

stereotypes

time - 15/30 minutes

Purpose:

To establish a common starting point, a warm-up exercise aimed at focusing on the fact that, as a starting point, we all, to a greater or lesser extent, assess ourselves and each other based on different stereotypes, may make sense to begin with.

Activity description

The participants are given a range of different adjectives that can be used to describe a person's basic characteristics. Now, the students have 10 minutes to choose the 5 basic characteristics that they think best fit the way girls, boys, and non-binary individuals are often described or perceived in public/society, respectively. They are allowed to reuse characteristics across genders. The exercise can be done in small groups or individually.

Reflections during and after the challenge:

There is, of course, no correct answer. Conduct a brief summary and be particularly curious about:

- 1 Why certain characteristics are often perceived as representing a specific gender?
- 2 What are the advantages and disadvantages of understanding gender based on specific stereotypes?

stereotypes

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Harmonious determined FUN Energetic Diciplined cunning
Ambitious Naive Loving Independent Loyal Patient passionate
kind curious Humble calm strong Helpful confident spontaneous
courageous Empathetic sensitive Graceful cautious Attentive powerful
Timid goal-oriented Playful organized Flexible social
Honest Adventurous Aggressive charismatic vulnerable considerate
dreamy Mature

