Experiential Exercises:
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UNPACKING GENDER IDENTITY EXERCISE

In this exercise, you will have an opportunity to explore your own gender roles, identity, expression, and sexual orientation as well as practice asking questions about gender. Please pair up with another person. One person will start as the interviewer and the other will be the interviewee. You will have 15 min to explore these questions and then you will switch roles. Do not worry about finishing all the questions. You may only get through a couple of them now.

**Interviewer Instructions:** Ask the following questions of your interviewee. Do not take their response at face value, but become curious about it. Take it deeper, ask the person you are interviewing for evidence to support their responses.

**Interviewee Instructions:** Please be thoughtful in your responses and offer supportive examples of your response to the questions you are asked.

**GENDER IDENTITY QUESTIONS:**

1. **What is your Gender Identity?**
   a. How do you know?
   b. How old were you when you had a clear sense of this?
   c. How did you figure this out? What made it clear to you?
   d. How do or did you know it wasn't a phase?

2. **What is your sexual orientation?**
   a. How do you know?
   b. How old were you when you figured this out?

3. **If not already addressed, how did your culture or community play a role in your understanding, experience, and expression of gender?** (race, ethnicity, religion, location, etc.)

4. **Was there ever a time when your sense of your gender and the social rules around you didn't match?**
   a. How did this feel?
   b. How did you deal with this?
   c. How did it impact you?
   d. If you've never had this experience, what do you think the impact has been on you?

5. **Who and/or what gave you messages about your gender?**

6. **Who and/or what policed you** (told you what you could and couldn't do) **around the performance of your gender? And, what were you allowed to do or not do because of the gender you were assigned by others?**
Debrief – *What do you imagine the advantage would be to deconstructing one’s own gender identity?*

**Chat Rooms:**

1. **After looking closer at your own experience of gender, the cultural rules you were raised with, etc. how do you think this impacts your work with gender expansive youth and their families?**

2. **What roadblocks might your socialization around gender create for you as a therapist/provider with these families?**

3. **Has your experience of gender had a positive effect on your work with these youth and families?**
   a. In what ways?

4. **What areas of privilege did you uncover and what might be the impact on your ability to be affirming or understanding of gender expansive youth and their families?**
   a. How might your privilege translate into a positive factor for you as a therapist?

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