

Understanding Gender

AN IN-DEPTH EXPLORATION FOR EDUCATORS & PARENTS

ADDITIONAL RESOURCES: SEGMENT 2 – GENDER DIFFERENCES

Videos

- [The Confidence Project: How Girls' Self-Esteem Drops When They Turn 13](#) (SHE Media, 2019)
- [Strengthen Your Confidence as Young Women](#) (Utah Women & Leadership Project, 2016)
- [Raising Girls to Become Leaders: Competence, Confidence, & Courage](#) (Utah Women & Leadership Project, 2019)
- [Raising Girls to Become Leaders](#) (TEDxBountiful, 2020)

Podcasts

- [8 Podcasts That Help You Talk to Kids About Race](#) (Bello Collective, 2020)
- [These Books and Podcasts Will Boost Empathy](#) (Spark and Stitch Institute, 2019)
- [Turn Your Passion into Action w/ Christina Lowery](#) (LiveGirl, 2020)
- [Women, Confidence, and Leadership](#) (Utah Women & Leadership Project, 2019)

Articles

- [13 Ways to Boost Your Daughter's Self-Esteem](#) (Child Mild, N.D.)
- [6 Tricks to Boost Her Confidence Today](#) (Girl Scouts, N.D.)
- [Adolescents' Predictions of Aggressive Behavioral Patterns in Different Settings](#) (The Open Psychology Journal, 2011)
- [Ages & Stages: Empathy](#) (Scholastic, N.D.)
- [Are Girls Really Meaner Than Boys?](#) (ScienceLine, 2008)
- [Boys and Girls Take Different Paths to Empathy](#) (The Chronicle of Evidence-Based Mentoring, 2019)
- [Boys' and Girls' Relational and Physical Aggression in Nine Countries](#) ([Aggressive Behavior](#), 2012)
- [Comparison of Aggression in Boys and Girls: A Case for Gender-Specific Interventions](#) (Melissa Institute, N.D.)
- [Do Boys Lack Empathy? If So, Perhaps It's Because They Give What They Get](#) (Forbes, 2019)
- [Ethnic and Gender Differences in Youths' Developing Gender Identity](#) (Science Daily, 2017)
- [Gender Differences in the Associations Between Age Trends of Social Media Interaction and Well-being Among 10-15 Year Olds in the UK](#) (BMC Public Health, 2018)
- [Gender Differences in Violence and Aggression – a Neurobiological Perspective](#) (Procedia, 2012)
- [Gender, Racial, Ethnic, Sexual, and Class Identities](#) (Annual Review of Psychology, 1997).
- [Girls' Confidence Plummets Starting at Age 8: Here's How to Keep Her Confidence Strong](#) (A Mighty Girl, 2020)
- [Girls, Confidence Problems, and Peer Pressure](#) (Psychology Today, 2020)
- [Girls' Lack of Self Confidence](#) (OECD, 2015)
- [Harmful Masculinity and Violence](#) (APA, 2018)
- [How Children Develop Empathy](#) (PsychCentral, 2018)
- [How Gender Inequality is Reproduced on Social Media](#) (Phys, 2019)
- [How Puberty Kills Girls' Confidence](#) (The Atlantic, 2018)

- How to Help Young Girls Keep Their Confidence During Puberty (Time, 2018)
- How to Raise a Self-Confident Girl (PBS, 2017)
- How to Talk to Girls: 8 Ways to Improve your Daughter's Self-esteem (Today's Parent, 2016)
- Is the Confidence Gap Between Men and Women a Myth? (Harvard Business Review, 2018)
- Raising Confident Daughters in a Changing World (Web MD, N.D.)
- The Confidence Gap for Girls: 5 Tips for Parents of Tween and Teen Girls (NY Times, 2018)
- Understanding the Influence of Race/Ethnicity, Gender, and Class on Inequalities [...] (PLOS ONE, 2015)
- Why All Parents Should Talk With Their Kids About Social Identity (NPR, 2019)
- Why It's Imperative to Teach Empathy to Boys (KQED, 2014)
- Women, Confidence, and Leadership: What Do Utah Women Leaders Think? (Utah Women & Leadership Project, 2015)
- "Confidence from Head to Toe: Learn to Be Confident in the Way You Think, Move, and Communicate" (Utah Women & Leadership Project, 2020)