

Module 3 – Handout

What is Sexism and How Does it Show up in My Life?

1. When has someone doubted your ability to do something because of your gender?
2. When has someone assumed you could do something because of your gender?
3. When have you felt excluded from a conversation, situation, process or decision because of your gender?
4. When have you felt shame or inadequacy because you didn't live up to expectations placed on you because of your gender?
5. When have you felt uncomfortable or physically intimidated by another person's body language, either because of their gender or your gender?

How do gender roles add to the problem of sexism?

What are the stereotypes in your family?

1. What roles do women and men take for holiday gatherings in your family?
2. Are there different expectations for men and women where you work?

God created each of us as beautiful, intelligent, loving human beings. God loves all of our bodies!!

1. What can we do to affirm each person and their body?
2. How can you go out of your way in the next week to affirm the goodness of all bodies, not just those that our culture already validates?
3. How can men act to end sexism that relates to women's bodies?

Recommended Watching:

The film, "Miss Representation" There is a study guide written by the ELCA that can be downloaded from ELCA.org

<http://search.elca.org/Pages/Results.aspx?k=Miss+Representation+>

