

ME-CUBE



WISE was back to talk about stereotypes!

We remembered that the last time WISE was here, we talked a lot about paying attention to our bodies, emotions, and needs, and asking for help when we need it. As we get older and have more opportunities to interact with the world (school, internet, media, etc.), it becomes more important that we know what is true for us. It is easy to feel pressure to be someone else, to look a certain way, or do certain things that don't necessarily work for us as individuals. Often we feel pressure to live up to stereotypes. As a class, we brainstormed some of the stereotypes we've been taught about boys and girls. We decided that stereotypes are harmful because they limit who we get to be and make us think there are only two types of people in the world.

We finished class by making a "Me Cube" where we got to write and draw pictures about the things that we value as individuals. Ask me what I wrote on my cube!

You can help WISE reinforce these important messages!

Looking for more ways to support young people in your life? Check out WISE's Prevention booklet located on our website.

- Gender stereotypes are so prevalent in our culture that it is nearly impossible for us not to unintentionally reinforce them. You can consciously counteract the messages children get about expectations based on gender. Talk with your child about the qualities and characteristics that you value in people, regardless of their gender. Encourage your child to participate in activities that make them happy.
- Use the media as a way to point out gender stereotypes and talk together about how they are harmful. Ask them how they feel about boys and girls being portrayed in stereotypical ways.