

# GENDER EQUITY DURING COVID-19

1

## WHAT IS GENDER EQUITY?

Gender equity aims to provide everyone with fair treatment according to their respective needs. Women and men should have the right to equal social status, power and opportunities and all of our voices, ideas and work should be valued regardless of our gender- however this is not the case. Watch this short video that delves into the reality of gender inequality in Australia:

[Let's Change the Story video](#)

2

## SHARING HOUSEHOLD DUTIES

While we find ourselves at home more with our loved ones it is a great opportunity to improve the family dynamic and ensure the load of daily household activities is being shared and managed in a respectful way. Research has shown that in general women do significantly more home tasks than men, and that their load is only increasing with the extra responsibilities of home schooling during COVID-19. We should be sharing the home responsibilities equitably with tasks such as cooking meals, doing the laundry or helping children with their homework or home schooling.

[Now is the time to do things differently](#)

3

## AVOIDING GENDER STEREOTYPES WITH KIDS

It is important that we as parental role models avoid gender stereotypes with kids and stop dictating our children's behaviour based on their gender. To better support our kids, we should allow them to participate in activities that match their interests, speak to them in ways that acknowledge their personality and make sure to model different household duties in your relationship. Below are some resources to assist you in avoiding gender stereotypes with your kids:

[How to avoid gender stereotypes](#)

[Gender stereotypes: the what, how and why for families](#)

[Equitable children's book-list](#)

4

## TALKING TO YOUNG PEOPLE ABOUT RESPECT

If you live with a young person, now is a good time to be talking with them about respect in order for them to grow up to be compassionate adults. Here are some resources on how to start this conversation:

[Talking to young people about respect](#)  
[Talking about respectful relationships](#)

5

## ADDITIONAL RESOURCES

[#LikeAGirl video](#)  
[Respect women: Call it out](#)  
[Staying safe during COVID-19](#)  
[There's no excuse for abuse](#)  
[Know your A-Z PVAW](#)

