

Changing Political Masculinities



A Program of the National
Democratic Institute

TOOL B1: GENDER AND ME

AIM

By the end of the session, participants will have:

- Shared and reflected on important influences that have shaped our understandings and experiences of masculinity and femininity growing up
- Agreed on a common understanding of the terms “masculinity” and “masculinities”



Gender Journey

- In this experience, what did you learn about the meaning of being a boy/man or girl/woman? Where was the learning coming from? Who was teaching you about gender?
- What did you learn about gender differences between boys/men and girls/women (in terms of roles, responsibilities, opportunities, rights)? How did this feel at the time?
- What did you learn about gender inequalities between boys/men and girls/women (in terms of opportunities, rights, access to resources, levels of power)? How did this feel at the time?
- Looking back, what do you feel now about your Gender Journey and what you learned about gender growing up?