

ASSUMPTIONS ON GENDER

PURPOSE OF THE EXERCISE:

With this exercise students explore the assumptions on the other sex they have learned in their education and how influences their way of thinking.

TIMING:

20 to 30 minutes.

HOW TO CONDUCT THE EXERCISE:

Individually: try to put yourself in the gender position that lies the furthest of the gender you have or identify with.

What would change?

- What would make you happy and what would you regret?
- What can you do now and what can't you do anymore?
- What are for you the advantages and the disadvantages of the change?
- Try to imagine what your body would be like for you? What do you look like?
- What do you think is important about your looks?

Now make a group of four participants.

In a conversation you now try to formulate answers to these questions:

- a) Compare each other's perceptions of men and woman.
- b) Which assumptions on physicality, sexuality and behaviour can be traced to your childhood and upbringing
- c) Conclude which of these assumptions you have in common with others and which you don't.
- d) Describe how you felt having to take a different gender role during this exercise (how was it for you, what did you struggle with, ...)

REFERENCES:

This exercise can be found in: Heemelaar, M. (2013). *Seksualiteit, intimiteit en hulpverlening*. Houten: Bohn Stafleu van Loghum.

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