

## Handout 1.2.1

### Gender in Our Daily Lives: Constraints and Opportunities

As a warm-up to today's workshop, think about the role that gender plays in your everyday life.

Think of several examples where gender roles constrain you in some way; write them in the corresponding level.

Think of several ways in which gender roles have provided you with an opportunity. *Because I was born a woman or a man, I've been able to....* Jot these down in the appropriate level below.

