

Box 2-1. Gender Self-Reflection Worksheet for Teachers

1. What is my gender? _____
2. Which pronouns do I prefer? _____
3. What obstacles or limitations have I faced due to either my gender identity, gender expression, or how others perceive my gender?

4. In what ways do I express my gender with my voice?

5. What are some of the things that I notice about a person that lead me to make assumptions about their gender (whether intentionally or not)?

6. What judgments do I have about gender? (Try to be honest, without self-judgement for having judgments.)

7. What can I do to reevaluate and reconsider those judgments to be more gender inclusive and affirming?

8. How can I start creating a gender-inclusive environment by presenting a positive model?

Example:

Hi, my name is _____ and my pronouns are _____.

