Heterosexual Quiz
Benefits and Facilitation Options

Benefits
The “Heterosexual Quiz” highlights the assumption that heterosexuality is “normal” and preferred. It also builds empathy in a lighthearted manner for the experiences of GLBTQ individuals.

Time required: 15-45 minutes

Ideal Group Size: Any

Support Materials: Heterosexual Quiz handout

Recommended Lead-in: This next exercise will take a look at some of the questions that GLBTQ folks are frequently asked. These questions stem from various stereotypes and assumptions society makes about sexual orientation and “what is normal”. This exercise is somewhat lighthearted but we ask that you please take the exercise seriously and be respectful during the process.

How To: Activity Descriptions
1. Participants could fill out the quiz individually then debrief in dyads or as a whole group.

2. Participants could pair up and take turns asking each other the questions.

3. Setup the quiz as a game show. Participants play 3 or 4 guests on the show. The facilitator plays the talk show host and rest of the participants play the studio audience. The questions from the quiz could be divided up and passed out for “audience members” to ask or the “host” could ask the questions of the various “guests”. Following the talk show the facilitators debriefs with the participants.

Possible Debrief Questions
1. Have you ever heard any of these questions asked about or of GLBTQ folks?
2. What did this exercise bring up for you? /What did you notice while participating in this exercise? /How did you feel?
3. How did this exercise highlight assumptions around heterosexuality being the “norm”?

Key Points:
Because this exercise lends itself to humor it is important that as a facilitator you set a respectful tone. Remind participants that this exercise is not intended to make fun of heterosexual people. If you are facilitating the “talk show” theme make sure that none of the
“guests” mock heterosexual people and none of the “studio audience” get overly hostile when asking the questions. Whenever participants are answering the questions whether individually in writing or our loud let them know they should make every attempt to answer the questions as honestly and sincerely as possible.

If participants are GLBTQ folks they should try to imagine what they might say if they were heterosexual.