

Parenting: Accepting and Shaping Gender

A Discussion Based on the Book,
Why Gender Matters, by
Leonard Sax

The dangerous voyage for parents...

Danger on both sides of the shore

- Reinforcing stereotypes
- “Girls will be girls” “Boys will be boys”
- Refusing to acknowledge gender differences

We are like Homer on a dangerous voyage
Scylla and Charydbis



Adrogeny? Is it healthy? The data says...



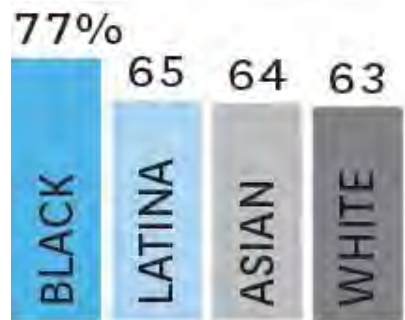
Male inattentiveness and energy. The data says.....



Females and STEM: The data says....

PERCENT OF U.S. WOMEN IN STEM WHO REPORT...

having to provide more evidence of competence than others to prove themselves.



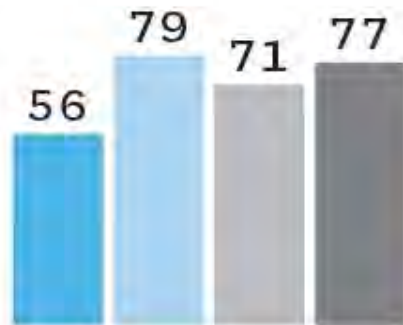
that colleagues have suggested they should work fewer hours after having children.



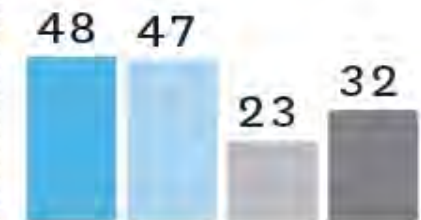
that at work, they find themselves pressured to play a stereotypically feminine role.*



that women in their work environments support one another.



they've been mistaken for either administrative or custodial staff.



*SUCH AS "OFFICE MOTHER" OR "DUTIFUL DAUGHTER."

SOURCE JOAN C. WILLIAMS, KATHERINE W. PHILLIPS, AND ERIKA V. HALL

HBR.ORG

Gender Affirmation

What to do when you *“know”*?

- Assure child you hear them
- Assure child it is okay
- Work to slowly experiment with small changes
- Assess progress
- Seek outside assistance

Experiential Avoidance: It is real and dangerous

“Attempts to avoid thoughts, feelings, memories, physical sensations, and other internal experiences even when doing so creates harm in the long-run”. Hayes, Strosahl, Wilson, 1999.

People will do anything, no matter how absurd, to avoid facing their own soul.” – *Carl Jung*



Negative consequences of experiential avoidance

- Shame and lack of self-esteem
- Avoiding social gatherings because of the anxiety it leads to.
- Inability to sustain close relationships to avoid feelings of vulnerability.
- Pretending to be cisgender
- Homophobia as a defense

SexualEd – Beyond Spin the Bottle

- Masturbation and oral sex
- Preventing “Me Too” encounters – Institutional sexism