

REFLECTIVE GUIDE ON GENDER-CREATIVE PARENTING



Personal Reflection

- What is your personal definition of gender?
- How do you personally identify your gender?
- In what ways does your gender identity impact or limit your activities and opportunities?

Gender in Society and Culture

- How is gender portrayed in the media you consume?
- How does your culture interpret gender, and in what ways does this differ from other cultural understandings?
- What role does education play in shaping our understanding of gender?

Gender Norms and Stereotypes

- Who is a public figure or celebrity known for challenging traditional gender definitions?
- Which gender stereotypes do you find most troubling?
- What is a stereotype about your gender that you do not conform to?

Everyday Observations

- How does gender show up in the language we use?
- Can you identify an everyday item that is typically gendered?
- What is a routine task or activity that is often associated with a specific gender?

Thoughts and Intentions

Reflect on the questions provided. Notice your reactions: What surprised you? What upset you? What changes are you inspired to make? Use these insights to write a letter of intention, either to yourself or your child, outlining your commitment to gender-creative parenting. This letter should serve as both a personal pledge and a practical plan for fostering a more inclusive environment.