

PREVENTING AND COMBATING SEXISM: RECOMMENDATIONS IN THE FIELD OF YOUTH AND SPORTS



**Sexism:
See it.
Name it.
Stop it.**

#StopSexism #MeToo

The Council of Europe's landmark recommendation sets the first international legal definition of sexism

The Recommendation recognizes the existence of a continuum between gender stereotypes, inequality between women and men, sexism, and male violence against women and girls, and links acts of “everyday” sexism to male violence against women and girls, also considering the multiple discriminations that affect them. A particular emphasis is given to:

- legislation and policies
- awareness-raising measures
- monitoring and evaluation
- language and communications
- internet, social media and online sexist hate speech
- media, advertising and other communication products and services
- workplace
- public sector
- justice sector
- educational institutions
- culture and sport
- private sphere

YOUTH RECOMMENDATIONS

- Extensive dissemination of the Council of Europe's (CoE) Recommendation CM/Rec (2019)1 "Preventing and Combating Sexism"
- Programme on online sexism and sexist hate speech in order to build a network of young activists leading awareness-raising initiatives
- Programme on sexism and sexist hate speech for professionals working in the sector of youth
- Zero tolerance to sexism, sexist hate speech and sexual harassment in youth events
- Code of conduct in youth associations on preventing and combating sexism, including sexual harassment
- Programme on online and offline sexual exploitation to build a network of youth activists leading awareness-raising initiatives

SEXISM

Any act, gesture, visual representation, spoken or written words, practice or behaviour based upon the idea that a person or a group of persons is inferior because of their sex, which occurs in the public or private sphere, whether online or offline, with the purpose or effect of:

- violating the inherent dignity or rights of a person or a group of persons; or
- resulting in physical, sexual, psychological or socio-economic harm or suffering to a person or a group of persons; or
- creating an intimidating, hostile, degrading, humiliating or offensive environment; or
- constituting a barrier to the autonomy and full realisation of human rights by a person or a group of persons; or
- maintaining and reinforcing gender stereotype.

Check the Recommendation here:
<https://bit.ly/3xXIH9z>

- Develop campaigns to prevent and combat sexism and sexual violence in nightlife spaces frequented by young people
- Promote, together with the Youth Health offices, the free distribution of female condoms and male condoms with messages focused on mutual consent and pleasure



SPORTS RECOMMENDATIONS

- Incorporate the recommendations of the CoE Recommendation CM/Rec (2019)1 "Preventing and Combating Sexism" and in the Recommendation CM/Rec (2015)2 on gender mainstreaming in sport, in the upcoming Strategy on Women and Sports
- Code of conduct in sports federations, clubs and associations on preventing and combating sexism, including sexual harassment
- Information and training program on preventing and combatting sexism and online and offline sexual exploitation, directed at federations, sports clubs and associations
- Zero tolerance to sexism, sexist hate speech and sexual harassment at sporting events
- Translate and implement trainings based on the Recommendation CM/Rec (2015)2 on gender mainstreaming in sport, directed at sports federations, clubs and associations
- Adopt tools to combat sexism in sports: tools for reviewing awards, funding and public support for sports mostly played by women in comparison to sports mostly played by men
- Ensure equality between women and men in sponsorships, remunerations and awards
- Strengthen the funding for associations that promote equality between women and men in sports
- Implement programs that promote equality between women and men in public funded sports, sporting activities and physical education in schools
- Increase support to federations, clubs and sports associations that promote parity in decision making
- Mentoring programs aimed at increasing the participation of girls and young women in federative sports, as female coaches, and in decision-making
- Research on the impact of motherhood, or the desirability thereof, on sports careers and the practice of high-level sports
- Campaigns to encourage women to practice sports throughout their life cycle
- Reinforcing support to women's sports associations

Recommendations developed within the project "Mobilize Against Sexism!" with the support of the Council of Europe, implemented in Portugal by the Portuguese Platform for Women's Rights. More information at: <https://plataformamulheres.org.pt/artigos/projetos/mobiliza-te-contra-o-sexismo/>

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The Portuguese Platform for Women's Rights is the largest Portuguese civil society organization in the area of human rights of women and girls with 29 member organizations. National coordination of the European Women's Lobby (EWL). Organization with Special Consultative Status in the Economic and Social Council (ECOSOC) of the UN. Declared a Public Utility Entity by Dispatch n° 6166/2020, of 2.6.2020, published in the D.R. n° 112, II Series, of 9.6.2020.