

Personal reflections on lived experiences of resistance to ‘anti-gender’ mobilisations

Important disclaimer: This exercise is optional. If you feel uncomfortable reflecting on your own experiences for any reason, feel free to skip it or approach it in a less personal way by using news stories or activist reports from your local, national, or cultural context.

Objective: This optional exercise encourages you to engage in a personal reflection on your own experiences with activism. You can use it to explore your motivations for involvement, the emotions you experienced, the challenges you faced, and the successes you celebrated. This reflection aims to connect your personal journey with broader social issues, enriching your self-understanding and creating the possibility to take pride in your growth.

Task: Recall the last time you participated in an activism event (e.g., protest, campaign, volunteer work) and reflect on your motivations, emotions, thoughts, challenges, and outcomes.

Your latest activism event	
Description	
Your motivation	

Your thoughts and emotions	
Before the event	
During the event	
After the event	

Your challenges and outcomes	
Challenges	
Strategies for overcoming	
Outcomes	