

THE GENDER EXPERIMENT

WORKSHEETS

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THE GENDER FORMULA

(EXPERIMENT #1.1)

AIM - TO UNDERSTAND GENDER

Steps to conduct the experiment

1. Take out the Gender Expression, Gender Identities and Biological Sex cut-out sheets from the kit.
Take a moment to go through the content.
2. You may come across some terms that are new. Look in the 'Encyclopedia of Genders' to get to know more about those terminologies.
3. Now that you know your terms, cut each of the item carefully and add it to the beaker.

The idea of this experiment was to create a basic understanding of what makes one's gender. Hence,
 $\text{EXPRESSION} + \text{IDENTITY} + \text{BIOLOGICAL SEX} = \text{GENDER}$

Note : Gender expression \neq Gender identity \neq Biological sex

If you have started to feel confused, don't worry! It means the experiment is working. What all questions are coming up for you? Some questions can be, who creates gender? Will gender always be the same for me? Will gender exist on Jupiter? Write down your doubts/questions/understandings/learnings here.

THE GENDER FORMULA

(EXPERIMENT #1.2)

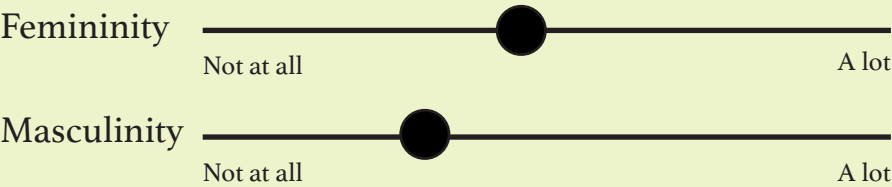
AIM - TO EXPLORE THE IDEAS OF MASCULINITY & FEMININITY

Have you come across the words masculinity and femininity? Masculinity is a set of attributes, behaviors, and roles stereotypically associated with men and boys, like strong, ambitious, independence etc. while femininity is a set of attributes, behaviors, and roles stereotypically associated with women and girls, like caring, nurturing, soft spoken etc. These ideas are often reinforced on us during our childhood by our caregivers, society, culture and we are often praised to display these traits in respect of our gender.

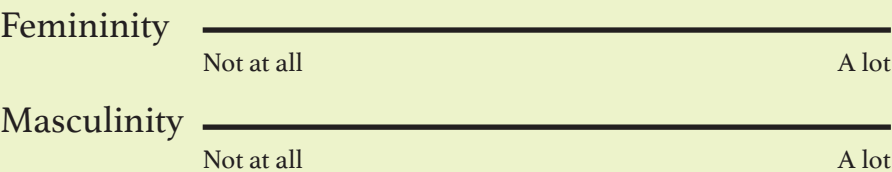
However, its very common and normal to have a mix of these traits in any gender. A man can be nurturing and caring while a woman can be ambitious and strong. None of these traits are better or worse than each other.

Choose two family members and two friends of different genders and observe the level of masculine and feminine traits they show. An example has been done for you.

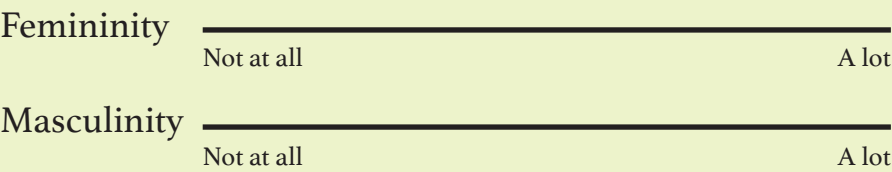
Example 1



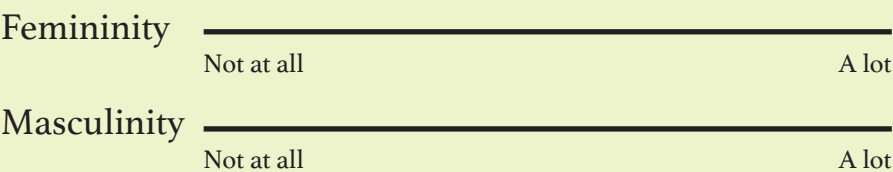
Family member 1



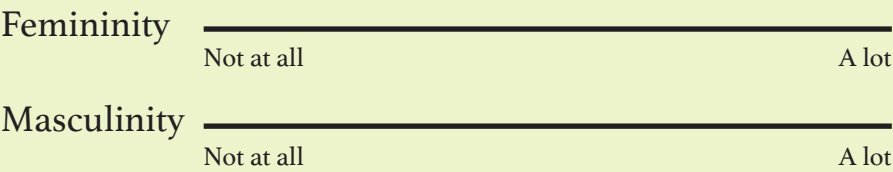
Family member 2



Friend 1



Friend 2



REACTION AND RELATION

(EXPERIMENT #2)

AIM - TO REFLECT ON YOURSELF

How would you feel if someone sees you as a girl or a woman?

How would you feel if someone sees you as a boy or a man?

How would you feel if someone sees you other than a boy or a girl?

Go through the following experiences of people and underline the parts that you relate to.

My whole life I felt like something just wasn't right. Sometimes I would look in the mirror and feel like I was looking at someone else. Like it wasn't me. The person I saw in the mirror and the person I felt I was were not the same.

I love to be surprising: I make sure that people know that even though they see me as a girl, I love sports. Or, if they think I'm a "tomboy," that I also have a huge number of dresses.

As a child it never really crossed my mind that I was transgender. I seemed to like all the same things that the other boys liked. I liked sports and I liked girls. It was not until high school that I started to think that my experience was different. It is hard to describe how I felt or why I felt that way but I just did not feel like a guy. When I say that I am a woman it feels right. I feel like I have always been a woman and not much has really changed. I still like sports and I still like girls.

I never really felt like a boy, but I never really felt like a girl either. I just wish I could move somewhere that gender doesn't exist and be me—not a boy or a girl.

Kids at school always make fun of me for acting “like a girl.” The truth is, I do kind of feel more like a girl than a boy. But it's hard to say that.

I'm a total boy and that's just me. But I also really like that I was raised a girl when I was younger. I think it made me better able to understand different perspectives.

I always hated dresses. I hated dolls. I hated Barbies. I preferred playing with all my brother's toys and never touched my own. As a kid my mom would always say I was a tomboy and tell my dad that I would outgrow it.

I never did. There never came a time when I wanted to wear a dress or paint my nails. I never really cared or thought about whether I was a girl or a boy until I was around twelve years old. My body started to change and I did not like it. It felt wrong, like something was happening that I could not control. Something I did not want.

Compile the experiences that you related to and write down here.

Did it cover everything that you experience? What all did it miss?

What did you learn about yourself?

BUILD YOURSELF

(EXPERIMENT #3)

AIM - TO START TO KNOW YOUR GENDER

Now that you've done some experiments, let's see how would you define yourself. Make a collage of yourself. You may include how you express and identify yourself. You can use photographs from newspapers, magazines, old books or you can sketch. Use the next page to do so.

THE FINAL EXPERIMENT

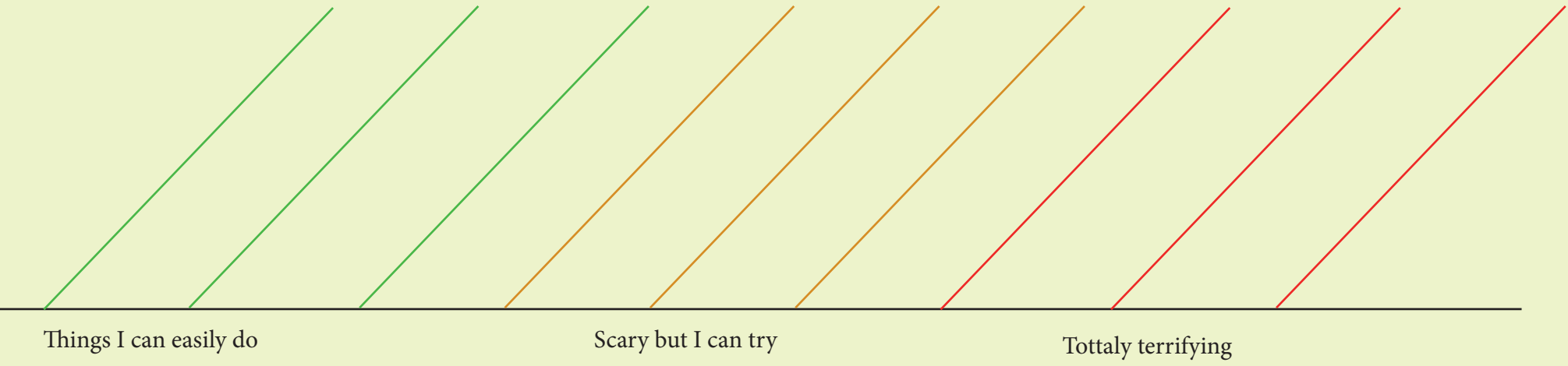
(EXPERIMENT #4)

AIM - TO KNOW THAT GENDER IS FLUID

We have reached at the final stage of our experiment. It is now your call how you want to experiment with your own gender. But first, we need to do a bit of planning.

Come up with a range of experiments that you would like to do and arrange those from the most scariest to least scariest on the next page.

You don't have to do any of the experiments. We just want you to know that there are infinite ways in which you can express yourself.



Now that you have identified which experiment you will do, let's get into the details of it. This is to make sure that you are safe while conducting your experiment. You can conduct as many experiments as you wish!

Questions	Example 1	Example 2
What will your experiment be?	Try out wearing lipstick	Wear a man's shirt and try walking in a masculine way
What materials or information will you require?	A lipstick	A shirt
How will you get them?	I can get it from my mother	I can buy it online
In which scenario will you conduct this experiment?	When my parents are not at home. I'll do it in my room.	I can conduct this anywhere in the house
Will someone accompany you?	No.	My best friend whom I trust, She will not share this with anybody
For how long will the experiment go on for?	10 - 20 minutes	A whole day
What are some safety measures you need to consider? This is for you to feel comfortable.	No one should be at home and I need to do it where no one can see.	Just to let my best friend know that this will be secret for the time being

Questions	Experiment 1	Experiment 2	Experiment 3	Experiment 4
What will your experiment be?				
What materials or information will you require?				
How will you get them?				
In which scenario will you conduct this experiment?				
Will someone accompany you?				
For how long will the experiment go on for?				
What are some safety measures you need to consider? This is for you to feel comfortable.				

THE RESULT

Tell us how it went!

How was the experience? What all emotions you went through?

Will you do anything differently?

Anything else that you would like to add?