



## DE GENDER MIXER

<b>Introductie</b>	Een workshop over wat het betekent om een 'man' of een 'vrouw' te zijn in onze samenleving. In deze workshop maken deelnemers kennis met het begrip gender aan de hand van verschillende werkvormen zoals het dilemma spel, de hokjesgeest-oefening, mindmapping en bovenal wordt er veel gediscussieerd. Daarnaast wordt in deze workshop ook uitleg gegeven over stereotypering en de invloed ervan op onze identiteit en gedrag in de samenleving.						
<b>Doel</b>	Respect en acceptatie naar anderen en jezelf en het verwijderen van (voor)oordelen						
<b>Relatie met het competentie-raamwerk</b> <a href="#">INTRODUCTION TO THE VITALITY COMPETENCE FRAMEWORK copy (vitalityforthefuture.eu)</a>	Bereidheid en empathie om met verschillende cliënten/patiënten te werken						
<b>Dimensies (bekijk de dimensies en de gerelateerde aspecten hieronder)</b> <input type="checkbox"/> Lichaamsfuncties <input type="checkbox"/> Mentaal welbevinden <input type="checkbox"/> Zingeving <input checked="" type="checkbox"/> <b>Kwaliteit van leven</b> <input type="checkbox"/> Meedoen <input type="checkbox"/> Dagelijks functioneren							
<b>Materialen</b>	Verplaats voor deze workshop de tafels naar de zijkant van de kamer en plaats de stoelen in een cirkel  <i>Materiaal</i> <ul style="list-style-type: none"><li>• PowerPoint presentatie The Gender Blender , met alle instructies voor de workshop docent</li><li>• Projector/ Digibord /WIFI verbinding /Laptop / iPad</li><li>• Whiteboard markers</li><li>• Pennen</li><li>• Wasknijper (1 voor elke deelnemer)</li></ul>						
<b>Inhoud</b>	<i>Tijdsbeheer</i> <table border="1"><thead><tr><th>Tijd</th><th>Format</th><th>Materiaal</th></tr></thead><tbody><tr><td>5 min</td><td>Opening</td><td>- PowerPoint</td></tr></tbody></table>	Tijd	Format	Materiaal	5 min	Opening	- PowerPoint
Tijd	Format	Materiaal					
5 min	Opening	- PowerPoint					





	<b>10 min</b>	Dilemmaspel	- i.e., background music during entrance - PowerPoint
	<b>25 min</b>	Vakken oefening	- Video Pink or Blue - PowerPoint - Mentimeter - Whiteboard markers
	<b>10 min</b>	Pauze	
	<b>20 min</b>	Gender rollen	- PowerPoint - Whiteboard markers - Video "Exposed"
	<b>15 min</b>	Discussievragen	- PowerPoint
	<b>5 min</b>	Evaluatie / samenvatting	- PowerPoint
<b>Soort activiteit</b>	Power point presentatie en discussie		
<b>Duur</b>	90 minuten		
<b>Leeruitkomst</b>	Bewustwording		





Dimensie/aspect							
Lichaamsfuncties	Je gezond voelen	Fitheid	Klachten en pijn	Slaap	Eten	Conditie	Bewegen
Mentaal welbevinden	Onthouden	Concentreren	Communiceren	Vrolijk zijn	Jezelf accepteren	Omgaan met verandering	Gevoel van controle
Kwaliteit van leven	Genieten	Gelukkig zijn	Balans	Je veilig voelen	Hoe je woont	Rondkomen met je geld	Lekker in je vel zitten
Meedoen	Sociale contacten	Serius genomen worden	Samen leuke dingen doen	Erbij horen	Zinnvolle dingen doen	Steun van anderen	Interesse in de maatschappij
Dagelijks functioneren	Zorgen voor jezelf	Je grenzen kennen	Kennis van gezondheid	Omgaan met tijd	Omgaan met geld	Kunnen werken	Hulp kunnen vragen
Zingeving	Zinvol leven	Levenslust	Idealen willen bereiken	Vertrouwen hebben	Accepteren	Dankbaarheid	Blijven leren





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# #THE GENDER BLENDER

A workshop on what it means to be a 'man' or a  
'woman' in our society.

With thanks to Up to Us  
<https://uptous.nl>

up to us



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## Rules

- Respect each other's opinions
- Do not judge each other
- Let each other finish talking
- Set your own limits
- What is said in the group stays in the group
- Do not mention names of people at school
  
- Anything else you want to add?





## PROGRAM

- Dilemma-game
- Boxes exercise
- Break
- Gender roles
- Discussion
- Evaluation/wrap-up





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# DILEMMA-GAME



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COMPUTER

PHONE



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**INSTAGRAM**

**SNAPCHAT**



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**LEARNING**

**WORKING**



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THEA

COFFEE



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**PART-TIME**

**FULL-TIME**



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**PINK**

**BLUE**



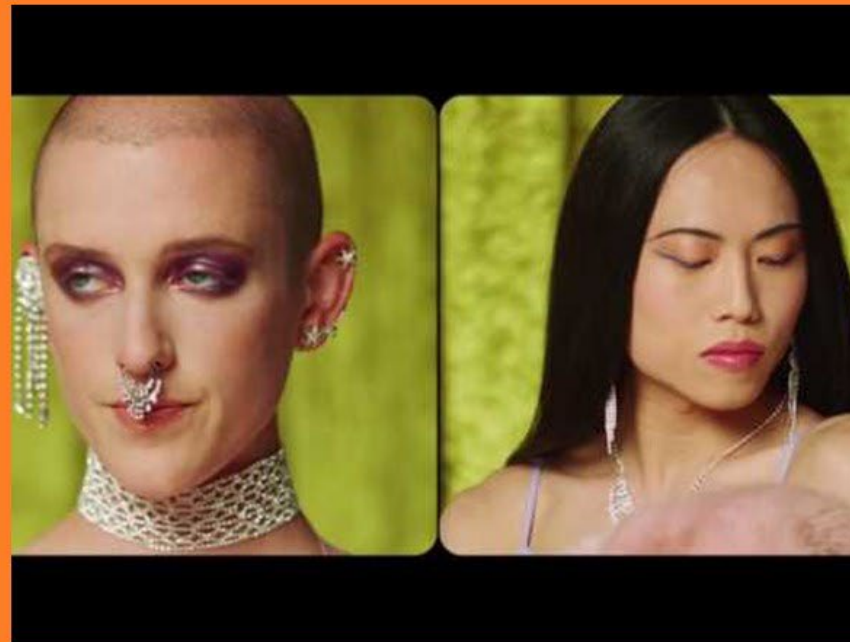
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## VIDEO





## STEREOTYPES

- Go to [www.menti.com](http://www.menti.com)
  - Enter the code
  - Answer the questions
  - What is stereotyping?
  - What is the cause of stereotyping?
- ▶ An exaggerated image of a group of people based on one characteristic (skin colour, age, gender, appearance, religion)
  - ▶ Often does not (fully) correspond to reality
  - ▶ Often a prejudice or negative mindset
  - ▶ Can lead to discrimination





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# *WHAT IS A MAN ? WHAT IS A WOMAN?*

THINK ABOUT LOOKS, BEHAVIOUR, FEELINGS, PROFESSION,  
SPORTS, HOBBIES, WAYS...



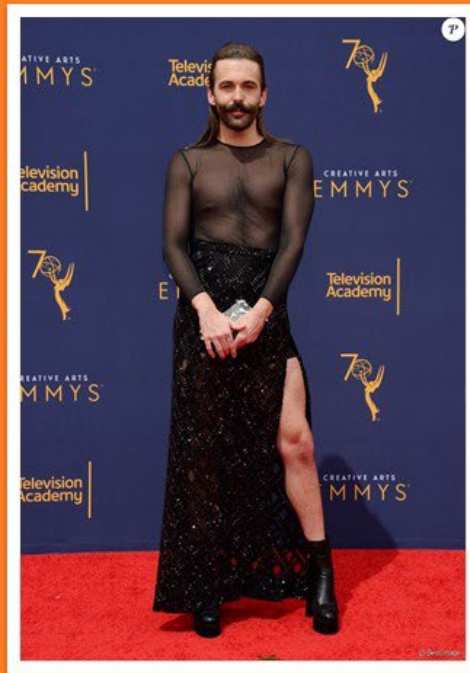
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## MAN / WOMAN ?





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# BREAK

TIME TO CATCH UP, GET COFFEE, GET SOME AIR  
SEE YOU IN 10 MINUTES



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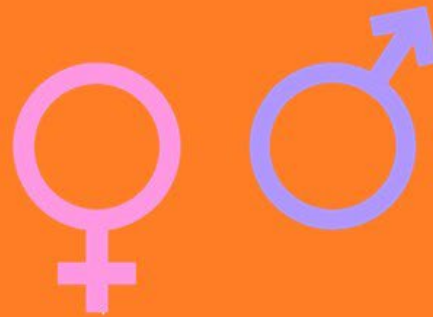
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# ***GENDER***



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## DIFFERENCE BETWEEN SEX / GENDER

### Biological sex (gender)

- Determined at birth
- Physical: characteristics of your body
- What doctors see when you are just born

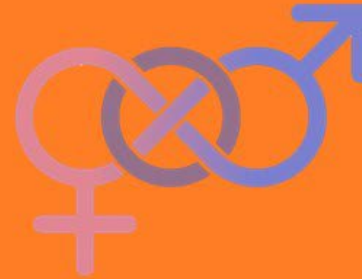
### Gender

- ▶ Learned and determined by society
- ▶ Mental: how you feel





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# ***GENDER-ROLES***

***VIEWS IN SOCIETY ABOUT HOW MEN  
AND WOMEN SHOULD BE AND WHAT  
THEY SHOULD DO***



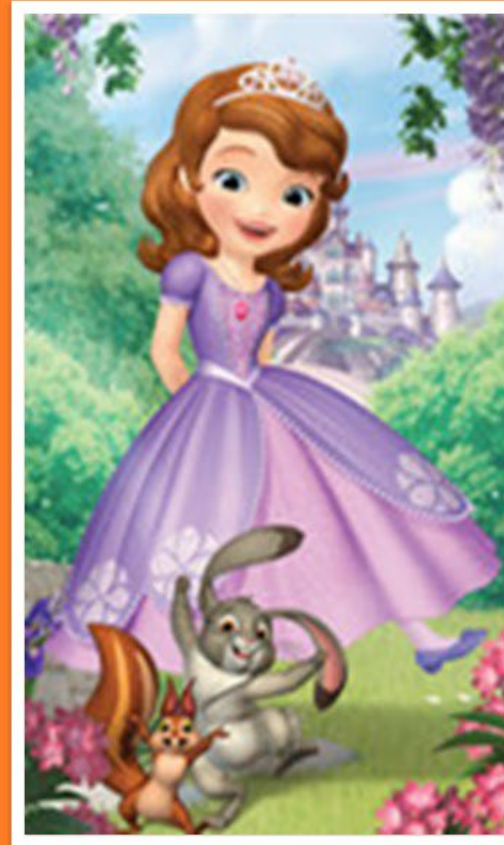
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## EXPOSED





## TWO TYPES OF SOCIETY

### Individualism

- Individual interest first
- Core family central
- "I" important
- You are allowed to be who you want to be (self-interest first)

### Collectivism

- Group interest first
- Family central (incl. uncles/aunts, cousins/cousins)
- "WE" important
- Transgression = shame for yourself and the group
- You should do what is expected of you





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# WHAT DO YOU THINK?



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**WHAT IS THE DIFFERENCE  
BETWEEN SEX AND GENDER?**





**HOW DO WE CALL SOMEONE  
THAT IDENTIFIES WITH A  
GENDER THAN ITS NATURALLY  
BORN SEX?**





**WHAT ARE YOUR OPINIONS ON  
GENDER NEUTRAL  
BATHROOMS?**





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**WHAT ARE YOUR OPINIONS ON  
GENDER NEURAL BABY/CHILD  
CLOTHING?**



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WHAT DO YOU THINK OF THE  
OPTIONS (m/f/x)?





## EVALUATION

We would like to hear your thoughts on  
this workshop!

Do you have any tips or tops?





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# ARE THERE ANY QUESTIONS?

THANK YOU FOR YOUR ATTENTION AND SEE YOU AT  
UP TO US Groningen Netherlands a place for youngsters to meet and talk about all kinds of questions of life



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