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### Coaching HER® Foundational Module 2: Challenging Gender Stereotypes

#### KEY TERMS Flashcards

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| <h2>Sex</h2>               | <p>Used to label a person as 'female' or 'male' at birth. This term refers to a person's external genitalia and internal reproductive organs. Intersex is a general term used when a person is born with reproductive or sexual anatomy that doesn't fit the boxes of 'female' or 'male'. When a person is assigned a particular sex at birth, it is often mistakenly assumed that this will equate with their gender; it might, but it might not.</p>      |
| <h2>Gender</h2>            | <p>People tend to use the terms sex and gender interchangeably but they are not the same. While a person's sex is assigned at birth, gender is a socially constructed concept. Gender refers to the behaviors, roles and identities of girls/women, boys/men and gender diverse people. A person may not identify with the sex they were assigned at birth: regardless of one's sex, they can identify as girl, boy, woman, man or non-gender specific.</p> |
| <h2>Gender Expression</h2> | <p>Gender can be expressed in a number of ways. Some common examples include clothing, behavior and pronouns (e.g., she/her, he/him, they/them)</p>   |

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| <p><b>Gender Bias</b></p>       | <p>Behavior that shows favoritism toward one gender over another. Most often, gender bias is the act of favoring men and/or boys over women and/or girls.</p>  |
| <p><b>Gender Identity</b></p>   | <p>An individual's inner concept of self as a woman, a man, a blend of both or neither (non-binary). When a person's gender identity matches their sex assigned at birth they are referred to as cisgender. Alternatively, when a person's gender identity does not match their sex assigned at birth, they can be referred to as transgender and/or non-binary. Gender identity is influenced by both environmental and biological factors.</p> |
| <p><b>Gender Stereotype</b></p> | <p>Thinking that someone will look, think or act a certain way because they are a girl or boy, woman or man. For example, girls should do dancing and figure skating, while boys should do boxing or play football. Or, boys are naturally more aggressive and competitive than girls.</p>   |
| <p><b>Bias</b></p>              | <p>Affects how we perceive, think and evaluate people and what we believe about them.<br/>Gender biases are stereotypical beliefs about individuals on the basis of their sex or gender, particularly as related to the differential treatment of girls/women and boys/men.</p>  |
| <p><b>Nature + Nurture</b></p>  | <p>Relative contribution of both genetics (nature) and the environment (nurture) in influencing human behavior, such as personality, cognitive traits, temperament and psychopathology.</p>  |

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| <b>Socialization</b> | The process of learning to behave in a way that is considered acceptable in one's society. It includes the ways that children come to understand societal norms, expectations, and beliefs and become aware of societal values.             |
| <b>Stereotypes</b>   | A generalized belief about characteristics of a group of people based on gender, race, nationality, age, and/or sexual orientation. These characteristics tend to be oversimplifications of the groups involved and may or may not be true. |