



# DIY STOP-START

## What you'll need:

Red and green paper plates  
Marker pens / String / Pegs

1

### STOP and START plates!

Give everyone 3 red paper "STOP" plates and 3 green paper "START" plates. If no plates are available create your own with red and green marker pens by drawing a large circle on A4 paper.

2

### Create STOP and START phrases

Think of a time when someone did something that you didn't like or a rule or advertisement that offended you or someone close to you. Come up with a phrase that describes what you didn't like, starting with the word "STOP..." Write this phrase on the STOP plate. Then, come up with a phrase that describes what you would have liked instead, starting with the word "START..." Write this phrase on the START plate.

3

### Once your STOP and START plates are complete...

Use the pegs and string to attach each plate to form a stop/start line of action.

4

### Ask volunteers to read their STOP/START plates aloud.

5

Now think about how to put your START plans into action.

6

Find out how others got started in **Ideas for Change** and **Making Positive Relationships Happen**.

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

## Here are some Stop and Start examples:

STOP saying boys don't cry. START supporting the emotional needs of everyone.

STOP advertisements that stereotype boys and girls. START recognising how gender stereotypes limit who you can be and what you can do.

STOP gendered uniform codes. START developing a gender neutral uniform policy.

STOP the silence over FGM. START educating us about all forms of sexual abuse and exploitation

STOP assuming everyone is heterosexual. START raising awareness about sexual diversity.

STOP body-shaming me. START respecting me and my body.