still be feminine and the other way around. You can be free of expectations founded in gender bias.

The European "Strategic engagement for gender equality 2016-2019" is based on continuous and ad hoc evaluation and provided a valuable framework for gender mainstreaming in the European Commission and for the implementation of a coherent framework for gender-equality policies in the EU Member States.

Puzzle 3 | Envelope

History was for a long time dominated by the **male** point of view. Fortunately nowadays more and more researches aim for a more inclusive approach. It is important to show the impact all genders have had on history.

The European Institute for Gender Equality (EIGE) is an autonomous body of the European Union, established to contribute to and strengthen the promotion of gender equality, including gender mainstreaming in all EU policies and the resulting national policies, and the fight against discrimination based on sex, as well as to raise EU citizens' awareness of gender equality.

Puzzle 4 | Green Zylindrical Box

`045` - **45%** of women in the EU graduated university in 2018.

The level of education is a direct indicator for future chances in life. University graduates dictate the direction of future research, which is why it is important to have diverse representatives who graduate from University and both work in Science but also become potential leaders in the future.

Puzzle 5 | Homework Bag

`034` - only **34%** of men in the EU graduated university in 2018. This code links to the previous. Nowadays we have a bigger percentage of women graduating University. Even though **Equality** often aims to raise chances for women to counteract their century old repression by patriarchy, it is still important to aim for a full equality where all genders have **equal opportunities**. The difference in percentage of university graduates doesn't have to mean lesser opportunities for men, though.

Puzzle 6 | Striped Zylindrical Box

`192` - having regard to the Athens Declaration of the **1992** European Summit on 'Women in Power', which states that 'women are half of humanity's potential talents and abilities'.

The Puzzle aims to put attention on the difference on how male and female football teams and stars are treated - and also paid - differently. It shows how many sports still are male dominated, but also how the media that is reporting about it, is not putting equal attention to male and female sport events and competitions. Even though there are female dominated sports as well, they are less popular and the athletes are paid far less than athletes in male dominated sports.

Ending point

The ending point represents how important self love and self care is. Especially young girls are often put in a box and confronted with expectations regarding their gender. It is very important for them to be supported in building an inner dialogue of strength and self security.

What is gender discrimination?

Gender discrimination is any unequal treatment, including privilege and priority, on the basis of gender.

Why is it happening?

Traditional value system, low level of literacy, more house hold responsibilities lack of awareness, non-availability of proper guidance, low mobility, lack of self confidence family discouragement and advanced science and technology are some of the factors responsible to create gender disparity in our society.

How is it happening?

- Gender inequality in girls education. Even before the pandemic, girls were more likely than boys to never set foot in a classroom. Conflict, poverty and other forms of social disadvantage also magnify gender inequality in education. Girls living in countries affected by conflict, for example, are 2.5 times more likely to be out of school than boys. Some 9.7 million children were at risk of being forced out of school by the end of 2020, with girls facing an increased risk.
- Child marriage. Child marriage is a form of gender-based violence and a result and driver of gender inequality and gender discrimination. Experts predict that the COVID-19 pandemic is set to reverse 25 years of progress, which saw child marriage rates decline. In fact, Save the Children analysis revealed a further 2.5 million girls at risk of marriage by 2025 because of the pandemic—the greatest surge in child marriage rates in nearly three decades.
- Gender-based violence. Gender-based violence occurs everywhere around the world across all economic and social groups. While both boys and girls are negatively impacted, girls are particularly at risk. An estimated 1 in 3 women globally have experienced physical or sexual violence in their lifetime, mostly at the hands of their partners. Types of violence may include: prenatal sex selection, female infanticide, neglect, female genital mutilation, rape, child marriage, forced prostitution, honor killing and dowry killing. Many of these gross violations of human rights have been used as weapons of war around the world. Refugee children are particularly vulnerable.
- Child labor. There are currently 152 million children engaged in child labor around the world. [3] Child labor makes it difficult for children to attend school or limits their attendance, putting them at risk of falling behind their peers. Boys and girls are affected differently by child labor and parents' decisions are often influenced by wider social norms about the different roles that they should play in the home and in society. Girls are much more likely to shoulder the responsibility for household chores while boys are more likely to engage in harmful work such as construction. Girls are usually pulled out of school earlier than boys and are more likely to face sexual exploitation and slavery.

How can we solve it?

- it is critical to directly address gender discrimination and gender inequality in order to ensure that no harm comes to children, and to advance our vision for a world where every child attains their equal right to grow up healthy, educated and safe.
- promoting gender equality and empowering girls from childhood

Important steps forward:

- Since 2000, Save the Children helped achieve a 25% decline in child marriage worldwide, empowering 11 million girls to stay in school or transition to work, deciding for themselves when they're ready for marriage and motherhood.

Discussion:

- How do you feel? What are your thoughts on the room and the specific puzzles?
- What was a new information for you? Was there some fact that surprised you?
- Have you experienced gender discrimination in school? Or have you seen it?
- What did you do in that case?
- What do you think we should do to act against gender discrimination?

Restart checklist:

1. Seventh puzzle: Put the **pencils** and **Ali`s note** in the **pencil case**. Reset the **black lock**.
2. Sixth Puzzle: Break the **puzzle** and mix the pieces. Put the pieces back in the **box**. Reset the **grey lock**.
3. Fifth puzzle: Put the **crossword** and the **marker** back in the **`homework` bag**. Reset the **blue lock**.
4. Forth puzzle: Put the **plastic cups** back in the **box**. Reset the **red lock**.
5. Third puzzle: Put the **history lesson** and **color code** back in the **envelope**. Reset the **pink lock**.
6. Second puzzle: Put the note with the **`Principal`s office: ...`** in the empty **lip balm** and the **mirror** inside the **make-up bag**. Then reset the **green lock** by locking it with the **key**.
7. First puzzle: hide the **key** inside the **base cap**, put everything in the backpack and the **base cap** on top.



IT'S ALL IN YOUR HEAD

IT'S ALL IN YOUR HEAD

 **Topic:** Psychological violence

 **Learning outcomes:**

- Learn about the different types of violence and learn to name each case.
- Raise awareness about violence in general and especially among young people.
- Raise awareness about the solutions that exist.
- Empower players to seek help if they are in need.

 **Age:** 12+

 **Group size:** 3-5 players

 **Language:** English/Swedish

 **Playing time:** 5' introduction | 30' playing | 15' debriefing and discussion

 **Players' role:** Lee Yung's friends

 **Introduction:**

Lee Yung is a Korean man working in an office. Throughout his life he has been a victim of different types of psychological abuses. You are Lee Yung's friends and you want to help him overcome this problem. You have 30 minutes to finish the escape room by finding the missing words in the definition (on the purple sheet) to see if your friend is suffering from this type of violence.

 **Ultimate mission:** To figure out what Lee Yung is suffering from to help him better.

 **Communication with players:** The game master is in the room with the players

 **Rules:**

- You can not destroy anything in the room
- You can not cheat by getting into boxes or code locks without having the code
- You can ask the game master for as many clues as you want, the most important thing is that you complete the room so it is better to ask for clues than to be stuck
- Do not work individually but as a team
- Do you have any questions?

▶ Start:

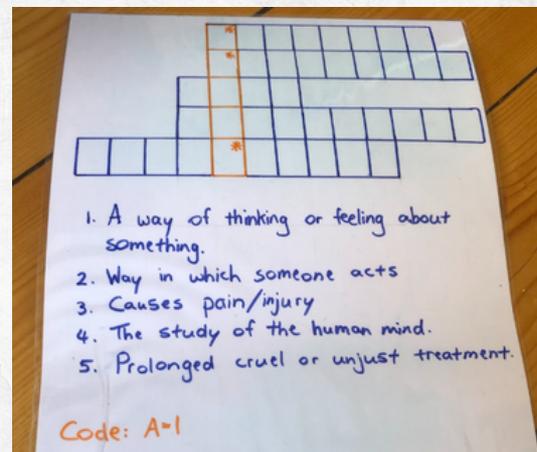
Your task will be to complete the definition of psychological abuse to understand if it is what your friend Lee Yung is going through.

▶ Gameplay:

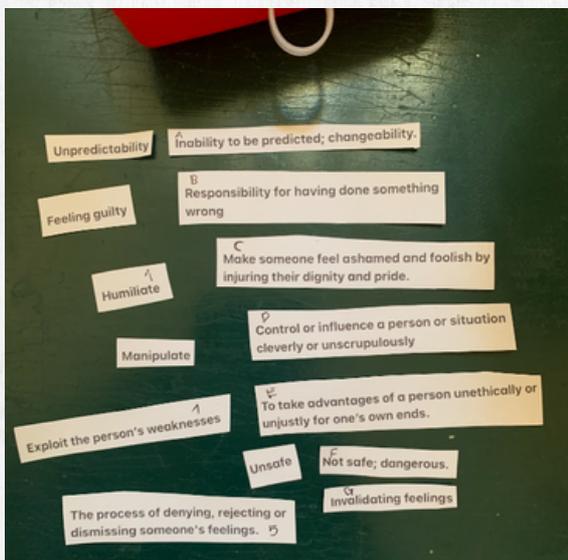
The players will enter a "room", they will be instructed on the rules of the game and will be informed that the game master can give them unlimited hints.

The Crossword puzzle |

The first puzzle consists of a crossword. Participants have to find the words described by each definition (1-Attitude 2- Behavior 3- Hurt 4- Psychology 5- Oppression). Then, 5 boxes are in red and formed one word (abuse) and 3 of them have an orange star in the corner (A,B and E). At the bottom of the page it is written A=1, so B=2 and E=5. The code is then **125**. It opens the Cars' box.



Cars' box |



This box contains words and their definitions. The goal is to match, in the correct order, the word and the correct definition (A- Unpredictability B- Feeling guilty C- Humiliate D- Manipulate E- Exploit the person's weaknesses F- Unsafe G- Invalidating feelings). On the words part three numbers are written, **115**. This is the code for the black pencil case.

In this box we also find the word "**Manipulate**" that is a part of the psychological abuse definition.

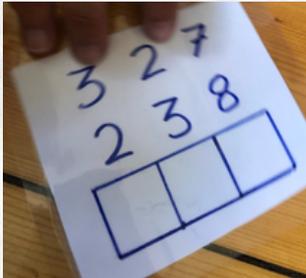
Black pencil case |

When opening the black pencil case, they find the word "**Non-physical**" that is for the psychological abuse definition and a phone with a paper with some hateful messages on it. The participants should find the answer of the victim which is "Please, **stop**". Then they should use the phone to type each letter, 7 for S, 8 for T and 6 for O. The code is then **786**. It is to be used for the white bin.

The White Bin |

In the bin they will find a report, a laminated paper with numbers on it and the battery for the lamp (that they will use for the grey bag - next puzzle). It also contains the word "**Weaken**". In the report, they will find letters that they will have to put in order to make the word "**Influence**". These two words have to be used for the psychological abuse definition.

They will find the code for the next puzzle thanks to the paper with numbers,, the code is **149**. (3 2 1, 2 3 4, 7 8 9)



Grey bag |

This is the last puzzle. In this bag, they will find a yellow cap, with the word "**Thoughts**" in it, that is for the definition of psychological abuse (last word). On this cap it is also written with an invisible ink "It's all in your head".



Bugs Bunny |

In this Box Bunny candy package, they will find the word "**Emotionally**" that should be used for the psychological abuse definition. It has no locks so they can find it at any moment during the game.



Reflection:

Gather the group and go through each puzzle to recap what they have done:

"This room was about psychological abuse that can be defined as a verbal, mental, or emotional abuse intended to cause damage by undermining a person's well-being, self-esteem, or mental health."

The Crossword puzzle |

Firstly, you worked on the crossword, that gave you the code 125. In fact, 12,5% of children experience psychological abuse. Are you surprised by this number and what do you think about it?

Cars' box |

Then you opened the red box with all the words and definitions in it. The second code you found was 115. In the UK, 1 in 15 teenagers are victims of psychological abuse. One of the factors of this type of violence is the isolation (the feeling that you're all alone). This is why it is important to reach out for support and to find somebody who can guide you if you're experiencing significant distress.

Black pencil case |

In the black pencil case you found a phone and messages, how did you feel reading this? The victim wants to reply "stop", but do you think is easy to do so? What is the most important thing when you're facing this type of situation (support/help).

The White Bin |

The bin represents the fact that sometimes when you are abused you just want to give up and throw everything away. This is also why you find the word "Weaken" in the bin.

At the end, it gave you the code 149. It stands for the 1st April 2019, date of the Domestic Abuse Act in UK which means that since that date psychological violence is punishable by law in UK.

Grey bag |

In this bag, you discovered a cap, why do you think we chose this item (This is because the abuser will get in the head of the victim and will affect the way they behave and think)? Do you think psychological violence can be as harmful as physical violence? Why?

Discussion:

- Do you think or know if these things happen in your country?
- When reading the mirrored text in Maria's folder you find 24% of girls are bullied and 16% of boys are also bullied. Why do you think there is such a difference?
- What will you retain of the video?
- Could you propose any solution or action to take to prevent it from happening or at least, raising awareness among teens?

Restart checklist:

1. Put the word of the definition in the correct place

- **Emotionally** in Bugs bunny
- Cars' box with red lock. **Manipulate** and the definitions. Code **125**.
- Pencil case and phone containing conversation. **Non-physical**. Blue lock code **115**.
- Erase the additional numbers on the paper with the numbers so that only the numbers 327 and 238 stay.
- the Trash can is containing the paper with the numbers 327, 238 papers and the battery of the torch. **Weaken, Influence**. Grey lock code **786**.
- Cap with **Thoughts** and put inside the bag. Bag with black lock code **149**.
- Erase the crossword



M·A·N·U·A·L·