

Gender Expectations

Stereotypes

Widely held & oversimplified ideas of particular types of persons or things. Stereotypes can create expectations, obstacles & privileges.

Instructions: Write gender stereotypes in the boxes.

Man Box

Woman Box

Gender Box

A gender box refers to the collection of gender stereotypes that limit the ability of people of that gender to live healthy & authentic lives.

Questions

1. How does the man box create **expectations** for men?
2. How does the man box create **obstacles** for men?
3. How does the man box give **privileges** to men?

Questions

1. How does the woman box create **expectations** for women?
2. How does the woman box create **obstacles** for women?
3. How does the man box give **privileges** to women?

Mask of Masculinity



Refers to the public performance & presentation that men put on in public, especially around other men, to meet the expectations of the man box.

Cloak of Femininity



Refers to the public performance & presentation that women put on in public to meet the expectations of the woman box.

Case Study: Romance Norms

Romance Norms

Expectations we have about what is & isn't romantic or should & shouldn't be done when dating. These norms are often based on gender.

Aggressive Propositioning

When you try to persuade someone to form a relationship with you when they've already said no.

What sort of messaging do we hear that encourages aggressive propositioning?

"They are playing hard to get."

*Romance is a challenge.
Don't be weak.*

Makes dating seem like a game & not to take "no" seriously.

"Persistence means you really mean it & are passionate."

Your effort is a measure of your love. Prove yourself.

Makes love seem like something you can force.

"Nice guys finish last."

Don't be "just" a friend, because that is humiliating.

Encourages mistreatment & aggressive behaviors.

Why might these ideas lead to harm?

Critical Thinking Questions

1. What other romance norms are there?
2. What messages do we hear that encourage these norms?
3. What stereotypes in the gender boxes are being targeted?
4. How do these romance norms make it hard to form a healthy relationship?



The expectations & pressures of the **gender boxes** can encourage us to do things that are harmful to others & limit our ability to form healthy relationships. Relationships are built on **trust** & you build trust by **respecting boundaries**.

For immediate assistance, please call
Lumina Alliance 24-hours a day.

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