The way that we think about ‘men’ and ‘women’ shapes our expectations of ourselves, our partners, and men and women in general. What did you learn to expect of men and women growing up? What did you feel was expected of you as a man. You can include everything from toys and appearance to actions and professions.

Women Box

Should Not / Do Not

Should / Do

STEREOTYPES & EXPECTATIONS

Man Box

Should Not / Do Not

Should / Do

Which of these stereotypes do you agree with?

Which of these stereotypes do you disagree with?

How have these stereotypes impacted your life and relationships?

What impact do these stereotypes have on our ability to create equal and respectful relationships?