



*One Session Workshop*



## *Workshop plan:*

[2 minutes]:

Go through the house keeping rules with the group for this workshop: treat each other with respect, listen, contribute, ask questions - there are no silly questions etc.

Provide an overview to the #AndSheCycles campaign [2 minutes]:

- There exists a gender gap in cycling where more boys cycle than girls. The #AndSheCycles campaign aims to address the barriers faced by teenage girls and young women when cycling.
- The campaign originally started in Ireland and was brought to Scotland in 2020 by Sustrans. Workshops, similar to this one, were held with teenage girls from across Scotland to establish barriers to participation and generate ideas for how these barriers could be addressed. On the back of these workshops, a campaign was launched on social media and campaign videos were created. We'll watch the videos following the first activities.

Initial thoughts on cycling [5 minutes]

Ask the group to close their eyes and picture a teenage girl cycling. Give them a moment to form a picture.

1.) Discuss in your group how they pictured the girl

If anyone in 1.)

Once the word clouds have been created use these to fuel discussion. Ask the group






Action Plan:


