

A Day in the Life

Being Male Is Ideal . . .	Being Cisgender is Ideal . . .	Being Heterosexual Is Ideal . . .

Below are some prompts that may help you focus your attention on the details that surround you:

- Take a look around your home and neighborhood. What is implied by decor; your choice of displayed reading, music, or videos; or your choice of location?
- What do you hear and see around you—in news stories, advertisements, window displays, billboards, television or radio shows, or waiting rooms?
- What are the conversations around you like? What topics are selected; what questions are asked; and what assumptions are made?
- What jokes do family members, friends, and colleagues share? What kinds of reactions do they elicit?
- What personal disclosures do colleagues make about their families, their social lives, or their leisure activities?
- What privileges do you see dominant populations accessing? What is it like not to experience these privileges?
- What messages do you hear about the options open to you or the decision paths you might take?
- What resources are available to you? What community services are tailored to meet your needs?

If you want to push your experience further with this exercise, you might actually create a scenario where you may be assumed to be gay or transgender (be creative in shifting how you are perceived by the world around you!).

- Go the library or a bookstore to request information on lesbian or transgender resources.
- Recruit a colleague or girlfriend to walk hand-in-hand with you through a shopping mall.
- Change your dress to a more androgynous look or to a look that is out-of-step with your current gender expression.
- Engage in activities or behaviours that don't fit your usual gender expression.