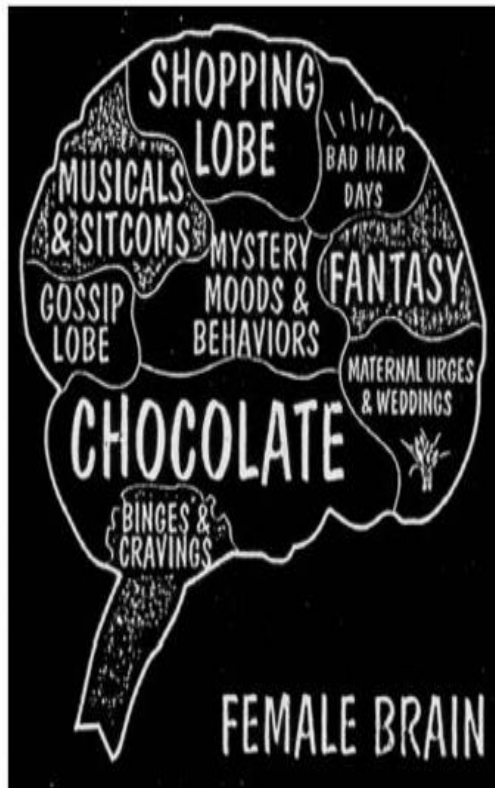


Learning Aim B

Gender Stereotypes and Influence



Starter:

List 5 Stereotypical Features for both Boys and Girls

How SEX and GENDER Influence Health and Disease

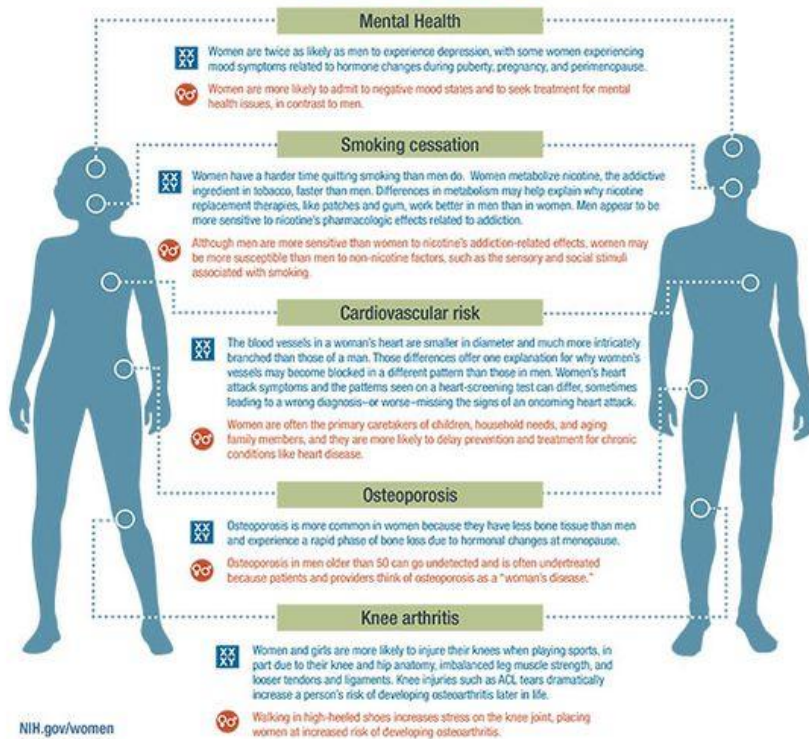
Sex and gender can influence health in important ways. While sex and gender are distinct concepts, their influence is often inextricably linked. The scientific studies that generate the most complete data consider sex and/or gender influences in study design, data collection and analysis, and reporting of findings.

Sex is a biological classification, encoded in our DNA. Males have XY chromosomes, and females have XX chromosomes. Sex makes us male or female. Every cell in your body has a sex—making up tissues and organs, like your skin, brain, heart, and stomach. Each cell is either male or female depending on whether you are a man or a woman.

Gender refers to the socially constructed roles, behaviors, expressions, and identities of girls, women, boys, men, and gender diverse people. It influences how people perceive themselves and each other, and how they act and interact. Gender is usually conceptualized as binary (girl/woman and boy/man), yet there is considerable diversity in how individuals and groups understand, experience, and express it.

Visit [NIH.gov/women](https://www.nih.gov/women) to learn how studying sex and gender strengthens science.

Examples of SEX and GENDER influences



[NIH.gov/women](https://www.nih.gov/women)
@NIH_ORWH
#SexinScience

Sources: Institute of Medicine, Canadian Institutes of Health Research, World Health Organization, National Institute on Drug Abuse, NIH Osteoporosis and Related Bone Diseases National Resource Center, National Institute of Arthritis and Musculoskeletal and Skin Diseases, Kargen, D. C., Johnson, J. L., Bryant, M. E., Bone, J. A., Della Croce, U., & Wang, P. D. (2015). Moderate-heeled shoes and knee joint loading: relevance to the development and progression of knee osteoarthritis. *Archives of Physical Medicine and Rehabilitation*, 96(5), 871-875.

 National Institutes of Health
Office of Research on Women's Health

1. Which gender do you consider to be more health conscious and why?
2. Who has a better pain threshold?
3. Why do more men take part in physical activity/ contact sports?

Most Common Gender Stereotypes

- There are four basic examples of gender [stereotypes](#):
- Personality Traits: Women are supposed to be shy, passive and submissive. Women are organized and clean. Men are expected to be tough, aggressive, dominant and self-confident. Men are lazy and messy.
- Domestic Behaviors: Women are supposed to cook and do housework. Women are better at raising children. Stay-at-home mothers are better than working mothers. On the other hand: Men are better at household repairs. Men cannot cook, sew or care for their children. Men always tell their wives what to do.

Read the information and
rewrite into your own words. Do
not copy!

- Occupations: Women are supposed to have “clean” jobs such as teachers, nurses, secretaries and librarians. Women are not good at math. **Women are supposed to make less money than men.** Women are not politicians. Women cannot be presidential candidates. On the other hand: Men are supposed to have “dirty jobs” like mechanics, construction workers, plumbers and engineering. Men are all good at maths. Men are better doctors. Men are supposed to be in charge at work and should make more money than women. Men are better politicians.
- Physical Appearance: Generally speaking, women are expected to be short and slender, small and delicate while men are supposed to be tall with broad shoulders. However, physical appearance gender stereotyping varies from culture to culture. In cultures where men are small in size, masculinity is determined by acting macho. Acting macho for men would mean getting involved in fights, drinking alcohol, smoking unfiltered cigarettes and getting into fights. Female gender stereotype occurs for women who act “macho” in some cultures. Women who smoke, drink, and swear often are considered “masculine”.

Read the Article

- how gender influences employment in different occupations
- the marketing of 'boys toys' and 'girls toys'
- their own ideas about the influence of gender on development

<http://www.bbc.co.uk/news/magazine-25857895>

Visit a toy store/website/catalogue and evaluate:

- two toys that are clearly marketed towards boys
- two toys that are clearly marketed towards girls.
- make notes about the packaging, colours used, messages that are implied about the different toys and how these factors may influence children's play and development.

Exam Question

Write two exam questions based upon today's lesson. One should be a short answer up to 4 marks and the other should be a longer question up to 8 marks.

Think about the structure and answer.

Swap your questions over with a partner and answer in a **different colour!**

What do you think....?(Opinion)

- Gender Stereotypes have the biggest impact on growth and development?
- Boys who play with dolls are likely to turn out to be gay?
- Women are under pressure to conform to what society deems to be attractive?
- Children from a single parent family will have be biased towards their family member who is raising them and lack certain skills only a mother or father can give.