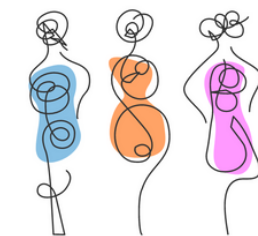


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Our gender experience

Reflecting on the role gender has played in our lives.

Inspired by “Lenti di Genere”, a workshop conducted by Silvia Stefani during a series of meetings promoted by the Collettivo Manicure of Sassuolo (MO).



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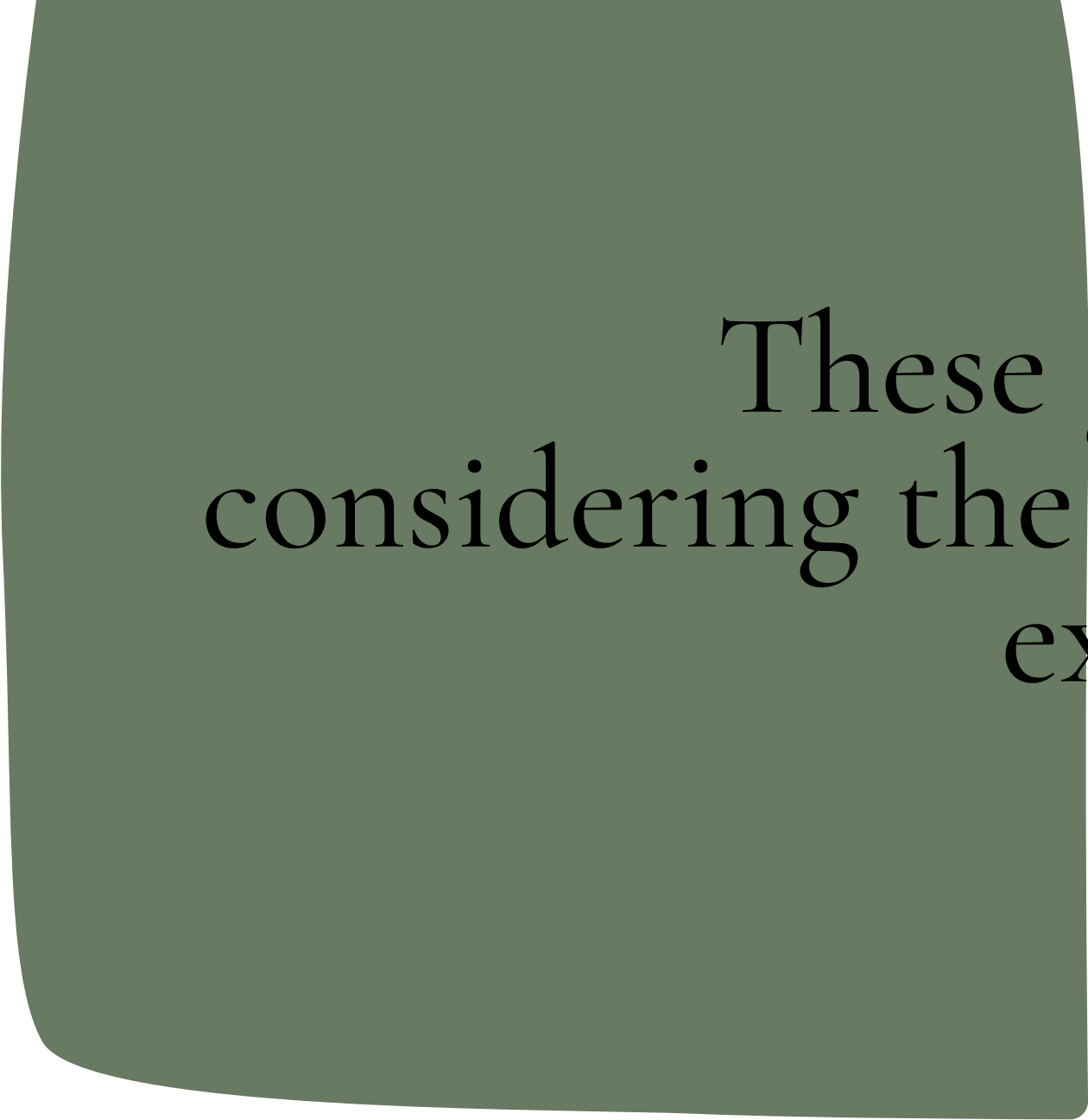
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THE LENSES OF GENDER

To reflect on our gender experiences, we need to wear a particular pair of glasses: the gender lenses.

The Lenses of Gender

A concept that first appeared in the book *The Lenses of Gender* by Sandra Bem (1993).



These glasses allow us to see the world considering the gender factor: how and to what extent does it influence our lives?

Examples:

Why did I always have to wear a skirt as a girl, even if it wasn't comfortable and I wanted to wear pants?

Are we sure that all girls like dolls, or is there a social mandate behind it?

Do we really think that man not crying nor expressing their emotions is something natural and not a socially induced behavior?



How to lead the workshop



Safe space

This is a space where all participants feel respected, valued, and free to express themselves without fear of judgment, discrimination, or harassment. Everything you say here will stay in here.



Non-judgment

Participants can share their thoughts and experiences without fear of being criticized or mocked. There is no type of judgment, neither positive nor negative, on your thoughts and experiences.



Reflexivity

It is the practice of critically examining one's own experiences and beliefs and considering them from different perspectives. It involves self-awareness and openness to new insights, fostering deeper understanding and personal growth.

Workshop steps



Reading of a text

Everybody seats in a circle, and the facilitator reads a text where the participants can recall some gender facts.



Reflecting on our gender experience

You can use a relaxing music playlist to set the mood. Everybody takes their time to think about each question and write down their thoughts. It is better to go through one question at a time.



Sharing

Everybody puts their paper into a bowl, and in turns, everyone picks up a paper and reads it out loud. This is a very vulnerable moment, so it's crucial to maintain a non-judgmental and respectful attitude. This will create a secure and open-minded environment. It is better to go through the sharing fase after each question has been worked on.

TEXT

from *C'è ancora domani*

Commendatore: *So, boy, take a good look at how it's done because you've got to have a steady hand. Come on, Delia, show him.*

Delia: *So, this umbrella had a broken rib, and we changed it. You take the canopy, put the rib in here, and then tuck the tips in, one by one. See? It's easy.*

Boy: *[no reaction, looking lost]*

Delia: *See?*

Boy: *[no reaction, looking lost]*

Delia: *Do you understand me when I speak?*

Boy: *What's the rib and the tips?*

Delia: *Oh, that's just great!*

Commendatore: *oh, come on, Delia, help him out!*

Delia: *oh right, now it's my fault, of course.*

Commendatore: *[leaves]*

Delia: *Come on, kid, wise up!*



Boy: *Hey, I'm here to learn. I wouldn't be earning 40 lire if I had known the craft already.*

Delia: *What do you mean, 40 lire?*

Commendatore: *may I have a word? I've been working here for three years. I came to work even under bombings. Why does this guy earn more than me on his first day?*

Commendatore: *he's a man, c'mon.*

Childhood

Can you recall a time in your childhood when you were treated differently because of your assigned gender or when your assigned gender made you feel uncomfortable?

Can you think back to a specific moment when you felt pressured to conform to gender norms? How did that experience make you feel, and how did it influence your behavior or self-perception?



Examples

Were there any hobbies or activities you wanted to pursue but felt discouraged from because of your gender?

Have you ever been given specific household chores or responsibilities that your siblings of a different gender were not assigned?

Adolescence

Can you recall a time in your adolescence when you were treated differently because of your assigned gender or when your assigned gender made you feel uncomfortable?

Can you think back to a specific moment when you felt pressured to conform to gender norms? How did that experience make you feel, and how did it influence your behavior or self-perception?

Examples

Were you ever told that certain clothes were inappropriate for your gender?

Have you ever felt scared about attending a party where all the guests were of the opposite gender?



Adulthood

Can you recall a time in your adulthood when you were treated differently because of your assigned gender or when your assigned gender made you feel uncomfortable?

Can you think back to a specific moment when you felt pressured to conform to gender norms? How did that experience make you feel, and how did it influence your behavior or self-perception?



Examples

Have you ever been expected to take on the primary caregiver role for children or household responsibilities?

Have you ever been asked about your relationship and personal life goals during a job interview?

Sharing

Put your papers into a bowl

Fold your paper, stand up, and put it in the circle's center.

Reading the papers

As we take turns picking up a paper and reading it aloud, let's remember the importance of a respectful attitude. This is a moment of vulnerability, and our respect can make all the difference. Let's ensure that our words and actions are always respectful and considerate.

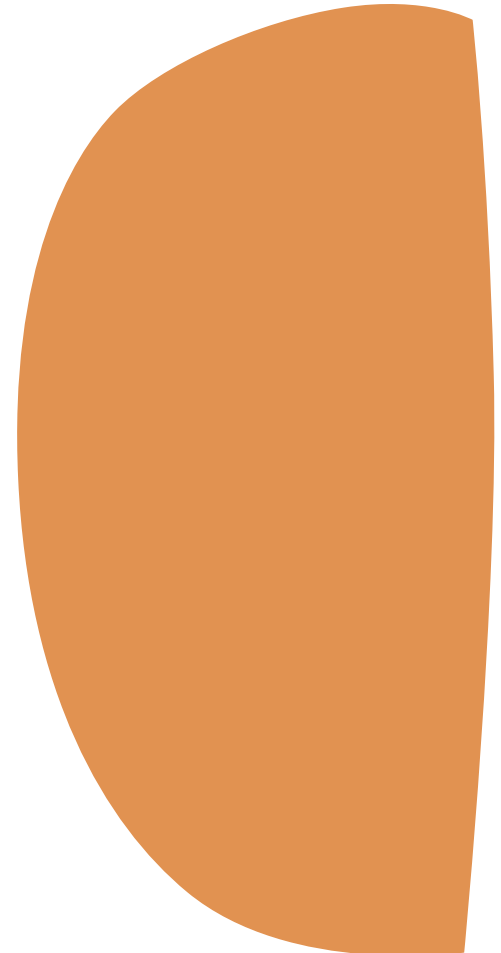
Thoughts

How have you felt looking at your experiences from a different point of view?

Have you resonated with anyone else's experiences?

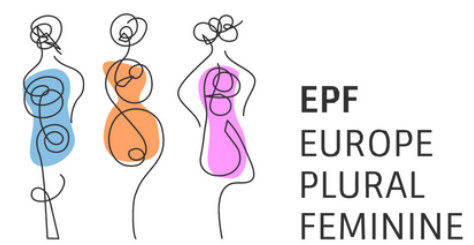


Thank you!



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