

Our Whole Lives
Older Elementary Group
Workshop 1, October 21, 2018
Taking It Home... #1

Topics in Class Today:

1. Honoring our likes and dislikes, and respecting others when we differ
2. Beginning to explore gender, stereotypes around gender, and what we think of those stereotypes
3. Exploring friendships, how friendships can sometimes be complicated, and what each of us values in a friend

Words from Workshop 1:

- Values: Strongly held beliefs about what is valuable, important, or acceptable.
- Gender: A person's feeling or sense, in their mind or heart, of whether they are a boy or girl, a man or a woman, a combination of both, or neither.
- Stereotype: A characteristic that someone believes is true of a group of people, lumping the group together instead of seeing them as individuals.
- Prejudice: Making decisions about a person or group of people before we meet them or get to know them. The word comes from "pre-judge."
- Social Power: The influence that some people have over their friends or others to encourage them to do things, even things that might hurt or embarrass someone else. Social power may also encourage people to do things that are kind and helpful.

Use the prompts below to extend the conversation the children began in class and open communication between parents and children about your family values. We encourage parents to listen to what your child has to say and ask questions that help them think through behaviors and feelings. This helps them hone their own judgement, and prepares them to draw on their values to manage situations and decisions when you are not with them.

1. Take turns completing the following statements:

- The part of my personality I like the best is...
- Something that I do well or makes me unique is...

2. Discuss the following questions together:

- Do you use the internet? What for? How often? Where do you use it?
- If so, what sites do you go to for fun or socializing?
- Which devices do you use to go online (computer, tablet, phone)?
- What kinds of messages do you see about gender, stereotypes, and prejudice when you are online?
- Do those messages shape how you might act with someone or how you think you should act?

The next time we meet is **Sunday, November 11th at 1:00pm**. We will discuss gender in more depth, imagining what life is like for people with different gender identities and expressions, and thinking about how they might handle transphobia. Our discussion will affirm all gender identities and expressions.