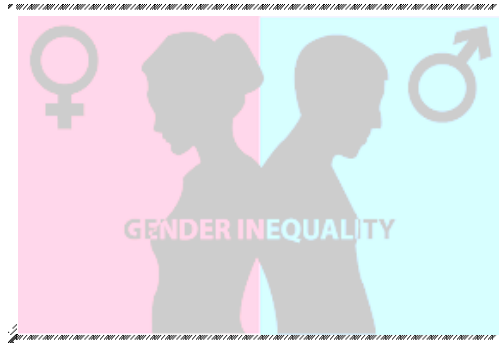


# GENDER STEREOTYPES

Gender stereotypes are rigid ideas about how people should act based on their gender. They can be harmful to men and women and they can pressure people to stay in the “gender box” which is limiting.

## "Act Like a man" Box



1. Have you ever been told or heard someone being told to “act like a man”? What does it mean to “act like a man”? What are the expectations (which may not be the reality)?
2. How are men supposed to be different from women?
3. What feelings is a "real man" supposed to have?
4. How do "real men" express their feelings?
5. What are names applied to men outside the box? (write these outside the box and around the box)
6. What things happen physically to men outside the box? (write these outside the box and around the box)

Write your ideas  
inside the box

**Remember!** This exercise seeks to look at stereotypes, not at individual behavior.

## "Act Like a Lady" Box



1. Have you ever been told or heard someone being told to “act like a lady”. What does it mean to “act like a lady” – what are the expectations (which may not be the reality)?
2. How are women supposed to be different from men?
3. What feelings is a "real woman" supposed to have?
4. How do "real ladies" express their feelings?
5. What are names applied to women outside the box? (write these outside the box and around the box)
6. What things happen physically to women outside the box? (write these outside the box and around the box)

Write your ideas  
inside the box

Teacher : Mohamed Lahbib KATHI

## Reflection questions:

1. How do you feel when you see this is what is expected of boys and girls?
2. Is there anything in the girl box that boys are not able to do?
3. If we look at the boy box, is there anything that girls are not able to do?
4. Do you think it might be hard for a girl / a boy to do things outside of the box? Why (not)?
5. Do you think people who do not fit into these boxes deserve to be treated badly?
6. Does being a girl / a boy limit you? What do you like about being a girl / a boy? What don't you like about being a girl / a boy? Do you ever wish you were a different gender? Why or why not?
7. Did you ever have to confront a stereotype about yourself? What was it? What did you do? How did you feel?
8. We are not born knowing stereotypes. Whom do we learn these generalizations from?
9. Think about this quote from Dr. Seuss - "Be who you are and say what you feel because those who mind don't matter and those who matter don't mind." What do you think he meant when he said this?



## Writing:

Write a poem based on stereotypes about your own identity. Disprove stereotypes by stating positive traits about yourself.

### Just Because

Just because I am -----

Doesn't mean I -----

Doesn't mean I -----

Doesn't mean I -----

**I am** -----

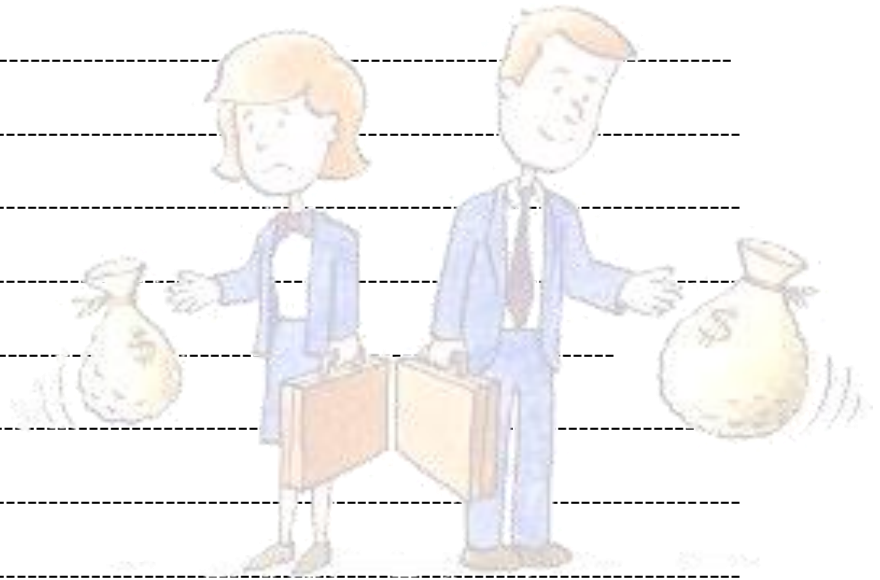
Just because I am -----

Doesn't mean I -----

Doesn't mean I -----

Doesn't mean I -----

**I am** -----



## Follow up:

As a group, prepare a video debunking traditional gender stereotypes

