



teaching
sexual
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Grade 7

Learning Activity

Gender Roles & Social Influences

Learning Outcome

*W-7.12 Identify the effects of social influences on sexuality and gender roles and equity;
e.g., media, culture*





We all get messages about how we “should” look, act, or feel because of our gender.

These messages can affect:

- How we see ourselves
- How we act in friendships and relationships
- How comfortable we feel being ourselves

Part 1: Match the words to the definition

Gender Roles

A generalized idea about what women, men, girls, or boys are “supposed” to be like or do. These ideas can limit people and how they see themselves.

Gender

The behaviours and responsibilities that society says girls/women and boys/men “should” follow.

Gender Stereotype

The ideas, roles, and behaviours that society creates about being a woman, man, girl, boy. These expectations are learned from family, culture, and media, and they can change over time.

Stereotype

An idea about a group of people that might not be true for everyone, often these are negative.





Part 2: Write or draw your answers to the questions in the box

The Man Box

What does it mean to “act like a man”?

Think about how gender stereotypes might show up when someone is at school, with friends, in sports or activities, or when dating or having a crush.

How might people act differently in these situations because of gender expectations?





The Woman Box

What does it mean to “be ladylike”?

Think about how gender stereotypes might show up when someone is at school, with friends, in sports or activities, or when dating or having a crush.

How might people act differently in these situations because of gender expectations?





Part 3: Complete the chart

Gender stereotypes and expectations about relationships and sexuality can come from many places. We learn them from our family, friends, culture, religion and media - like TV, movies, music and social media.

In the chart below, write down what messages you might **see, hear or feel** from each source related to gender and expectations.

Source of message	What do you see, hear or feel?
Family	
Friends	
Culture or Religion	
Media (TV, movies, music, social media)	
Other:	
Other:	
Other:	





Part 4: Reflection questions

Think about the “Man Box” and “Woman Box” above. These ideas can be called “gender roles”. Have you ever felt like you didn’t fit into your gender role box? What happened and how did it make you feel?

What risks or consequences might someone face if they act outside of their gender role box? How might others react?

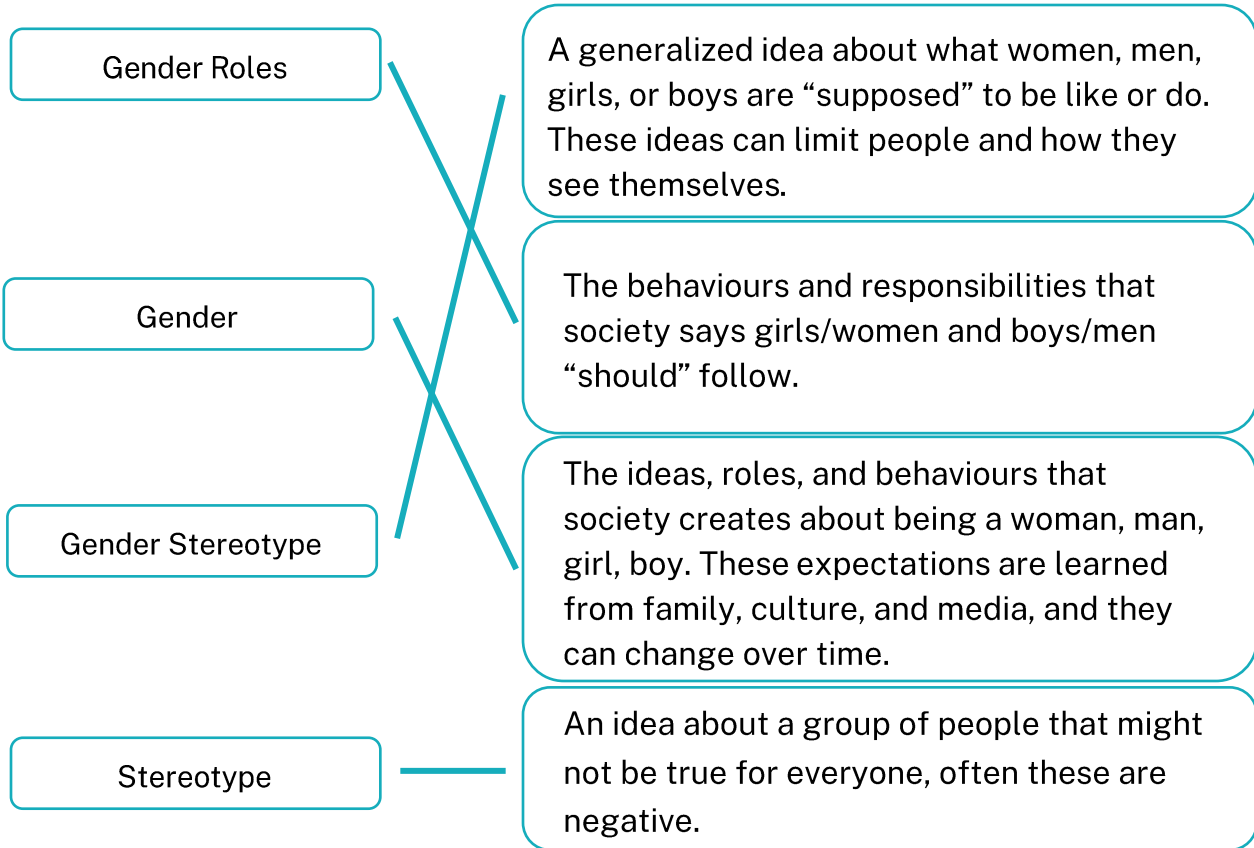
How can the gender role boxes affect someone’s choices, relationships or how they see themselves?

What’s one way you can support yourself or others to be free to be who they are?





Answer Key





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