

# Activity: Thought Exercise

## PART A: THINKING ABOUT YOUR OWN GENDER

### ► PURPOSE

It can be difficult for people who are not transgender to imagine what being transgender feels like. Imagine what it would be like if everyone told you that the gender you've always known yourself to be was wrong.

### Instructions

The two questions below should be done individually, giving the class 5 to 10 minutes to write a response. Response can be shared between neighbors sitting next to each other or ask for a few volunteers to share with the whole class.

1. What would you feel like if you woke up one day with a body that's associated with a different gender?  
*How does this situation connect to your fears and hopes? What are your fears? What are your hopes? Which of your needs are met or not met in this situation?*

2. What would you do if everyone else—your doctors, your friends, your family—believed you're a man and expected you to act like a man when you're a woman, or believed you're a woman even though you've always known you're a man?

### Debrief and Reflect

What are some things that heterosexuals can do in every day life that LGBTQIs cannot?

How important or unimportant do you think those things are to LGBTQIs?

Compare the African American struggle for civil rights with that of the LGBTQI community. Is there anything similar about the respective movements? Different?