

## **Start/Stop/Continue Exercise**

We are often only aware of the most obvious forms of heterosexism and genderism around us. We may have some awareness of the subtleties of these types of oppression and how they are manifested, but we typically do not examine how our own behavior may contribute to their perpetuation. This exercise asks you to think creatively and intentionally about ways in which you can work against heterosexism and genderism. What can you start, stop, and continue doing to challenge heterosexism and genderism in your environment?

**List 5 things you can start doing to challenge heterosexism/genderism.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**List 5 things you can stop doing which would challenge heterosexism/ genderism.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**List 5 things you will continue to do to challenge heterosexism/genderism.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_