**Gender Box Activity**

GOAL: Participants will gain a clearer understanding of the relationship between gender stereotypes and harassment and sexual harassment (within the broad context of sexual/gender based violence)

OBJECTIVES

1. Participants will be able to define the terms “gender” and “stereotypes.”
2. Participants will be able to identify some gender stereotypes and how these stereotypes can make people feel about themselves and others.
3. Participants will be able to articulate ways in which gender stereotypes can lead to intolerant and violent behaviors.
4. Participants will receive an explanation of SASSMM’s services during the group

ACTIVITY -- Introduction to “Gender” and “Stereotypes”

Brainstorm:

1. Define what is “gender?” How someone expresses themselves along a gender continuum (may be male/female or anywhere in between, transgender, or gender non-conforming) *transgender, or non-conforming)*
2. Defined difference among sex, gender, and sexual orientation

*2.* How do we tell which gender someone is? *Looks, clothing, accessories, situation,*

*smell, etc.*

*3.*Define Stereotype *(an idea that people may have about others that may be untrue)*

4.From where or from whom do we learn about gender and gender stereotypes? *Media,*

*family, tradition*

ACTIVITY -- Gender Boxes (Do activity for females, males on separate posters/boards)

Write the phrase “Be a Man” on the board.

Break inmates into small groups and have them brainstorm on big pieces of paper what it means to “Be a Man,” and other stereotypes about men/boys (types of work, looks, jobs, roles in household, parts in movies, etc.)

Have the groups take turns sharing what they wrote down and write the ideas under the phrase “Be a Man” on the board.

Put a box around all of the words.

What do men get called when they don’t fit in this “man box?”

Write answers on the board. *Acknowledge feelings of anger/ frustration as they arise throughout all the brainstorming, remind inmates that we are not saying these things are true about all men, or that these labels are “bad.”*

What happens to the people who get labeled with these words?

What might they do themselves?

What might others do to them?

Repeat with the phrase “Act Like a Lady” as time allows.

ACTIVITY

Why are we talking about this stuff?

How do these boxes make you feel? *(Lots of emotions may have already surfaced, revisit if necessary.)*

What can we do to change these boxes?

CLOSURE:

1. Summary: Non-hurtful joking is fine and fun; what is important is how your behavior is affecting others. It’s not your fault that you are being harassed/bullied. Assert yourself and don’t feel bad if you need or want to reach out for help from someone.
2. Role of bystanders / intervention