

Gender Gumby

Benefits and Facilitation Options

Benefits: To develop an understanding of the fluidity of gender and sexuality

Time required: 15-25 minutes

Ideal Group Size: Any

Support Materials: Large white board or flip chart paper and markers

Activity description: Facilitators explain four spectrum lines, plot themselves and offer opportunity for participants to do the same.

Recommended Lead-in: This activity should come after you have gone over some definitions. A possible lead-in is as follows: “Next we are going to do an activity where we get to explore gender and sexuality.”

Key Instructions:

1. Draw a picture of Gumby on board or paper
2. Make four lines across Gumby
3. Label lines as follows: Assigned sex, Gender identity, Gender Presentation, Attraction
4. Label one side of spectrum male/masculine and other female/feminine
5. Define each spectrum, then plot yourself on the spectrum
 - Assigned Sex: The label the doctors gave you at birth based on your external genitalia
 - Gender Identity: How you feel inside about what your gender is
 - Gender Presentation: How other people perceive you
 - Sexual Orientation: Who you are attracted to
5. Hand out Gender Gumby sheets and ask participants to do the exercise individually
6. **If you have time**, ask participants to volunteer to plot themselves on spectrum on the board

Key Points:

1. The spectrums in this exercise are not connected to each other. (ex. a person who is trans may not identify as gay, lesbian or bisexual, a person who was labeled boy at birth may identify as female and express as male)
2. People can plot themselves in a range of places
3. Where you plot yourself today may change, these identities are not fixed
4. People place themselves all over the spectrum, everyone is different
5. Everyone fits somewhere, this is not just for queer people

GENDER GUMBY

Male

Female

Assigned Sex

Gender Identity

Gender Presentation

Sexual Orientation

