

When you were growing up, what did you understand boys and girls were supposed to do or be like? Where did those messages come from?

What did you learn made someone a “real man” or a “real woman” in your family or community?

Can you remember a moment when you felt pressure to act a certain way because of your gender? How did you respond?

Who modeled gender roles for you as a child? How did you feel about those examples?

What expectations changed for you as you moved into adulthood? What expectations remained the same or became more severe?

When did you first become aware that not everyone experiences gender in the same way?

How were hobbies, clothing, and careers talked about in terms of gender when you were young? What has shifted in your lifetime?

What did affection, vulnerability, or strength look like for men and women in the world you grew up in?

What were the rewards for “fitting in” to gender norms and what were the consequences for not doing so?

When have you felt most at ease in your gender? When have you felt constrained?

How do you hope future generations experience gender differently than you did?

What do you wish others understood about the way gender has shaped your life?

Are there aspects of gender expression or roles you have embraced or rejected over time? What changed for you?

How has your understanding of gender been challenged or expanded by people you love?