

# “Man Box”

**Inside the Box: Characteristics of a stereotypical masculine man.  
When you hear, “be a man”... what is that man supposed to be like?**

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Lined writing area on the right side of the page.

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## Inside the box:

**Characteristics of stereotypical male/masculinity: What is the “ideal masculine man” supposed to be like in our culture? (Not necessarily what YOU think a man should be: what are the stereotypes/pressures?)**

**Q: What does the stereotypical masculine man:**

**Look like?** *Body Image (muscular, hairy, strong, tall, athletic)*

**Talk like?** *Attitude (tough, unemotional, hard)*

**Act Like?** *Behaviors (drinking, playing sports, having sex, fighting)*

**Do for fun?** *Interest/Hobbies (sports, drinking, cars, hunting/guns, working out)*

**Do for work?** *Jobs (CEO, Pro Athlete, Construction, white/blue collar, positions of power)*

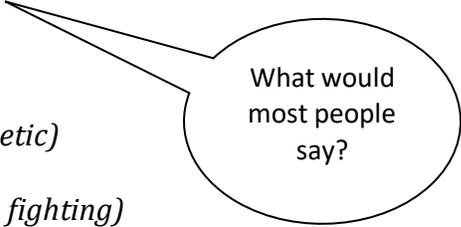
**What kind of movies do they watch?**

**What kind of car do they drive?** *Possessions (car, money, job, woman)*

**What are they like in a relationship?** *Relationships/Sexuality (dominant, “player”, in charge, Heterosexual, “player”, not gay, make the money)*

**What feelings is a “real man” supposed to have?** (anger, superiority, confidence)

**How do “real men” express their feelings?** (yelling, fighting, silence)



What would most people say?

**What do you see portrayed in social media (instagram, snapchat, VSCO, etc.), fashion ads, commercials, etc?**

## Outside box (to the sides):

**Words that someone may be called when they do not fit the stereotype of what a man is “supposed to be” (Weak, faggot, gay, pussy, etc.)**

**Q:**

**What words do you hear people use to describe someone who is not “masculine”?**

**What things happen physically to people outside the box? (write these outside the box and around the box)** *Fights, beat up, harassed, teased, abused, ignored*

**What do these words do? (Push someone back “in the box”, make them feel like they are not good enough)**

**Beneath the box: What are some positive words to describe people who are outside of the box?**

**(Come back together to discuss impact of outside words)**

# “Woman Box”

**Inside the Box: Characteristics of a stereotypical feminine woman.  
When you hear, “act like a lady” ... what is that woman supposed to be like?**

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Lined area for notes on the right side of the page.

Large empty box at the bottom of the page.

## Inside the box:

**Characteristics of stereotypical woman/femininity: What is the “ideal feminine woman” supposed to be like in our culture? (Not necessarily what YOU think a woman should be: what are the stereotypes/pressures?)**

**Q: What does the stereotypical feminine woman:**

**Look like?** *Body Image/ beauty (thin, big chested, beautiful, makeup)*

**Talk like?** *Attitude/Personality (sweet, gentle, kind, bubbly)*

**Act Like?** *Behaviors (gossip, caretaker, focused on fashion, housekeeper)*

**Do for fun?** *Interest/Hobbies (makeup, gossiping, shopping, painting nails, not athletic, “soft” sports, cheerleading)*

**Do for work?** *Jobs (low level, nurses, teachers, low pay, caring for others)*

**What kind of movies do they watch?**

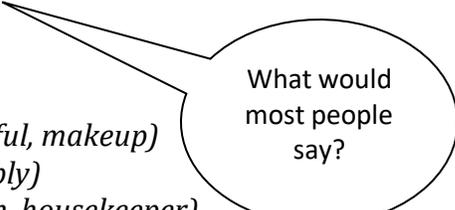
**What kind of car do they drive?**

**What are they like in a relationship?** *Relationships/Sexuality (monogamous, submissive, nurturer, heterosexual, innocent, virgin, sexy)*

**What feelings is a “real woman” supposed to have?** *(fear, sadness, low self-esteem, happiness, “mood swings”)*

**How do “real women” express their feelings?-** *(crying, screaming, hysteria, “emotional”)*

**What do you see portrayed in social media (instagram, snapchat, VSCO, etc.), fashion ads, commercials, etc?**



What would most people say?

## Outside box (to the sides):

**Words that someone may be called when they do not fit the stereotype of what a woman is “supposed to be” (Bitch, tomboy, slut, ho, whore, lesbian, thirsty, prude)**

**Q: What words do you hear people use to describe someone who is not “feminine”?**

**What things happen physically to people outside the box?** (Write these outside the box and around the box) Harassed, abused, ignored, raped, bad reputation

**What do these words do?** (Push someone back “in the box”, make them feel like they are not good enough)

**Beneath the box: What are some positive words to describe people who are outside of the box?**

**(Come back together to discuss impact of outside words)**