

## Gender Reinvented

*(Note: this program is better facilitated by two persons, one female and one male in order to both role model appropriate behavior and to allow for fuller, more inclusive participation.)*

### **Materials:**

Oranges, pantyhose, slips of paper, pens/pencils

### **Introduction:**

1. The purpose of this program is to question common misconceptions associated with the male and female gender. Throughout the program, students will have the opportunity to listen, understand, and reflect on the differences and similarities between men and women.
2. Participants should be encouraged to participate fully in order to get the most out of the experience, however, they do not have to participate in any part of the program they feel uncomfortable with.

### **Introduction Activity “Oranges and Pantyhose”**

**Purpose:** Have participants feel comfortable with each other and being vulnerable in the environment. With a sexual connotation, it will help in getting residents to think about gender, sexual activity, and social norms.

### **Procedure:**

1. Have the residents split into two teams (perhaps males vs. females). A long space will be needed. Split each team further so that half of the team is on one side of the room or space and the other half is on the other side of the room or space.
2. Demonstrate how to play:
  - a. With a pair of pantyhose and an orange, place the orange into one leg of the pantyhose.
  - b. Tie the pantyhose around your waist so that the orange dangles between your legs, just slightly above the ground.
  - c. On the floor is another orange. Using your hips and body (not your arms), swing the panty hose in order to hit the orange on the ground and move it across the floor.
3. Starting on one end, each team is to compete in a relay race. The first team member ties the panty hose and hits the ground orange until they reach the rest of their team members on the other end of the room. The pantyhose are then untied and given to the next team member who proceeds to hit the orange back to the other end. This continues until all team members have gone. The Team that finishes first wins.

### **Activity “Crossing the Line”**

**Purpose:** To help participants engage in expression of deep feelings and reflective listening surrounding issues of oppression.

1. Participants will feel empowered by the opportunity to express their deep feelings about oppression issues.
2. Participants will reflectively listen to other's feelings about oppression issues.
3. Participants will gain a better understanding of how oppression issues impact individuals in various ways.

**Procedure:**

1. Explain the goals of the exercise to the participants.
2. Explain the exercise
  - a. Participants begin by standing on one side of the "line" ( an imaginary or tape line drawn through the center of the room)
  - b. The facilitator will announce the name of a group (i.e. women or men)
  - c. Participants who self-identify as members of that group will cross the "line" and face the participants who did not cross the "line."
  - d. Participants who crossed the "line" will then be asked to complete the following statements, filling in the blanks:
    - "As a woman/man, one thing that I never want to see again is..."
    - "As a woman/man, one thing that I never want to hear again is..."
    - "As a woman/man, one thing that I never want to have done to me again is ..."
  - e. Participants who did not cross the "line" will need to listen very carefully to what each "line-crosser" is saying because after the "line-crossers" are finished these, participants will be reflecting back all of the "line-crosser's" statements. (i.e. "what I hear is that as a woman/man, one thing you never want to hear is...") Participants who did not cross the "line" must not talk except to actively reflect back what they heard. Additionally, they may not question any of the statements made by the "line-crossers."

**Processing:**

After the exercise is completed have participants sit in a circle. The facilitator(s) should ask question to help process the activity. Sample questions include:

- a. How did you feel while playing the game?
- b. Are there things you learned about the opposite sex?
- c. What are the things that males and females should be more conscious of?
- d. What are examples in college/society of things males and females are expected to do/know?
- e. Did you learn anything new?
  - About yourself?
  - About groups?
  - About assumptions/stereotypes?

*Facilitator Tips:*

*In order to facilitate this exercise the presenter(s) must have a strong working knowledge of oppression and of theories and models of oppression. The presenter(s) must also be comfortable with assisting persons in working through strong emotions such as sadness, anger, guilt and confusion.*

**Question and Answer Activity**

**Purpose:**

The purpose of this is to provide an anonymous way for residents to ask questions of the opposite sex.

**Procedure:**

1. Males and Females are in different groups facing one another. Each group may sit.
2. Each resident is provided with a couple of slips of paper and is asked to write a question that he or she has for the other gender. Each participant then balls his or her questions up.
3. At "go," all participants throw their balls of paper into the middle space between the two groups.
4. The facilitator then selects ball of paper at random and asks the question in the paper to the appropriate group. Each group is given sufficient time to answer. The facilitator works towards summarizing info. and opinions, distinguishing between the two.

**Closing Activity- "Pick Up Lines"**

Residents compete for prizes based on who has the best and worst pick up lines. The best pick up line would be a pickup line that would actually work in a situation. The worst pick up line is one that people find the most outrageous. Each participant takes turns saying the lines to volunteers. They are then judged by non-participants and prizes are given to each of the winners.