

Breaking Unconscious Gender Bias in Parenting Matters

How to manage the reality

The 21st-century parent wants to raise their child with the belief that they are capable of achievement. However, everyone comes with an unconscious bias. The language that we use and have heard, the lessons we have learned from influential adults and the media we consume all feed into our bias. In this session, we will explore how bias can show up and what to do about it when we discover it in ourselves. We will talk about checking in with others when we witness bias. We will also identify the values we want our children to develop in a way that empowers rather than limits.

Session Outline

- Understanding why we categorise
- Myth vs Truth
- Challenging bias in ourselves and others
- Changing language to change the narrative
- Identifying and expressing values
- Useful websites and resources

Session Includes

Personal attention and feedback in an informal atmosphere

An invaluable booklet complete with information covered on the session

Open forum to ask questions



Speaker: Gwen Jones

Gwen has an MSc in Occupational Psychology focusing on Workplace Wellbeing. She is a trained psychotherapist, relationship therapist and coach working with people all over the world to reduce anxiety and have happier, healthier lives. Gwen has worked with Educating Matters for 8 years speaking about DEI and Wellbeing. She studied Psychology at the University of Utah and then trained to become a teacher in Special Education, working with children with severe behavioural disorders, autism and the at risk population. She has trained many educators on behaviour management and cultural awareness. Gwen has taught in the USA and the UK. A mother of 4, she is very active in her children's schools. Political activism has always played a strong role in her life in causes such as: LGBT marriage rights, Animal Conservation, and Rock the Vote.