

WHAT JARS YOU?



What you'll need:

- Large glass jar
- Slips of blank paper
- Coloured marker pens that can write on glass

- 1 Working on your own or in pairs, write down all the things that jar you about how society is unequal or unfair when it comes to relationships, gender and sexuality.
- 2 Fold up the paper slips, and put them inside the glass jar.
- 3 When you've finished, take each comment in turn and think about what needs to change to turn what is unfair to fair, for an equal and more inclusive world.
- 4 Decorate the jar with your messages for change.

Before you begin adapting this activity for the children and young people in your setting, read the section on **Safety and Support**.



Jar (verb)

- to jolt, shake, vibrate*
- send a shock through something (especially the body)
 - strike against something with a vibration or jolt.
 - have a disturbing effect.