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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

Reflection & Learner Awareness Worksheet

Reflection Questions

1. What barriers may prevent vulnerable mothers from participating in VET?
2. How can caregiving responsibilities affect learning participation?
3. What assumptions might educators make about learners?
4. What does inclusive education mean to you?
5. How can trainers create more flexible and supportive learning environments?

Scenario Reflection

Read the learner scenario provided and reflect on:

- possible challenges the learner experiences,
- what support may be needed,
- and how educational approaches could be adapted.

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