

WORKSHEET: CHILDHOOD MESSAGES

It can be helpful to fill this out with a partner, friend, or small group. As you reflect, think about what messages you received around these topics.

| TOPIC | WHAT MESSAGES DID YOU GET AS A CHILD? | FROM WHOM OR WHERE? | WHAT IMPACT HAVE THESE MESSAGES HAD ON YOU? | WHAT CAN YOU CHANGE? |
|--------------------------------------------------------|---------------------------------------|---------------------|---------------------------------------------|----------------------|
| Femininity | | | | |
| Masculinity | | | | |
| Consent & Communication in Sexual Relations and Dating | | | | |
| Gender Roles in Dating and Intimate Relationships | | | | |

