



## EMOTIONAL INTELLIGENCE WITH A GENDER PERSPECTIVE

<b>TITLE</b>	Personal Reflection Journaling Notebook
<b>DESCRIPTION OF THE TOOL</b>	This tool is a visually appealing journaling notebook designed for secondary school students. It is a downloadable PDF that guides students in reflecting on their own gender, sexuality, and non-normative behaviors through a series of guided questions and reflections. The notebook introduces positive psychology, helping students apply its principles to understand and manage their emotions, especially in contexts related to gender identity and non-normative behavior. Though online, it is printable for personal use, allowing students to interact with it in a physical format if preferred.
<b>OBJECTIVES OF THE TOOL</b>	<ul style="list-style-type: none"> <li>● Foster emotional intelligence through reflective journaling.</li> <li>● Help students explore their own gender identity and sexuality in a supportive context.</li> <li>● Introduce and apply positive psychology principles in personal reflection.</li> <li>● Support students in coping with non-normative behavior and gender expression challenges.</li> <li>● Encourage self-awareness, self-regulation, empathy, and resilience.</li> </ul>
<b>TARGET GROUP</b>	Secondary school students (ages 12-18), teachers, and school counselors involved in supporting students' emotional development and understanding of gender and sexuality.
<b>TOOL DURATION</b>	Total duration varies based on usage, but the suggested approach is: <ul style="list-style-type: none"> <li>- Initial Introduction: 15-20 minutes</li> <li>- Daily/Weekly Reflection: 10-15 minutes per session</li> <li>- Ongoing use: Can be used repeatedly over weeks or months</li> </ul>
<b>RESOURCES &amp; MATERIALS</b>	<ul style="list-style-type: none"> <li>● Journaling Notebook PDF (attached)</li> <li>● Computers/Tablets: For viewing or downloading the PDF</li> <li>● Printers: For students who prefer a physical copy</li> <li>● Blank sheets of paper: For additional reflections or drawings</li> <li>● Writing instruments: Pens, pencils, markers, etc.</li> </ul>



**IMPLEMENTATION  
OF THE TOOL**

**1. Introduction to Journaling:**

Start by explaining the purpose and benefits of journaling to the students, emphasizing how it can help in understanding their emotions and experiences. Introduce the concept of positive psychology and its focus on strengths and well-being.

**2. Distribute the Notebook**

Provide students with access to the PDF journaling notebook, either digitally or as printed copies. Explain how the notebook is structured and how they can use it.

**3. Guided Journaling Sessions**

Allocate regular times for students to work on their journals. This could be at the start or end of a class, or as homework. Encourage them to find a quiet space where they can reflect without interruptions.

**4. Reflection and Discussion**

After a journaling session, provide a brief opportunity for students to discuss their reflections with a teacher or in small groups if they are comfortable. This helps reinforce the journaling exercise and allows for shared learning experiences.

**5. Encourage Ongoing Use**

Encourage students to use the notebook regularly. Remind them that it's a personal space for them to explore their thoughts and feelings and that they can return to it whenever they need to.

**TIPS &  
ADDITIONAL  
INFORMATION**

- Be available for students who may need additional support or guidance in their journaling process. This could include one-on-one sessions or additional resources.
- Recognize that discussions around gender and sexuality can be sensitive. Create a supportive and non-judgmental environment for students.
- Ensure students know that their reflections are private unless they choose to share them.



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