






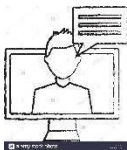



# The gender bubble

 <b>TIME</b>	20 minutes
 <b>No.</b>	15 to 25 participants
 <b>MATERIALS</b>	<ul style="list-style-type: none"> <li>• Sheet of paper, pencils</li> </ul>
 <b>OBJECTIVES</b>	<ul style="list-style-type: none"> <li>• To explore the topic of gender role stereotypes</li> </ul>
 <b>INSTRUCTIONS STEP BY STEP</b>	<ol style="list-style-type: none"> <li>1. Divide students into groups of four or five regardless of gender. Say: “Today we will discuss the topic of gender roles (what society says it means to be a boy/man or a girl/woman). Each group will create bubbles of words that are often associated with being a boy/man and being a girl/woman”.</li> <li>2. Each group has 3 minutes to make a word bubble for “boys/men” and “girls/women”. Some examples they may come up with are: “<i>Boys/Men are strong, like sports, are fathers...</i>” “<i>Girls/Women are emotional, talk a lot, like the colour pink...</i>”;</li> <li>3. Ask each group to share what they put in their bubbles for Girls and Boys;</li> </ol>

	<p>4. As you hear from each group sharing, note the similarities and differences in their answers. For example, say: “Group 1 said boys like sports. How many of you here like sports?” When the teacher notices that girls will also raise their hand, they will say “there are no boy hobbies or girl hobbies, there are only hobbies.”;</p> <p>5. To close the activity, ask students, “How does society influence the attitudes, beliefs and expectations of gender, gender identity, and gender expression?”.</p>
 <p>DISCUSSIONS</p>	-
 <p>HINTS</p>	-
 <p>THIS ACTIVITY ONLINE</p>	-
 <p>THEORY</p>	<p>Gender role stereotypes are the expectations that we place on people to identify and express themselves based on the gender binary, either a boy or girl.</p> <p>Gender role stereotypes can change from culture to culture and over time. Some of the ways gender role stereotypes are upheld in society range from our physical appearance, personality traits, to the jobs we have.</p>

Gender roles are not something that occur naturally within us but are learned behaviors. Sometimes the pressure these roles put on us leads us to act in a way that doesn't feel right to us.

When it comes to behaviour, girls are expected to be polite, passive, nurturing and submissive while boys are expected to be aggressive, insensitive, dominant, and strong. When we don't feel like these stereotypes feel true to us, we can feel a lot of pressure to behave in a certain way based on society's expectations of our gender.

When someone is bullied or experiences violence because people expect them to act a certain way because of their gender identity, they are experiencing gender-based violence. When we bully or harm others for identifying or expressing their gender, we are not only causing them sadness and hurt for being themselves, we are creating a dangerous environment for them and others.