

## Marshall's Follow-On Diversity Learning

### My Gender Bias Triggers

Have you ever taken time to think about what has influenced your attitudes and behaviours in relation to gender roles and gender identity? This **individual activity** explores and helps uncover factors that may have affected beliefs, attitudes or values and which potentially create stereotypes, biases or prejudices.

What you will learn:

1. Understand influences, experiences and incidents that have shaped our world view of gender identity and gender roles.
2. Increase self-awareness and better understand the roots of our individual biases.
3. Identify what we need to learn and unlearn in order to be a better ally to the trans and gender non-conforming community.

How to do the activity:

1. Use the questions on the separate worksheet to explore how your experience and socialisation has made you the person you are today.
2. If possible, write your answers down rather than just reading the questions – that will help you focus. Your responses are completely private to you!
3. Remember, there are no 'right' or 'wrong' answers. This is just a tool to help you understand how you come to think as you do about gender identity.

This activity is adapted from William Sonnenschein's socialisation exercise described in The Diversity Toolkit 1999, and also draws on this [activity](#) to explore hidden gender biases.