

In/Out of the Box

Objective:

To get participants to think about how society tells us what we are and how we transcend the box society puts us in.

Time: 30 – 60 mins

Materials: Paper, pen

Trust: Medium

Activity: Draw a box on a sheet of paper that takes up about half of the page. Ask participants how society portrays women. All of their responses should be written on the inside of the box. Give students ample time to think and respond. Once you feel you have gotten a good amount of responses, ask students qualities of themselves or women they know.

Debrief Questions: Discuss how what is inside the box is different and similar from what is outside of the box. Be sure to let participants know that it is ok to adhere to some of the qualities that society imposes upon them (i.e. enjoys wearing dresses). The important lesson is that a person should not be defined by the qualities society imposes on them because of their identity.

Variations: You can do this activity with different identities – race, sexuality, etc.