



Gender Equality

SDG 5 性別平等

A Bilingual Lesson for Junior High Students

國中雙語課程

What Is Fair?

什麼是公平

Stereotypes

刻板印象

Taiwan and the World

台灣與世界

Our Actions

行動方案

17

Global Goals — this is
#5

項全球目標，這是第 5 項

2016

Taiwan elects its first woman
president

年，台灣選出第一位女總統

0

jobs that are only for boys or only for
girls

種工作只屬於男生或只屬於女生

Hello, I'm Dom!

大家好，我是 Dom！

I grew up in Compton, California.

我在美國加州的 Compton 長大。

I have been teaching students in Taiwan for a couple of years.

我在台灣教學生已經有幾年了。

I won the UNA 2024 Young Leader of the Year Award.

我獲得 2024 年聯合國協會青年領袖獎。



Today's question: can anyone be anything? Let's find out.

今天的問題：每個人都可以成為任何樣子嗎？我們一起找答案。

From California to Changhua

從加州到彰化

about 11,000 km west

向西飛約 11,000 公里

Huntington Beach

加州 · Dom 的家

Changhua, Taiwan

彰化 · 我們在這裡



In both places, people used to say: "That is not for girls." Is it still true today?

這兩個地方，以前的人都說過：「那不是女生做的事。」現在還是這樣嗎？



Stand Up If...

如果是你，就站起來！

1 Stand up if someone has told you "boys don't cry" or "girls can't do that."
有人跟你說過「男生不能哭」或「女生做不到」的，站起來。

2 Stand up if you do housework at home every week.
每個星期都會在家做家务的，站起來。

3 Stand up if you already have a dream job in mind.
心裡已經有夢想工作的，站起來。

Look around. Dreams and chores do not have a gender.

看看四周。夢想和家事，都沒有性別。

What Is SDG 5?

什麼是 SDG 5 ?

In 2015, every country agreed on 17 Global Goals for 2030. Goal 5 is Gender Equality: girls and boys deserve the same rights, the same chances and the same respect.

2015 年，全世界所有國家訂下 17 項全球目標，要在 2030 年前達成。第 5 項是「性別平等」：女生和男生都應該有一樣的權利、一樣的機會、一樣的尊重。

equal
平等

rights
權利

chance
機會

respect
尊重



What Is a Stereotype?

什麼是刻板印象？

A stereotype puts a whole group of people in one box:
"Girls are bad at math." "Boys don't cry." But a box is
too small for a real person.

刻板印象，就是把一整群人裝進同一個框框：「女生數學不好。」「男生不能哭。」但是一個框框，裝不下一個真實的人。

stereotype
刻板印象

box
框框

unfair
不公平

choice
選擇

Fact or Stereotype? 1/2

事實，還是刻板印象？

FACT
事實



Girls are bad at math

女生數學不好



Boys don't cry

男生不能哭

STEREOTYPE
刻板印象



Taiwan has had a woman president

台灣有過女總統



Women can be pilots

女生可以當機師

👍 Thumbs up for FACT, thumbs down for STEREOTYPE! · 事實比讚，刻板印象比倒讚！

Fact or Stereotype? 1/2

事實，還是刻板印象？

FACT
事實

STEREOTYPE
刻板印象



Girls are bad at math

女生數學不好

→ **STEREOTYPE** 刻板印象



Taiwan has had a woman president

台灣有過女總統

→ **FACT** 事實



Boys don't cry

男生不能哭

→ **STEREOTYPE** 刻板印象



Women can be pilots

女生可以當機師

→ **FACT** 事實

👍 Thumbs up for FACT, thumbs down for STEREOTYPE! · 事實比讚，刻板印象比倒讚！



Fact or Stereotype? 2/2

事實，還是刻板印象？

FACT

事實



Pink is only for girls

粉紅色只屬於女生



Men can be nurses

男生可以當護理師



Cooking is a woman's job

煮飯是女人的事



Girls can do judo

女生可以練柔道

👍 Thumbs up for FACT, thumbs down for STEREOTYPE! · 事實比讚，刻板印象比倒讚！



Fact or Stereotype? 2/2

事實，還是刻板印象？

FACT

事實

STEREOTYPE

刻板印象



Pink is only for girls

粉紅色只屬於女生

→ **STEREOTYPE** 刻板印象



Men can be nurses

男生可以當護理師

→ **FACT** 事實



Cooking is a woman's job

煮飯是女人的事

→ **STEREOTYPE** 刻板印象



Girls can do judo

女生可以練柔道

→ **FACT** 事實

👍 Thumbs up for FACT, thumbs down for STEREOTYPE! · 事實比讚，刻板印象比倒讚！



A boy is hurt, and his father takes him to the hospital. The doctor says: "He is my son!" But the doctor is not his father. Who is the doctor?

一個男孩受傷了，爸爸送他到醫院。醫生說：「他是我兒子！」可是醫生不是他爸爸。醫生是誰？

A His grandfather

他的爺爺

B His mother

他的媽媽

C His teacher

他的老師

D A robot

機器人



Tap any option to reveal · 點任一選項公布答案



A boy is hurt, and his father takes him to the hospital. The doctor says: "He is my son!" But the doctor is not his father. Who is the doctor?

一個男孩受傷了，爸爸送他到醫院。醫生說：「他是我兒子！」可是醫生不是他爸爸。醫生是誰？

B His mother

他的媽媽



His mother! If that surprised you, a stereotype was hiding in your head.

是他的媽媽！如果你嚇一跳，表示有個刻板印象躲在你的腦袋裡。

120 million

girls around the world are not in school

全世界大約有 1 億 2,000 萬個女孩沒有上學

Some must work. Some marry very young. Some are told that school is not for girls.

有的必須工作，有的很小就結婚，有的被告知「女生不用念書」。

What would you lose if you could not come to school?

如果你不能來上學，你會失去什麼？

At 15, she was shot for saying girls should go to school.

At 17, she won the Nobel Peace Prize. Who is she?

15 歲時，她因為主張女孩應該上學而遭到槍擊；17 歲時，她得到諾貝爾和平獎。她是誰？

A Malala
Yousafzai

馬拉拉

B Greta
Thunberg

格蕾塔·童貝里

C Marie Curie

居禮夫人

D Tsai Ing-wen

蔡英文

 Tap any option to reveal · 點任一選項公布答案



At 15, she was shot for saying girls should go to school.

At 17, she won the Nobel Peace Prize. Who is she?

15 歲時，她因為主張女孩應該上學而遭到槍擊；17 歲時，她得到諾貝爾和平獎。她是誰？

A

Malala Yousafzai

馬拉拉



Malala, from Pakistan. "One child, one teacher, one book and one pen can change the world."

來自巴基斯坦的馬拉拉。「一個孩子、一位老師、一本書、一支筆，就能改變世界。」

Taiwan Leads the Way

台灣走在前面

Taiwan elected its first woman president in 2016. Today women hold about 42% of the seats in our legislature — one of the highest shares in Asia.

台灣在 2016 年選出第一位女總統。現在立法院大約有 42% 的席次是女性——是亞洲最高的國家之一。

president

總統

legislature

立法院

vote

投票

lead

領先



**In Taiwan, when a man earns NT\$100 an hour,
about how much does a woman earn?**

在台灣，男性每小時賺 100 元的時候，女性大約賺多少？

A

NT\$100

100 元

B

NT\$95

95 元

C

NT\$84

84 元

D

NT\$60

60 元



Tap any option to reveal · 點任一選項公布答案



In Taiwan, when a man earns NT\$100 an hour, about how much does a woman earn?

在台灣，男性每小時賺 100 元的時候，女性大約賺多少？

C

NT\$84

84 元



About NT\$84. The gap is smaller than in Japan or Korea — but it is not zero yet.

大約 84 元。差距比日本、韓國小——但還沒有變成零。

Strong Women Are Not New in Lugang

在鹿港，強大的女性一點都不新鮮

For hundreds of years, Lugang has honored Mazu — a young woman remembered for saving sailors at sea. And Li Ang, one of Taiwan's best-known writers, grew up right here.

幾百年來，鹿港人敬奉媽祖——一位因為拯救海上船員而被記得的年輕女子。
台灣最知名的作家之一李昂，也是在鹿港長大的。

Mazu

媽祖

brave

勇敢

writer

作家

hometown

家鄉

True or False? 1/2

真的還假的？手比 ○ 或 ✕

Gender equality is only about girls.

性別平等只跟女生有關。

A U.S. law from 1972 says schools must give girls an equal chance in sports.

美國 1972 年有一條法律，規定學校要給女生平等的運動機會。



Tap each one to reveal · 點每一題公布答案

True or False? 1/2

真的還假的？手比 ○ 或 ✕

Gender equality is only about girls.

性別平等只跟女生有關。

✕ FALSE Boys get put in boxes too — like “boys don't cry.”
男生也會被裝進框框——像是「男生不能哭」。

A U.S. law from 1972 says schools must give girls an equal chance in sports.

美國 1972 年有一條法律，規定學校要給女生平等的運動機會。

○ TRUE It is called Title IX. Before it, few girls played school sports.
叫做 Title IX。在那之前，很少女生能參加校隊。

👉 Tap each one to reveal · 點每一題公布答案

True or False? 2/2

真的還假的？手比 ○ 或 ✕

Housework is a skill everyone needs.

家事是每個人都需要的能力。

Teasing a boy for being “like a girl” is just a joke.

笑一個男生「像女生」，只是開玩笑。



Tap each one to reveal · 點每一題公布答案

True or False? 2/2

真的還假的？手比 ○ 或 ✕

Housework is a skill everyone needs.

家事是每個人都需要的能力。

○ **TRUE**

Yet worldwide, women do about 2.5 times more unpaid housework than men.

但全世界的女性，做的無酬家事大約是男性的 2.5 倍。

Teasing a boy for being “like a girl” is just a joke.

笑一個男生「像女生」，只是開玩笑。

✕ **FALSE**

It tells everyone that being a girl is something bad.
這等於告訴大家：當女生是一件不好的事。

👉 Tap each one to reveal · 點每一題公布答案

Play Like a Girl

像女生一樣上場

Lu Ming trains judo, track and table tennis athletes. At the Paris 2024 Olympics, Lin Yu-ting won a boxing gold medal for Taiwan. Strong has no gender.

鹿鳴培養柔道、田徑和桌球選手。2024 年巴黎奧運，林郁婷為台灣拿下拳擊金牌。強壯，沒有性別。

athlete
運動員

train
訓練

gold medal
金牌

strong
強壯



Say It With Me

跟著我唸

Anyone can do that.

誰都可以做。

That's a stereotype.

那是刻板印象。

Boys can cry. Girls can lead.

男生可以哭，女生可以領導。

Don't put me in a box.

不要把我裝進框框。

Equal chances for everyone.

每個人都有平等的機會。

30-Second Challenge

30 秒挑戰

In 30 seconds, shout out as many JOBS in English as you can. I will count!

30 秒內，用英文喊出越多「工作」越好，我來數！

engineer 工程師

nurse 護理師

pilot 機師

chef 廚師

firefighter 消防員

scientist 科學家

president 總統

coach 教練

Then tell me: which of these is only for men? (None!)

然後告訴我：哪一個只有男生能做？（一個都沒有！）



Turn and Talk

兩人一組，說說看

What is one thing people say is “only for boys” or “only for girls”?
Do you agree?

有什麼事，大家說「只有男生」或「只有女生」才能做？你同意嗎？

People say _____ is only for _____, but I think _____.

大家說 _____ 只屬於 _____，但我認為 _____。



60 seconds — then 3 pairs share with the class.

60 秒，然後請 3 組跟全班分享。

Which One Helps Most?

哪一個最有效？

Vote with your hands — 1, 2, 3, or 4 fingers.

用手指投票——比 1、2、3 或 4。

1

Share the housework at home

在家分擔家事

2

Don't laugh at "like a girl" jokes

不跟著笑「像女生」的玩笑

3

Choose clubs and subjects by interest, not gender

依興趣選社團和科目，不看性別

4

Cheer for girls' and boys' teams the same

女生隊和男生隊，一樣大聲加油

Reveal 公布

Which One Helps Most?

哪一個最有效？

Vote with your hands — 1, 2, 3, or 4 fingers.

用手指投票——比 1、2、3 或 4。

1

Share the housework at home

在家分擔家事

2

Don't laugh at "like a girl" jokes

不跟著笑「像女生」的玩笑

3

Choose clubs and subjects by interest, not gender

依興趣選社團和科目，不看性別

4

Cheer for girls' and boys' teams the same

女生隊和男生隊，一樣大聲加油

All four work. #2 is the hardest and the most powerful — it changes what the whole room thinks is okay.

四個都有效。第 2 個最難也最有力量——它會改變整個班認為「可以接受」的界線。

Dom on Gender Equality

Dom 談性別平等



Watch — then tell me one stereotype you saw in the video.

看完之後，告訴我你在影片裡看到的一個刻板印象。

3 Things You Can Do This Week

這週你可以做的 3 件事

1

Do one chore at home that you never do.

在家做一件你從來不做的家事。

2

When you hear "that's not for girls" — or boys — say:

"Anyone can do that."

聽到「那不是女生（或男生）做的」，就說：「誰都可以做。」

3

Choose by what you love, not by a box.

照你喜歡的選，不要照框框選。



In 1893, which country became the first to let women vote?

1893 年，哪一個國家最先讓女性投票？

A

The United States

美國

B

New Zealand

紐西蘭

C

Japan

日本

D

France

法國



Tap any option to reveal · 點任一選項公布答案



In 1893, which country became the first to let women vote?

1893 年，哪一個國家最先讓女性投票？

B

New Zealand

紐西蘭



New Zealand! Women in the U.S. waited until 1920, and in France until 1944.

紐西蘭！美國女性等到 1920 年，法國等到 1944 年。



At the Paris 2024 Olympics, what share of the athlete places were for women?

2024 年巴黎奧運，選手名額有多少比例是給女性的？

A 10%

10%

B 25%

25%

C 50%

50%

D 75%

75%



Tap any option to reveal · 點任一選項公布答案



At the Paris 2024 Olympics, what share of the athlete places were for women?

2024 年巴黎奧運，選手名額有多少比例是給女性的？

C

50%

50%



Half — for the first time in history. In 1900, only 22 women competed.

一半——史上第一次。1900 年，只有 22 位女性參賽。



Leave a Message for Dom

留言給 Dom

Go to our School Tour page and find the Lu Ming Junior High column. No sign-up, no login — just write your comment for Teacher Dom.

到我們網站的 School Tour 頁面，找到鹿鳴國中那一欄，免註冊、免登入，直接留言跟 Teacher Dom 互動。

mycultureconnect.org/dom-school-tour.html

Today I learned _____.

今天我學到 _____。

Anyone can be anything.

每個人，都可以成為任何樣子。

Thank you, Lu Ming Junior High!
謝謝鹿鳴國中！