



3.5 Broken Gingerbread People

Suggested Grade Level: 9-12

Time: 30 minutes

Subject Area: Sexual Orientation and Identity

Overview:

This lesson is an activity called “Broken Gingerbread People.” This lesson centers on the importance of identity and the validation of these identities as true and authentic.

Goals:

- Investigate the issue of Bisexual Erasure Culture connection to invalidation.
- Empathize with individuals of that are invalidated because their sexual orientation and relationship structure.

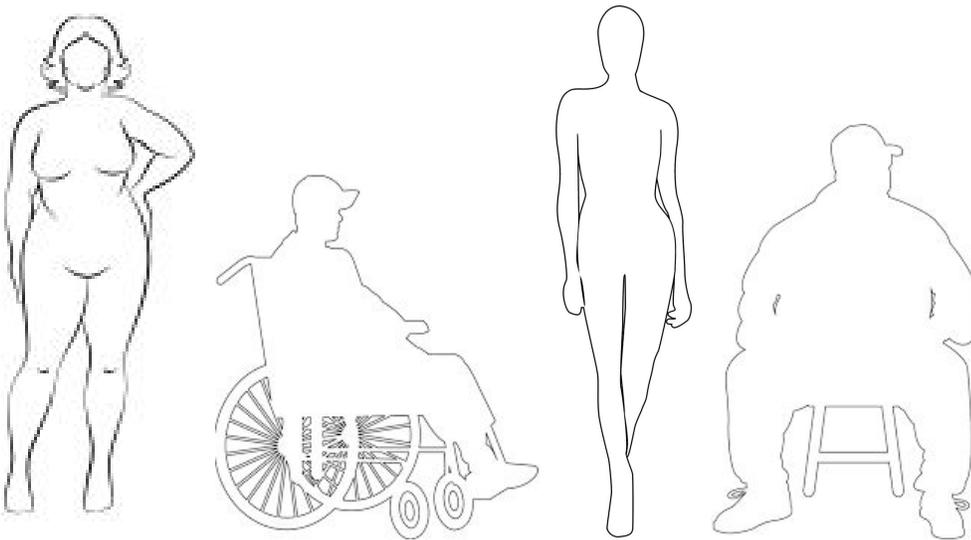
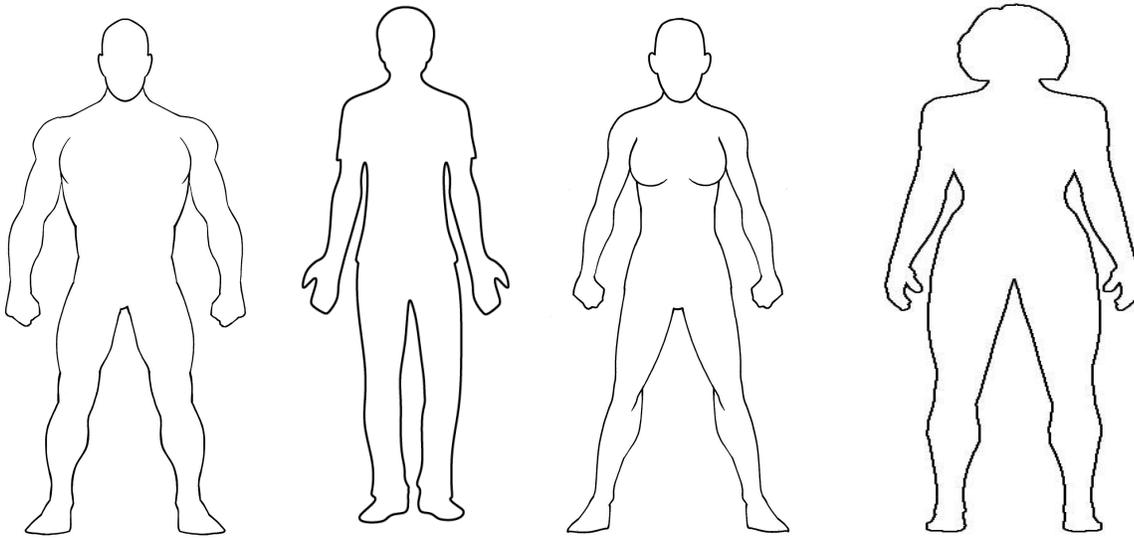
Materials:

- Pencils
- Markers
- Gingerbread outline (one attached below)

Procedure:

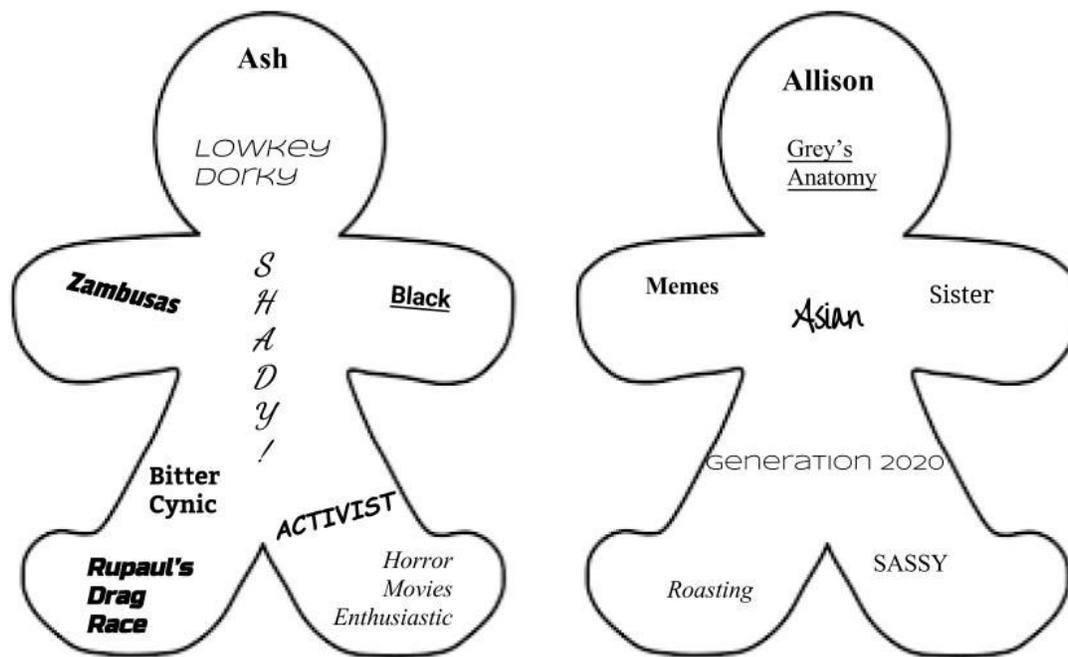
Step One:

Put all the chairs in a circle and print out silhouettes of gingerbread person or draw them. To be more body positive and inclusive alongside the gingerbread people, give students the option. See below.



Step Two:

“Hey, everyone. As you walked in today, you noticed the gingerbread people and other silhouettes by your seats, please pick a silhouette and write your top 7 core identities inside the outline. By core identities we are referring the identities that you hold closest to your heart. You would not be yourself without them.”



Step Three:

Have everyone leave their completed gingerbread people on their seat or desk*. Then move clockwise from their place to see one other person’s outline. However, for each person’s gingerbread person or outline you erase one of their core identities that do not fit you personally. Wait for the facilitator in the middle to say move again. Do this for 5 turns at minimum.

*If a person is wheelchair bound, place an open seat next to them for their paper.

Step Four:

Have everyone return to their places, and open up the discussion by saying.

“This was an exercise in invalidation. Invalidation is when a person’s core parts of themselves are ignore or rejected by others. Typically, this is because of the belief that since it is not my own experience, it therefore is not a real experience. A very prevalent form of this in LGBTQ community is biphobia and the belief that bi or pan people need to “just pick a side.” Alright, so now looking at your papers....”

Step Five:

Discussion Circle Questions:

- How did it feel to see your paper afterwards?
- Were you surprised at what was erased on your identity outlines?
- Share out the most important part of you that was erased and why?
- Was it difficult to erase anyone’s core parts of their outline for you?
- Which identities of yours or others are often erased or invalidated at school or in your community?

