

The intent of this program is to expand appreciation of men and women's self-esteem and self-confidence. This program uses poems/sayings/quotes geared to the female gender. An appreciation of gender related self-perception issues is explored. This is intended to have both men and women attend (although could be done with only one gender).

Phenomenal Gender

Gather several poems or sayings that residents brought that relate to the empowerment of women. If you are unable or do not have time to get residents to bring poems, have several prepared.

Either hang each poem/saying/quote on the wall or pass out photocopies. Each participant should read each one. This should only take about 10 minutes. Next, ask residents to write a ½ reflection about one poem/saying/quote. There are absolutely no parameters around what they write. The reaction could be a negative one, a positive one, one which sparked a memory, one which sparks a controversial question in the mind of the reader, etc.

Next, the facilitator has the option of collecting the reflections and reading them (anonymously), asking them to be passed around and read, or read out loud by the author. Give time for discussion between each entry.

Possible Discussion Questions: (will happen naturally as reflections are shared)

1. Had you ever read any of these poems/sayings/quotes previously?
2. Why are poems/sayings/quotes like these written?
3. Who do they most frequently benefit? Are women the only people with self-esteem concerns?
4. Why aren't poems such as these as often directed to developing of self-confidence in men?
5. What factors contribute to building self esteem/confidence in people?

Source: Kristin Carpenter
Adapted from: "Simply Woman." A
program presented at St.
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