

GENDER STEREOTYPES

5th Grade Sexual Health Lesson

What questions will this lesson answer?

1. What are gender stereotypes?
2. How do gender stereotypes hurt us?
3. How do gender stereotypes change?

What are gender stereotypes?

Stereotypes are beliefs about a group of people that are too simple and not always true.

Gender stereotypes are beliefs about the ways people should feel, think, dress and act based on their gender.

Examples of Gender Stereotypes

Stereotypes about boys are that they:

- Feel confident
- Act aggressively

Stereotypes about girls are that they:

- Feel sensitive
- Act politely

Are gender stereotypes true?

Gender stereotypes might be true sometimes for some people. But they're not true all the time for all people.

People of all genders feel every emotion.

People of all genders think, dress, and act in lots of ways.

Boys and Girls on Stereotypes



Activity

In what ways do people learn gender stereotypes?

As you answer this question, think about messages about boys and girls in movies, clothes, toys, and things people say and do.

How do gender stereotypes hurt us?

Gender stereotypes have made people feel bad about feeling, thinking, dressing, and acting in ways don't match stereotypes.

Gender stereotypes have made people feel like it's OK to treat people badly if they don't feel, think, dress or act in ways that match stereotypes.

Gender Roles and Stereotypes



How do gender stereotypes change?

We can notice when we think, see or hear a gender stereotype.

We can think about who the stereotype might hurt.

We can talk about the stereotype.

We can feel, think, dress and act in ways that support people being themselves.

Activity 2

Write about a person who does not limit their feelings, thoughts, or choices based on gender stereotypes.

This person could be a man who shows confidence as well as fear and empathy. Or a woman who shows kindness as well as ambition and intelligence.

Credits

“Boys and Girls on Stereotypes” video from New York Magazine

“Gender Roles and Stereotypes” video from amaze.org