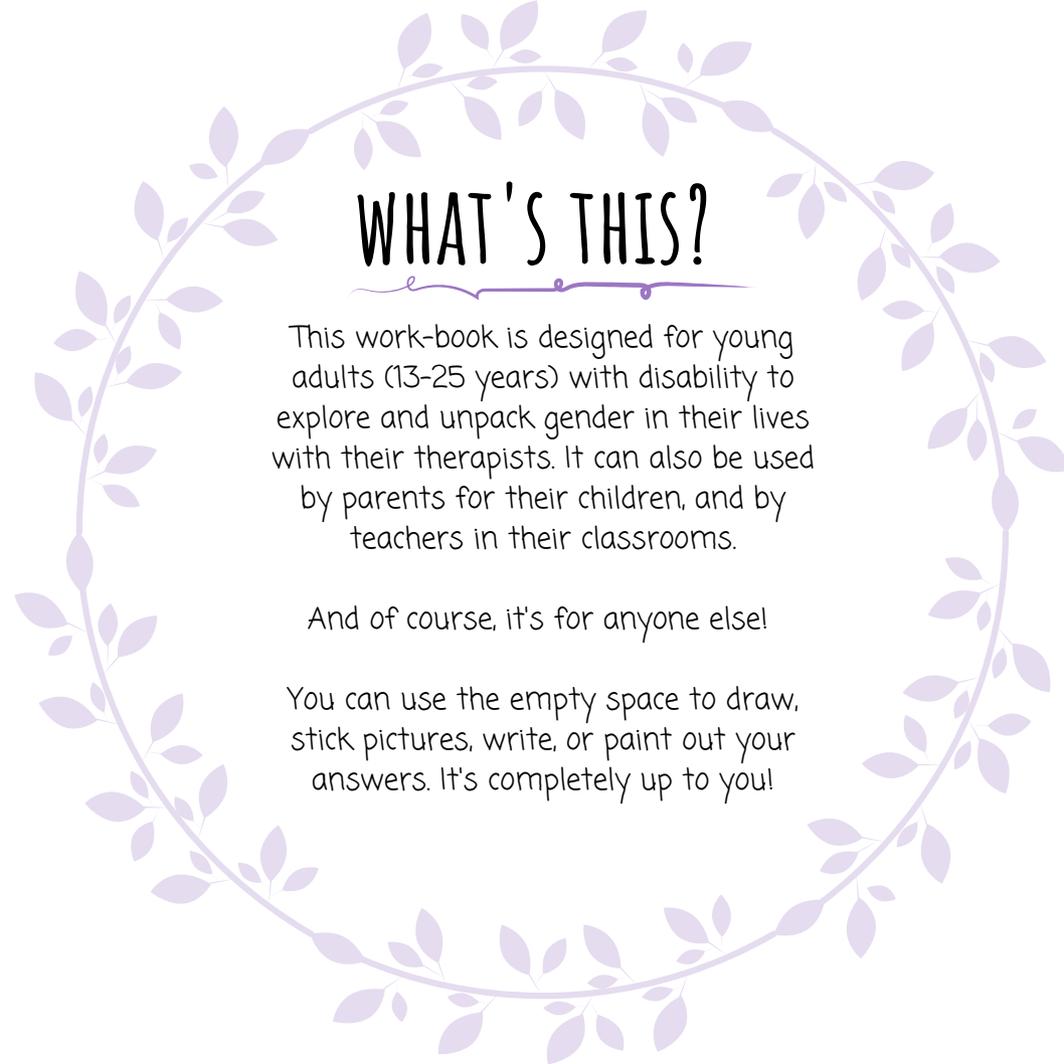




# THE GENDER JOURNAL

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a work-book to support adolescents  
with exploring and unpacking the  
presence of gender in their lives

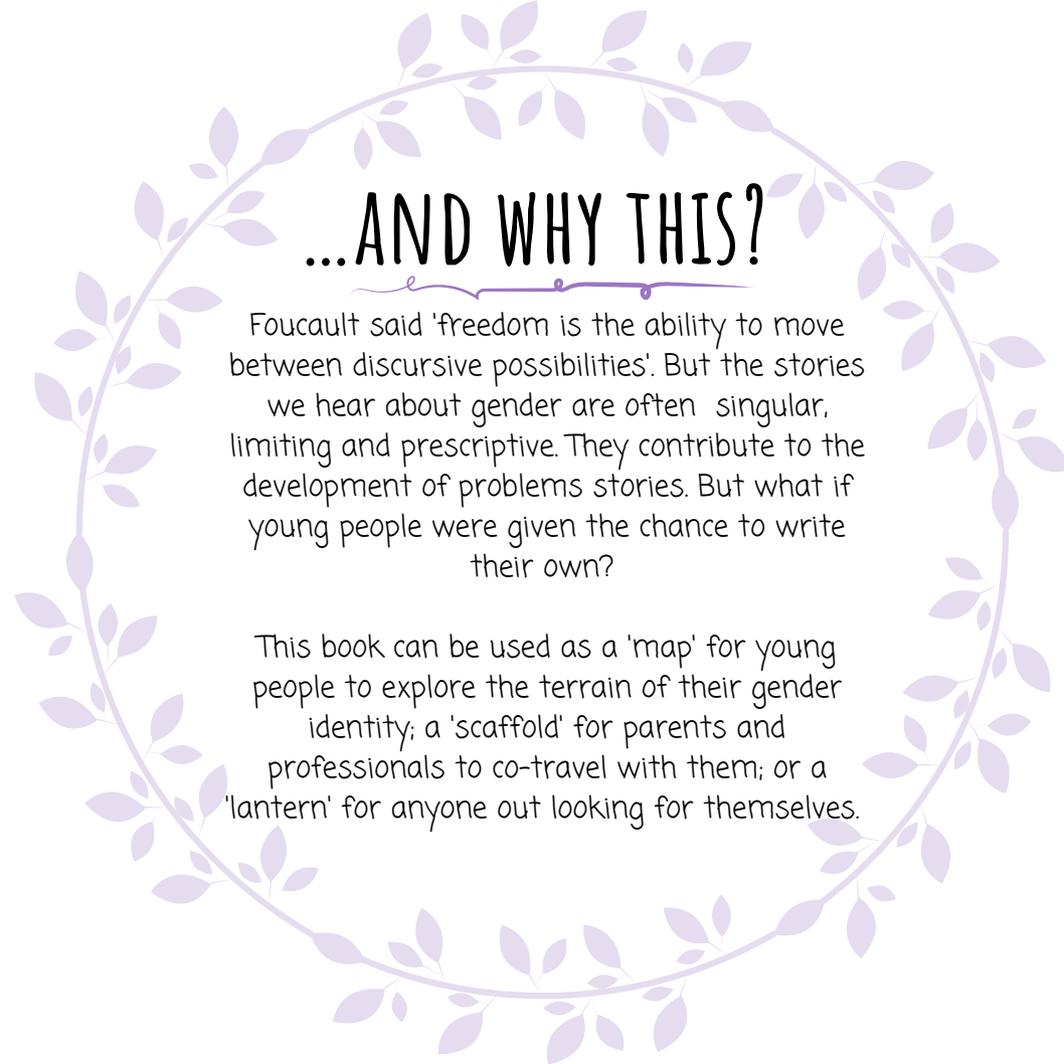


# WHAT'S THIS?

This work-book is designed for young adults (13-25 years) with disability to explore and unpack gender in their lives with their therapists. It can also be used by parents for their children, and by teachers in their classrooms.

And of course, it's for anyone else!

You can use the empty space to draw, stick pictures, write, or paint out your answers. It's completely up to you!



## ...AND WHY THIS?

Foucault said 'freedom is the ability to move between discursive possibilities'. But the stories we hear about gender are often singular, limiting and prescriptive. They contribute to the development of problems stories. But what if young people were given the chance to write their own?

This book can be used as a 'map' for young people to explore the terrain of their gender identity; a 'scaffold' for parents and professionals to co-travel with them; or a 'lantern' for anyone out looking for themselves.



THIS JOURNAL HAS BEEN  
CO-CREATED BY

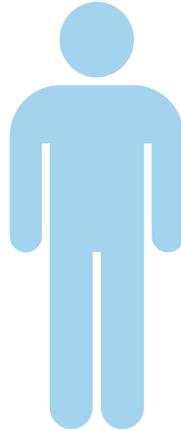
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& Farah Maneckshaw

This journal was developed using  
Narrative Practices and Ideas



# WE LEARN GENDER LOOKS LIKE THIS



But do you think that all girls are exactly the same and all boys are exactly the same? Probably not! Let's explore some more...

# WHAT'S A GIRL SUPPOSED TO LOOK LIKE?

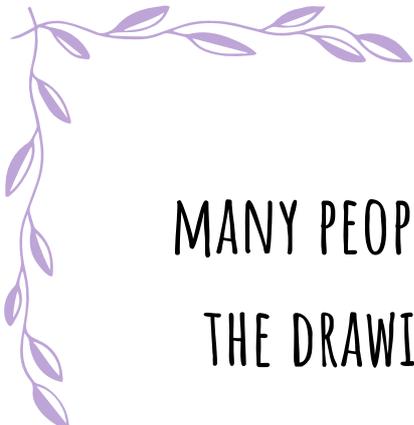


Does she have to have long hair? Would she need to wear skirts or dresses? Does she have to be thin? Will she wear make up?

# WHAT'S A BOY SUPPOSED TO LOOK LIKE?



Do you think he's supposed to be big and strong? Will he have to wear pants and have short hair? What about a beard?



MANY PEOPLE MAY NOT LOOK LIKE  
THE DRAWINGS YOU JUST MADE.

AND THAT IS COMPLETELY OKAY!



(YOU DON'T HAVE TO LOOK LIKE THAT  
EITHER)



# HAVE YOU HEARD SOME RULES ABOUT HOW GIRLS & BOYS SHOULD BE? WHAT ARE THEY?

GIRLS SHOULD...

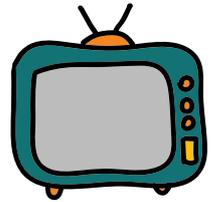
- Always be kind and caring

BOYS SHOULD...

- Be brave and never cry



# WHERE DID YOU HEAR THESE RULES?



Circle the drawing of where you've heard some of these rules before! Did you hear these rules some other place also?

THERE ARE MANY PEOPLE WHO FIND  
RULES ABOUT BOYS AND GIRLS UNFAIR.  
WHY DO YOU THINK SO?

Do the rules make things easier for boys? What  
are your thoughts?

WHAT WOULD THE WORLD LOOK LIKE  
WITHOUT THESE RULES? WHAT WOULD  
PEOPLE BE LIKE?

Would people be free to be whatever they want?  
Do you think that could be fun?

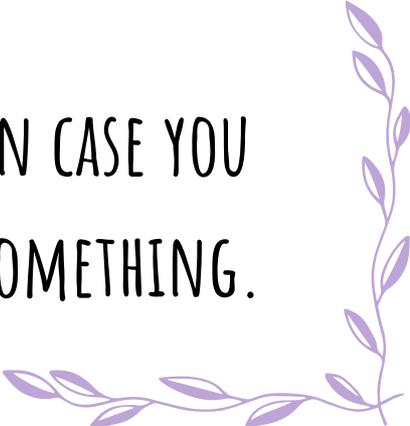


NOW WE'LL LEARN SOME THINGS  
THAT ARE A BIT NEW.

IT MIGHT SEEM HARD AT FIRST!



PLEASE ASK FOR HELP IN CASE YOU  
DON'T UNDERSTAND SOMETHING.





# ACTUALLY THERE ARE MANY, MANY GENDERS!



Gender is a bit more muddy than just boy and girl. Some people say there are 78 genders, others say they can't even be counted. Isn't that amazing?



GENDER ISN'T ABOUT HOW YOU  
LOOK.

IT IS ABOUT HOW YOU FEEL  
  
INSIDE.

THE NEXT PAGES CAN HELP YOU  
EXPLORE THIS FOR YOURSELF.



GENDER IS DIFFERENT FOR EVERYONE.



WHAT DOES YOURS LOOK LIKE TO YOU?

Is it boyish or girly or both or none? Is it a unicorn or an alien? Does it look like a big muddle? Would you prefer to leave this page blank? It's up to you!

# WHAT CLOTHES MAKE YOU FEEL GOOD?



## DRAW THEM HERE!

There are some rules about who gets to wear what. Imagine those didn't exist! What would you wear then?

Remember, make-up can be for everyone!

IF YOU COULD PICK ANY NAME FOR  
  
YOURSELF WHAT WOULD YOU LIKE TO BE  
CALLED?

it's okay if you want your name to stay the same. You can pick out a nick-name you really like, or think about why you like your name!



IT'S TOTALLY OKAY TO NOT BE SURE  
ABOUT YOUR GENDER. YOU DON'T HAVE  
TO HAVE ALL THE ANSWERS.

YOU CAN ALSO CHANGE YOUR MIND AT  
ANY TIME.



# WHAT ARE WAYS IN WHICH WE CAN RESPECT OTHER PEOPLE'S GENDERS?



HINT: We can ask people what they'd like to be called and then call them that!

WHO DO YOU TRUST TO TALK ABOUT  
GENDER WITH? IT CAN BE A PET, OR A  
PERSON FROM A BOOK OR TV SHOW.

What do you like about them? What stories would they tell about you and your exploration? What would they say about the things you made in this book?

WHAT NEW IDEAS DID YOU GET FROM  
  
THIS BOOK? IS THERE SOMETHING YOU  
WILL YOU DO DIFFERENTLY NOW?

Was the book fun or was it too confusing? What was your favourite page? You can also email me at [farah.maneckshaw@ummeed.org](mailto:farah.maneckshaw@ummeed.org) to tell me, if you want



EVERYONE DESERVES A SAFE SPACE TO  
EXPLORE THEIR FEELINGS.

I HOPE THIS JOURNAL HAS BEEN ONE OF  
THOSE PLACES FOR YOU.





# FOR MORE SUPPORT

## INFORMATION

<https://amaze.org/>

<https://www.tarshi.net/>

<https://humsafar.org/yaariyan/>

## MENTAL HEALTH SUPPORT

<https://ummeed.org/>

<https://www.teentalkindia.com/>