



Step Outside the Box

See what life is like beyond the limits of traditional gender norms.

Tip



- Thinking about gender identity and presentation existing in the form of a cloud rather than on a spectrum can be helpful.
- This imagery removes the power from binary endpoints of male and female.

Debunking myths about gender

- Gender is not:**
- male or female
 - a set of pre-determined characteristics
- Gender is:**
- fluid, diverse, and constantly evolving
 - determined independently of society by an individual

Effects of harmful Gender Stereotypes

- 2 out of 3 transgender / gender non-conforming students are verbally harrassed in school 
- 2 out of 4 male students have a mental health disorder, and less than half of them will seek help. 

What influences the promotion of Harmful Gender Stereotypes

Adults using gendered language:

Teachers and parents using gendered language that pushes gender stereotypes on certain groups or ignores the use of a student or adolescent's chosen pronouns promotes the idea that limiting ones gender expression is ok. It also promotes the idea that adolescents exist in gender related categories and must act accordingly.

Bullying someone for the way he/she/they are dressed:

Student and adolescents who bully their peers who dress outside of the gender stereotype they see that person limits that person's expression and gives permission to other students to bully them as well.

How the program Step Outside the Box combats harmful gender stereotypes

Education

The program works with adolescents in an after school setting by educating the participants on the negative impacts of gender stereotypes, how they are in charge of their own definition of gender identity and expression, and how to respect others' definitions gender identity and expression.

Support Network

Through participation a support network of educated adolescents is built which can both support each other and, through example, promote lessons learned about respecting other's expressions of gender.

For more information about gender identity and expression or about the Step Outside the Box program please contact our program coordinator Zoe Muzyczka at zodem@outsidethebox.org