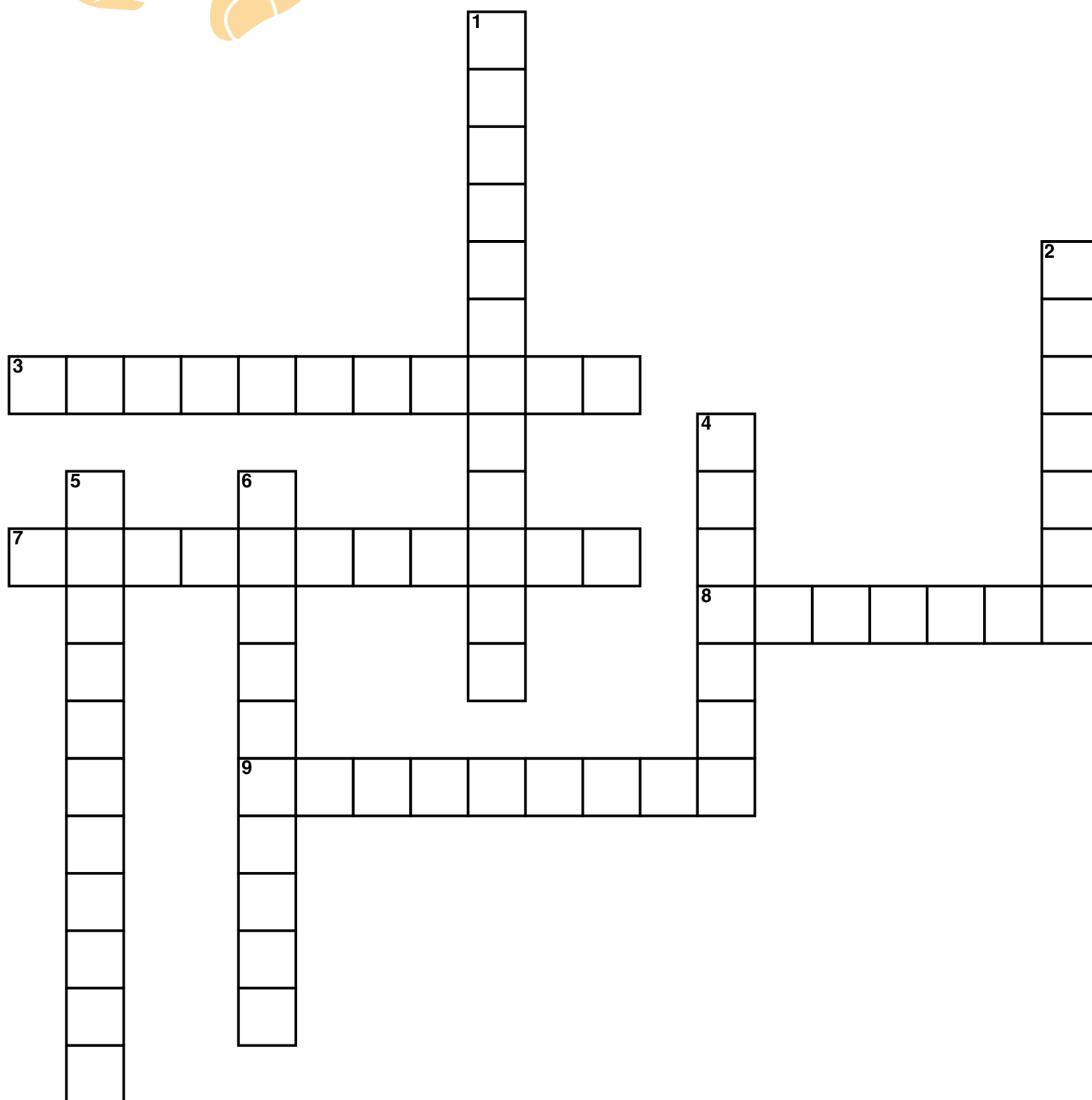


SPOT THE PATTERN



Across

- [3] implied or explicit intimidation
- [7] denying reality or feelings
- [8] ridicule or belittling
- [9] Telling women to stop speaking

Down

- [1] reducing to appearance/body
- [2] holding women responsible for harm
- [4] Attacking a person's morality or character
- [5] talking down or infantilizing
- [6] minimizing opinions or experiences

This activity helps participants identify and name common psychological and verbal tactics used to undermine women in public and online spaces. Recognizing patterns is a first step toward reclaiming voice, presence, and power.

REFLECTION

1. Which tactics felt most familiar?
2. Which are hardest to recognize in real time?
3. Where do you most often encounter these patterns (online, classroom, street, workplace)?
4. What responses or boundaries help counter them?

ANSWER KEY

