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Bridge4Mothers

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Training of Trainers (ToT) Digital Literacy & Gender-Informed Digital Upskilling

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D. Downloadable Worksheet

Gender-Informed Reflection Worksheet

Reflection Questions

1. What does gender-informed pedagogy mean to you?
2. What barriers may affect women's participation in education?
3. How can communication influence learner confidence?
4. What assumptions or biases may appear in educational settings?
5. How can trainers create more equitable learning environments?

Practical Reflection

Think about a learning environment you have experienced.

Reflect on:

- whether participation felt inclusive,
- whether learners felt safe to contribute,
- and what improvements could strengthen inclusion and equity.

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