“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?
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 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?
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?

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)