



5 GENDER
EQUALITY



SUSTAINABLE
DEVELOPMENT **GOALS**

NURSERY RHYMES OF OUR TIMES

GENDER EQUALITY

Suvasri De



K'C



Achieve gender equality and empower all women and girls



**5 GENDER
EQUALITY**



**SUSTAINABLE
DEVELOPMENT GOALS**

Preface

Gender Equality – Nursery Rhymes of Our Times,
By Suvasri De

Illustrated by students of
MRIABO Junior School
and Peak Education Center
Uganda



This book is part of the United Nations Sustainable Development Goals (SDGs) initiative, supported by the Global Social Network. It uses fun, easy rhymes and powerful student illustrations to raise awareness about Goal 5: Achieve gender equality and empower all women and girls.

Through poetry and pictures, young readers are encouraged to speak up, dream big, and help build a world where girls and boys have equal rights, opportunities, and futures.

Goal & Targets Covered in This Book:

- End child marriage and female genital mutilation
- Recognize and share unpaid care and domestic work
- Ensure women's equal leadership and participation
- Ensure access to sexual and reproductive health and rights
- Secure equal access to economic resources and land
- Use technology to empower women
- Create and enforce laws that support gender equality

Let these rhymes inspire fairness, courage, and kindness in every heart.

Dear Teachers and Parents,

NURSERY RHYMES OF OUR TIMES is a series of new-age nursery rhymes that can be used to teach young children about climate change, the importance of taking care of the environment, and the role they can play in making the world a better place.

Hope you will enjoy sharing this book with your students and children. Do let us know at www.globalsocialindia.org how you feel about it and your suggestions will be of great value to us.



THIS BOOK BELONGS TO

Published by India Inside Digital Publication
19/1A Selimpur Road , Kolkata 7000 31
NURSERY RHYMES OF OUR TIMES series: GENDER EQUALITY

First edition: 11th May, 2025

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Printed by INDIA INSIDE PUBLICATION, India

ISBN 978-93-5891-447-4



Side by Side

Girls and boys, side by side,
Both can learn, both can guide.
Let them dream and let them play,
Give them equal chance each day!

PEAK EDUCATION CENTRE
"GENDER EQUALITY"

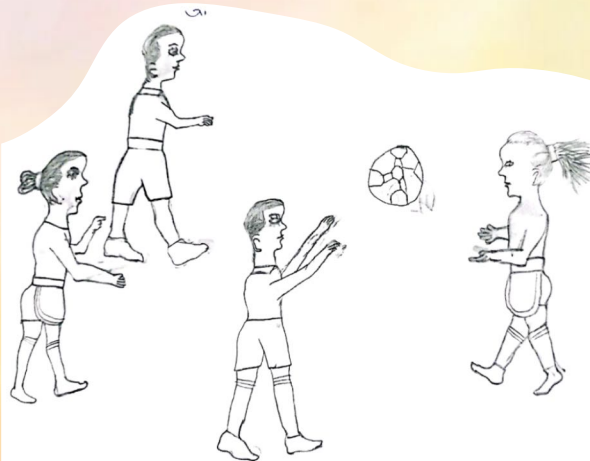
NANKINGA MARIA BABRA



No to Early Marriage

Little girls should laugh and run,
School and books, and games and fun.
Don't make them brides before eighteen,
Let their future bright and clean!

PEAK EDUCATION CENTRE
"GENDER EQUALITY"



NAMILINGO BABIRIE MIRA NBM

Strong and Free

Every girl should live with glee,
Safe and healthy, strong and free.
Say no to cuts that bring her pain,
Let her grow with joy and gain.



Time to Share

Mummy cooks and sweeps the floor,
Daddy can do that and more!
Boys and girls must learn to share,
Home is love, and work is care.

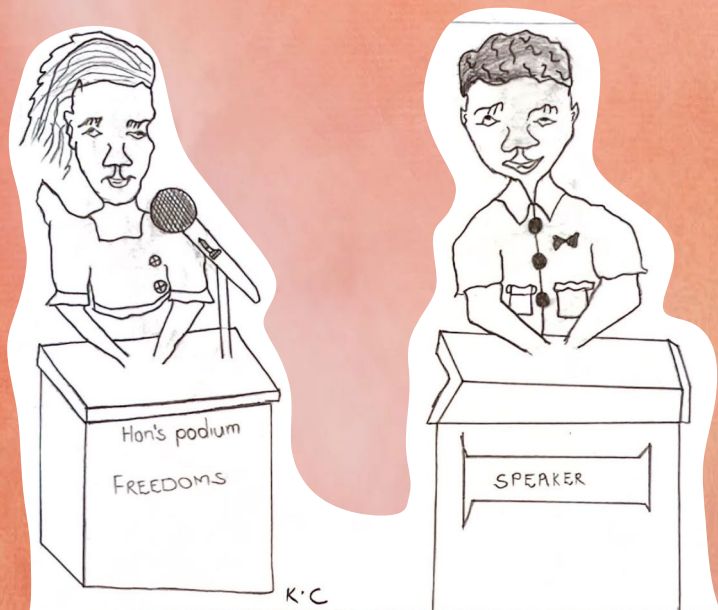
MERIAPU JUNIOR SCHOOL

NALWANJA MERCY



A Leader Too !

Girls can lead and speak out loud,
Stand up tall and make us proud.
Give them seats and let them rise,
In parliaments, under open skies.



Land for All

Land to grow, and land to keep,
Not just his, her rights run deep.
Girls and women plant and sow,
Let their ownership freely grow!



Time to Track and Act

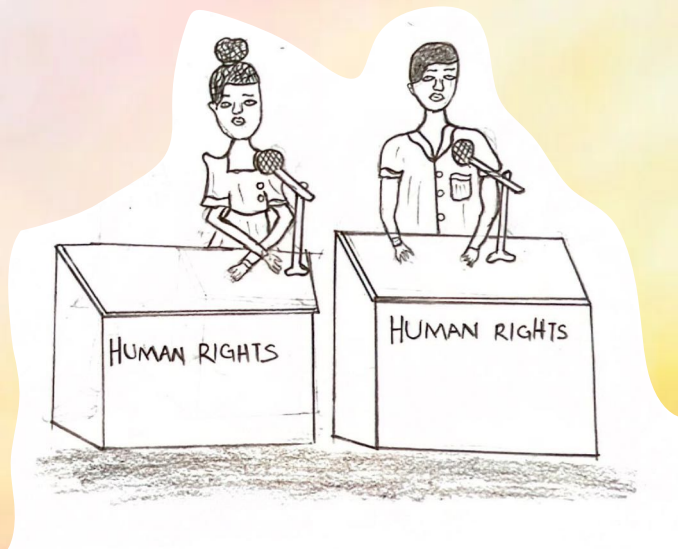
If we track and if we care,
We'll make things just and fair.
Spend the money, make it right,
For girls to shine and reach new height.

MERIAPO JUNIOR SCHOOL, MUJUZU VIANEY p.5



Work and Lead

Women work and women lead,
Give them what they truly need.
Chairs and titles, they can take,
Equal pay and no heartbreak!



PEAK EDUCATION CENTRE
NABAKABYA SHERINAH

A Voice for Her

Let her speak and let her shine,
Every little word is fine.
Lift her voice and help her grow,
She can lead and steal the show!

PEAK EDUCATION CENTRE
NAKITENSE PROSCOVIA



Say It Loud

Say no to rules that treat her wrong,
Say it loud and say it strong!
Change the laws and minds today,
So every girl can find her way.

PEAK EDUCATION CENTRE
BAKOJJA ANGELLO



Not Just Dolls

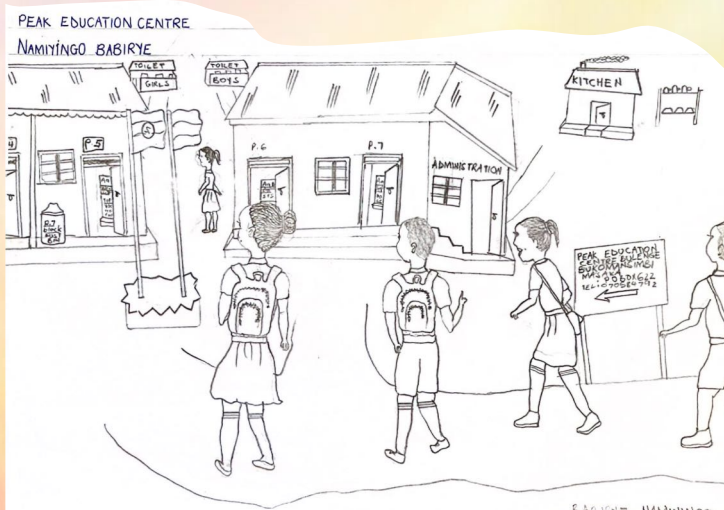
Girls play ball and girls can code,
They can take the science road.
Not just dolls and kitchen sets,
Let them try without regrets!

NANNYONJO MADRINIBAPO
MERIAPU JUNIOR
SCHOOL



Count Us In

Count the girls and count us all,
Write our names and hear our call.
In every chart and every plan,
Include the girl, yes, yes you can!



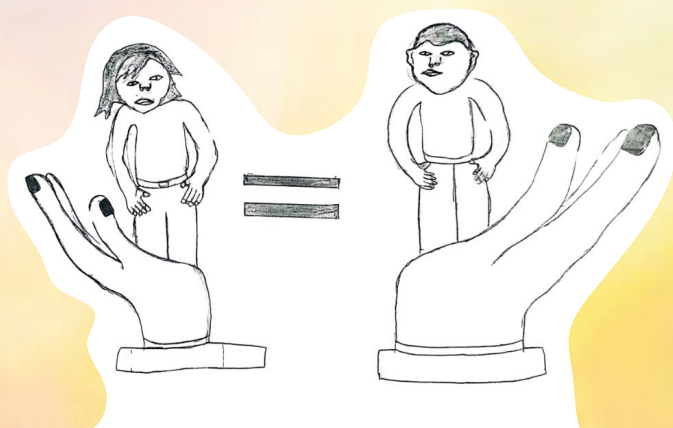
The Power of Two

When girls rise, the world does too,
So give her wings to fly and do.
Boys and girls, a powerful team,
Together we can live the dream!



The Change Begins With You

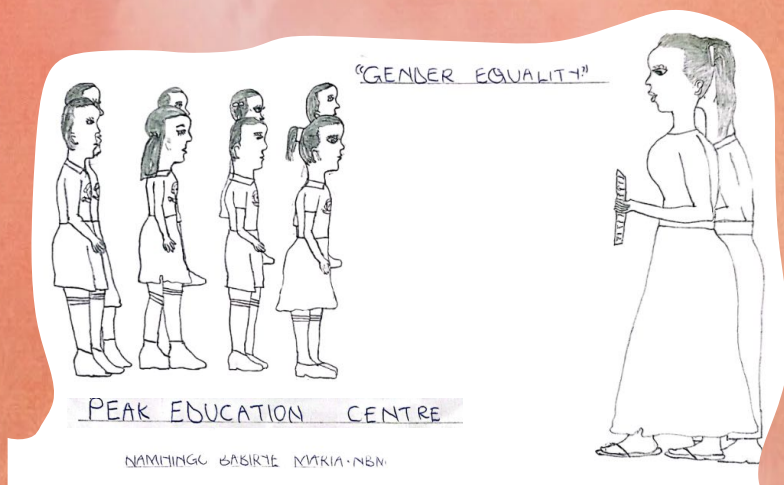
Tell the children while they're small,
Girls and boys are equal all.
Teach them love and teach them care,
A world that's kind and truly fair.



PEAK EDUCATION CENTRE
"GENDER EQUALITY"

Girls Are Stars

Girls are stars, bright as can be,
Let them grow and let them be!
Give them books and give them voice,
Every girl deserves a choice.



No More Hurt

No more hurt and no more fear,
Every girl deserves to cheer.
Stop the violence, stop the pain,
Let her dance in sun and rain.

PEAK EDUCATION CENTRE
"GENDER EQUALITY"



Rights Are Fair

Give girls rights, just like the boys,
Let them play with all the toys.
Land and money, school and fun,
Equal rights for everyone!



BUSULWA JOHN FELIX

P. 7

MERLAPU JUNIOR SCHOOL

Say No to Child Brides

Tiny hands are made to play,
Not to marry, not today.

Let her run and let her learn,
Let her future brightly burn!

PEAK EDUCATION CENTRE
"GENDER EQUALITY"



NANKOOMI ANGEL

Change the Laws

Laws should help and not bring fear,
Change the rules and make it clear:
Girls have power, girls have say,
Let's bring fairness every day.



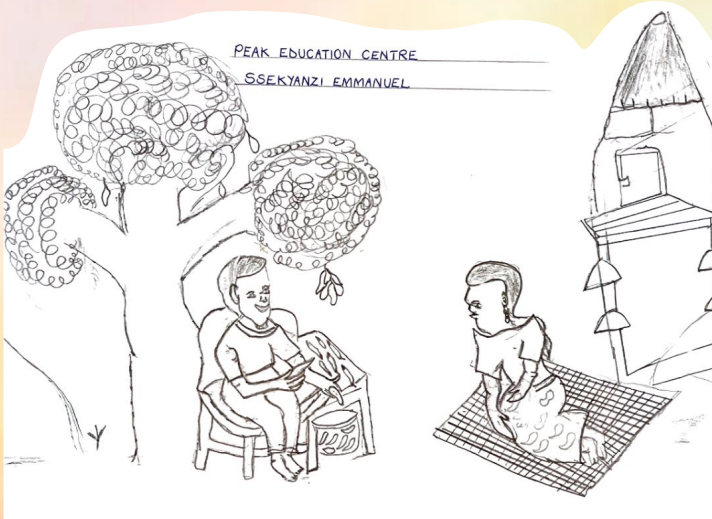
MERIAPU JUNIOR SCHOOL

BY: KAGIMU BASTIR

[Signature]

She Decides

She decides her health and care,
What to wear and how to share.
Let her choose with heart and mind,
Give her freedom, just and kind.



Help at Home

Clean the floor and wash the plate,
Boys can help—it's not too late!
Moms and sisters do their part,
Let's all share with happy heart.



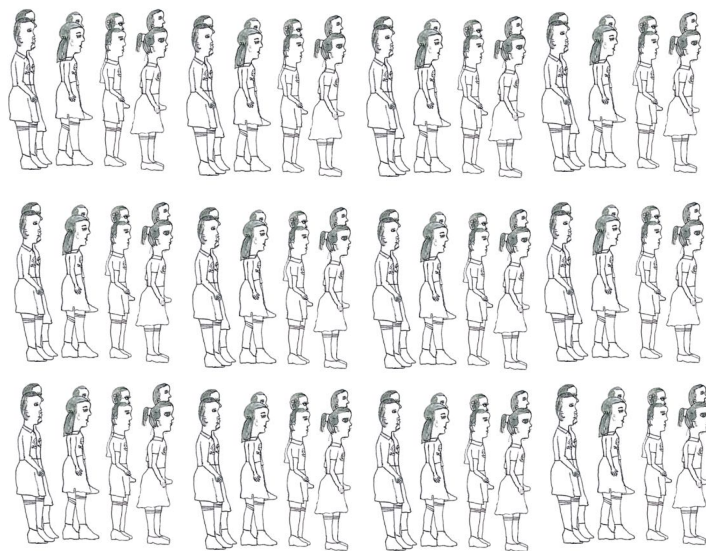
A Chair for Her

Give her a chair, give her a mic,
She can lead just who she likes.
In the boardroom, on the stage,
She can shine at every age.



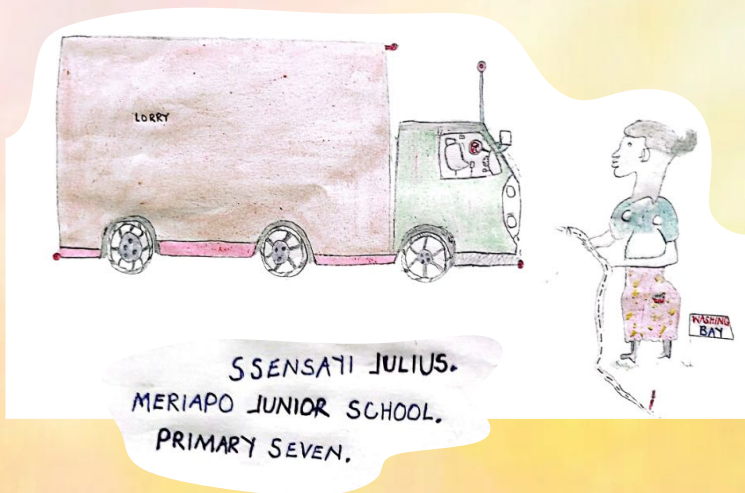
School Is Cool

Girls in school, strong and smart,
Learning math, and making art.
Keep them safe, keep them bright,
Let their dreams take biggest flight.



Equal Pay

Work the same, pay the same,
That should be the fair game.
If she works and gives her best,
Give her what she should request!



One World, One Dream

One big world, one dream for all,
Girls and boys should both stand tall.
Side by side, hand in hand,
Together strong, we make a stand.

PEAK EDUCATION CENTRE
"GENDER EQUALITY"



Her Voice Matters

Let her speak, let her be heard,
Every girl has got a word.
From the village to the town,
Lift her voice, don't hold it down.

PEAK EDUCATION CENTRE

KITONE CALEB



No Means No

If she says "No," let it be,
That is her right, can't you see?
Teach respect in every place,
For every girl, give her space.

NO



Power in Pink

Pink is power, pink is might,
She can build and she can write.
Fix the car or fly a plane,
Girls can shine in sun or rain!



Kind and Fair

Be kind and fair, don't tease or mock,
Don't judge her dress, or how she talks.
All deserve a life with cheer,
Safe and strong, year by year.



Share the Care

Let's all Share

Let's all Care.

Share the work, divide the chore,

Let's make balance at the core.



A Seat in Parliament

A seat in Parliament, tall and wise,
She can speak and help us rise.
Make new rules, pass the bill,
With her brain and with her will.



Not Just a Dress

Not just a dress, she wears a dream,
Of rocket ships and laser beams.
Let her build and draw and write,
Let her reach the highest height!



Count Her In

When we count, don't skip her name,
She's a player in the game.
Stats and numbers need her too,
To make the world both fair and true.



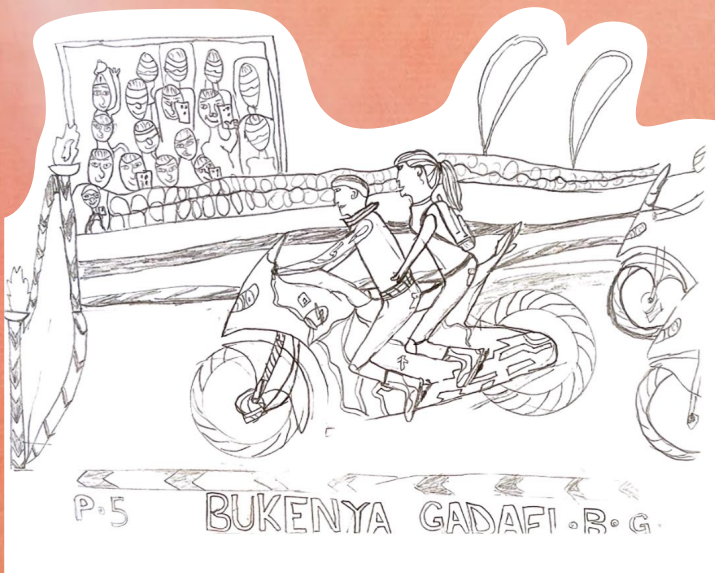
Girls Can Code

Girls can code and build an app,
They can make a world map.
Science, numbers, all are fun,
Girls can lead and get things done!



The Future Is Equal

The future's bright, the future's near,
And girls will lead with love, not fear.
With rights and joy and hope anew,
Equality is coming through.



Afripads for Schools – Bukomansimbi District, Western Uganda

Led by SYLVIA Namukasa and her organization SYLVIA Sisters, this initiative supports young girls in Uganda who miss school during their periods due to lack of access to sanitary products. This leads to frequent absenteeism, poor academic performance, and reduced future opportunities compared to boys.



Sylvia takes girls' problems out of the taboo zone!

To tackle this, SYLVIA Sisters partnered with a local company near Masaka to develop Afripads—a set of four washable, reusable pads that provide a full year’s menstrual care. Each set costs only \$5 and helps ensure a girl can attend school uninterrupted.



With donor support, SYLVIA Sisters distributes Afripads to entire schools. The project also aims to raise awareness globally, encouraging similar initiatives in other countries.

To fight stigma and promote awareness, SYLVIA Namukasa has also declared an International Menstruation Day.





5

GENDER
EQUALITY

ACHIEVE GENDER EQUALITY AND EMPOWER ALL WOMEN AND GIRLS

THE WORLD IS **NOT ON TRACK** TO ACHIEVE GENDER EQUALITY BY 2030

OUT OF GOAL 5 INDICATORS:



- ON TRACK
- AT A MODERATE DISTANCE
- FAR OR VERY FAR OFF TRACK

AT THE CURRENT RATE, IT WILL TAKE

**300 YEARS**
TO END CHILD
MARRIAGE**286 YEARS** TO CLOSE GAPS
IN LEGAL PROTECTION AND
REMOVE DISCRIMINATORY LAWS**140 YEARS** TO ACHIEVE
EQUAL REPRESENTATION IN
LEADERSHIP IN THE WORKPLACE

LEGISLATED GENDER QUOTAS ARE **EFFECTIVE** TO ACHIEVE EQUALITY IN POLITICS

WOMEN'S REPRESENTATION IN PARLIAMENT
(2022)**30.9%**COUNTRIES
APPLYING QUOTAS**21.2%**COUNTRIES
WITHOUT QUOTAS**NEARLY HALF** OF MARRIED WOMEN
LACK DECISION-MAKING POWER
OVER THEIR SEXUAL AND
REPRODUCTIVE HEALTH AND RIGHTS**1 IN 5 YOUNG WOMEN****ARE MARRIED**
BEFORE THEIR 18TH BIRTHDAY

NURSERY RHYMES OF OUR TIMES

What you can do
with this book

Read them yourself

Learn NEW WORDS

Make them into songs
record them and
SEND IT TO US
at 91 9830241585

Most importantly
spread the good thoughts
and be a CLIMATE CHAMPION

ISBN : 978-93-5891-447-4