



Hello!

Thank you for your recent participation in the HiTOPS Advanced Sexual Orientation, Gender Identity & Expression (SOGIE 2) workshop. I know we covered a lot of material in a short amount of time, and that you may still have questions and/or want additional resources to help you be an affirming person and continue your learning. This guide provides an overview of the workshop topics, as well as resources.

Below is a brief review of the identity constructs presented at the SOGIE training.

Sexual orientation: A person's sexual, emotional, physical, and psychological attraction to other people. Sexual orientation does NOT revolve solely around sexual relationships. Examples include same gender attraction (e.g., lesbian, gay), opposite-gender attraction (e.g., straight), and attraction to other genders (e.g., pansexual, bisexual).

Gender identity: A person's sense of their gender, or how a person feels on the inside, regardless of what their body looks like. Examples include transgender, gender non-conforming, non-binary, cisgender male, and cisgender female.

Gender expression: The ways in which people communicate their gender to others. This may include, for example, clothing choice, hairstyle, vocal pitch, and walking gait.

Gender Roles and Stereotypes

What are gender roles? Gender roles in society relate to how we're expected to act, speak, dress, groom, and conduct ourselves based upon our assigned sex. These expectations are communicated to us through history, the media, our family and friends, religious institutions, and schools. Perpetuation of gender role expectations can be harmful for those who don't conform to the 'traditional roles' of society and it may cause people to feel isolated or unaccepted.

What are stereotypes? Stereotypes are widely held but fixed and oversimplified images or ideas of a particular type of person or thing. To put it simply, stereotypes are the idea that everyone within a certain group shares the same characteristics. It is important to identify stereotypes we hold. When you find yourself filling in the gaps about a person, stop and ask yourself, "Is this true, or am I assuming it based on experiences with other people who look like them?"

GENDER ROLES & STEREOTYPES RESOURCES

Reading to enhance your understanding:

[What are gender roles and stereotypes?](#)

[Combatting Gender Stereotypes and Sexism](#)

[6 Everyday Ways to Bust Gender Stereotypes](#)

[Well-Behaved Women Seldom Make History—An Introduction to Stereotyping](#)

[How to Challenge Gender Discrimination](#)

[Understanding Socialization](#)

[How to Unlearn](#)

[Un-doing Bias: Self-regulation Strategies for Unlearning Bias](#)

[Gender Stereotypes in Childhood: What’s the Harm?](#)

Video:

[Amaze.org Gender Roles and Stereotypes](#)

[Implicit Bias](#)

[Breaking Bias](#)

You are not alone on this journey! Please feel free to reach out at any point with questions, comments, and concerns!

It was a pleasure seeing you for our workshop and I look forward to our continued collaboration and conversation!

Sincerely,

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