

Module 4 - My Mindful Future Self

Gender Stereotypes

In Module 3 you learnt about:

- What peer pressure is
- How to deal with peer pressure
- Understanding the types of abuse that can happen in relationships
- Being able to identify what emotional abuse, online/bullying, physical and sexual violence can look like
- Red flags to look out for in relationships

What are Gender Stereotypes?

In society, we're introduced to the idea of genders playing specific roles, different dreams and interests. However, these stereotypes were made up and have since started to be challenged more and more within society. Some cultures still do have engrained beliefs in what role a gender should play in society and relationships.

When we reflect on what gender stereotypes are, they're essentially any assumption you or society believes is the only way a person with that particular gender should act and think.

Examples of Gender Stereotypes:

Women should cook and clean in the house

Dresses and skirts are only for females to wear

Men should value sex over intimacy

Men should hold all power within the relationship

"Boys dont cry"

Men use violence and aggression to solve problems

Women can only wear pink

Women are really emotional

"Boys will be boys"

Your social media algorithm

It's important to reflect on the fact that your social media algorithm can also use methods to analyse what your preferences, values and opinions are –if you're to watch a video once, you'll continue to receive similar until you disengage. These videos can start to influence your views and opinions due to possibly idolising the person you're watching on social media.

It can be harmful when these messages of unhealthy ideas of gender stereotyping and what roles and identities genders should play as it can effect the way you respect and interact with other genders.



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Module 4

My Mindful Future Self - Glossary

Intimacy

Intimacy means having a deep, close connection with someone, which can be emotional, physical, or romantic. It's about feeling safe to share your thoughts and feelings with someone you trust, and them sharing theirs with you.

Sex

Sex is a physical act that should always be consensual.

Respectful sex

Respectful sex means everyone involved agrees to it, while also communicating openly, not causing harm, and making each other feel safe and respected.

Safe sex

Safe sex involves more than just choosing the right protection and contraception, it involves consent, safety, boundaries, communication.

Porn

Porn refers to explicit sexual media created to arouse viewers. It involves a production team and performers hired to act out sexual fantasies.

Sexting

Taking naked or partly naked photos, videos of yourself or explicit texts and sharing them online or through your mobile phone. You might refer to the photos as "nudes". Sexting also includes receiving, forwarding, or posting videos/photos online or through mobile phones.

Values

Values are personal beliefs that guide an individual's behaviour and decisions, shaping their attitudes and actions in life.

Boundaries

Boundaries are personal limits or rules that individuals establish to protect their physical, emotional, and mental well-being in relationships and interactions with others.

Gender stereotypes

Gender stereotypes are oversimplified or generalised beliefs about the characteristics, roles, and behaviours that are typically associated with individuals based on their gender.

Image-based abuse

Sometimes, the person you think you can trust with your images/videos can share these on with other people without your consent. This is illegal.



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