

Guided Questions for the "Stepping Outside the Box" Activity:

Reflection on Stereotypes:

- How have stereotypes about girls and women influenced your perceptions and experiences?
- Can you recall a time when you felt constrained or limited by gender stereotypes? How did it affect your behavior or choices?

Exploring Internalised Messages:

- What messages have you internalised about how girls and women should behave, look, or think?
- How do these internalized messages impact your self-image, confidence and aspirations?

Breaking Free from the Box:

- What strategies have you used to challenge or resist societal expectations and norms related to gender?
- Can you share an example of a time when you intentionally stepped outside the box and defied gender norms? What was the outcome?

Empowering Others:

- How can we support and empower each other to break free from gender stereotypes and limitations?
- What actions can we take individually and collectively to create more inclusive and equitable environments for girls and women?

Imagining Possibilities:

- What would a world without gender-based limitations or expectations look like to you?
- How can we envision and work towards a future where individuals are free to express themselves authentically, regardless of gender stereotypes?

Learning from Role Models:

- Who are some role models who have inspired you to challenge gender norms and stereotypes?
- How can we amplify the voices and stories of individuals who are breaking barriers and reshaping societal perceptions of gender?

Action Planning Prompts

Creating Resilience:

- How do you maintain resilience and self-confidence in the face of societal pressure to conform to gender norms?
- What strategies can we develop to support each other in navigating and overcoming obstacles related to gender expectations?

Taking Action:

- What steps can we take as individuals and as a community to promote gender equity and challenge gender-based limitations?
- How can we leverage our collective efforts to create meaningful change and build a more inclusive society for all genders?

Community Mapping

