

challenge 1

theme - gender

title - who said what

Age - 13-18 years

time - 20/30 minutes

Purpose

The purpose is to focus on how we often assess experiences, statements, and relationships based on the specific values, norms, and traits we attribute to a particular gender. Additionally, with this exercise, we aim to introduce young people to a norm-critical approach to gender norms.

Activity description

The young people will engage with a series of different statements from peers. Without knowing the gender, they must consider whether they think it is a boy, girl, or non-binary individual who is the sender of the quote and, of course, explain why they think so. For each quote that is read aloud, participants have a moment to reflect on whether they find it most likely that it is a boy or a girl who is the sender of the statement. It is important that they do not have too much time, but act based on gut feeling.

Students are guided that there is no one right answer. Tune into what you think. Avoid following others “just to follow”. You are allowed to move during the process if something someone else says makes you think differently. Three zones are established, where participants can stand when they hear the statement, depending on whether they think it is a girl, a boy, or a non-binary individual who is the sender of the statement.

After the students have positioned themselves after each statement is read, a discussion is held collectively to explore their reasoning.

- 1 Why do you think it's a boy, girl, or non-binary?**
- 2 Where might that perception come from?**

challenge 1

statements:

- A. *"I am being bullied almost every day. Most days, I get so angry that I smash something."* (Quote from Cyberhus - from a boy)
- B. *"I'm afraid something is wrong with me. I've experienced a lot of adversity, and now it's as if I can't feel anything anymore. I become more and more aggressive towards my friends. People say I've gone crazy because I've also started to become violent"* (Quote from Cyberhus - from a girl)
- C. *"I'm 16 years old and I want to have sex with my boyfriend, but I'm not sure he feels the same way. I have attempted to engage the sex a few times but I'm afraid to touch him down there, because I'm afraid of crossing boundaries"* (Quotes from Cyberhus - from a girl, in a heterosexual relationship)
- D. *"It really goes against all my will and pride to ask for help because I hate appearing weak."* (Quote from Cyberhus - from a non-binary individual)
- E. *"I'm always sad, but I'm not really brave enough to tell my family. Why is it so hard to say it?"* (Quote from Cyberhus - from a girl)
- F. *"My girlfriend has broken up with me, and it feels like my life has fallen apart. I cry every night. How long will it continue like this?"* (Quote from Cyberhus - from a boy)

Attention! When the youth asked to express their assessment by placing themselves in different parts of the room, they may be inclined to influence each other. Additionally, some may feel particularly vulnerable having to physically position themselves based on their thoughts. Therefore, the exercise can also be done in a variation where the youth indicate their assessment with small cards, allowing them to simply remain standing or seated if it is safer for them.

reflections during and after the challenge:

- 1 Can there be advantages to attributing specific norms to different genders?
- 2 What challenge can individuals experience if they do not live up to these norms?
- 3 Can one be norm-critical and still be "completely ordinary"?
- 4 Where do you think you acquired your gender normative views?

challenge 1

I am constantly feeling down, but I'm not really brave enough to tell my family. Why is it so difficult to talk about it?

My boyfriend/girlfriend has broken up with me, and it feels like my life is falling apart. I cry every night. How long will it continue like this?

I'm afraid something is wrong with me. I've experienced a lot of adversity, and now it's as if I can't feel anything anymore. I become more and more aggressive towards my friends. People say I've gone crazy because I've also started to become violent.

I would like to have sex with my partner, but I'm not sure if my partner is interested. I've tried a few times, but I'm hesitant to touch my partner in that area because I'm afraid of crossing any boundaries.

I am bullied almost every day. Most days, I get so angry that I end up smashing something.

It goes truly against all my will and pride to ask for help, as I hate appearing weak.

