

**Duration:** 30 minutes

**Type:** Reflective

**Number of participants:** 3-15

**Material:**

✦ 2 sheets of flip chart paper

✦ Markers

### GOALS:

- ▶ Teaching participants about the impact of gender expectations;
- ▶ Strengthening their ability to recognize gender-based violence and counter it.

### PREPARATION:

- ▶ Draw a big square in the middle of each sheet of paper.
- ▶ Write girls/women on one and boys/men on the other.
- ▶ Attach these sheets to the wall or the board.

### INSTRUCTIONS:

- ▶ First explain that they must name what is expected of a girl/woman.
- ▶ Write the answers inside the square drawn on the sheet.
- ▶ Do the same for a boy/man.

#### Question to help participants give answers at this stage:

- ▶ How are men and women different?
- ▶ What are society's expectations of a man/woman?
- ▶ What are the tasks most commonly associated with a man/woman?
- ▶ What emotions do men/women feel?
- ▶ How do men/women express their emotions?
- ▶ Next, ask participants what happens when a person doesn't match what is inside the square.
- ▶ Write the answers on the outside of the square on the right sheet, depending on if it concerns a girl/woman or boy/man.

**Questions to encourage discussion:**

- ▶ What do we call people who don't match society's expectations of a man/woman?
- ▶ What happens physically and emotionally to people who don't match what is inside the box?
- ▶ What is a man/woman like when he or she is different from what is inside the box?
- ▶ Lastly, let participants observe the final result.

**Ask these questions to fuel the reflection:**

- ▶ What can men or women do when they are outside the box?
- ▶ Should people change to match what is inside the box?
- ▶ Do you think these characteristics of men and women are realistic? Why or why not?
- ▶ Where do you think these ideas come from?
- ▶ How do these stereotypes limit your behaviours, your choices?

**Pedagogical Note:**

This activity can require a lot of concentration from participants. If the group is having trouble staying seated for a long time, an ice breaker in the middle of the activity can make the group more dynamic and keep participants focused.