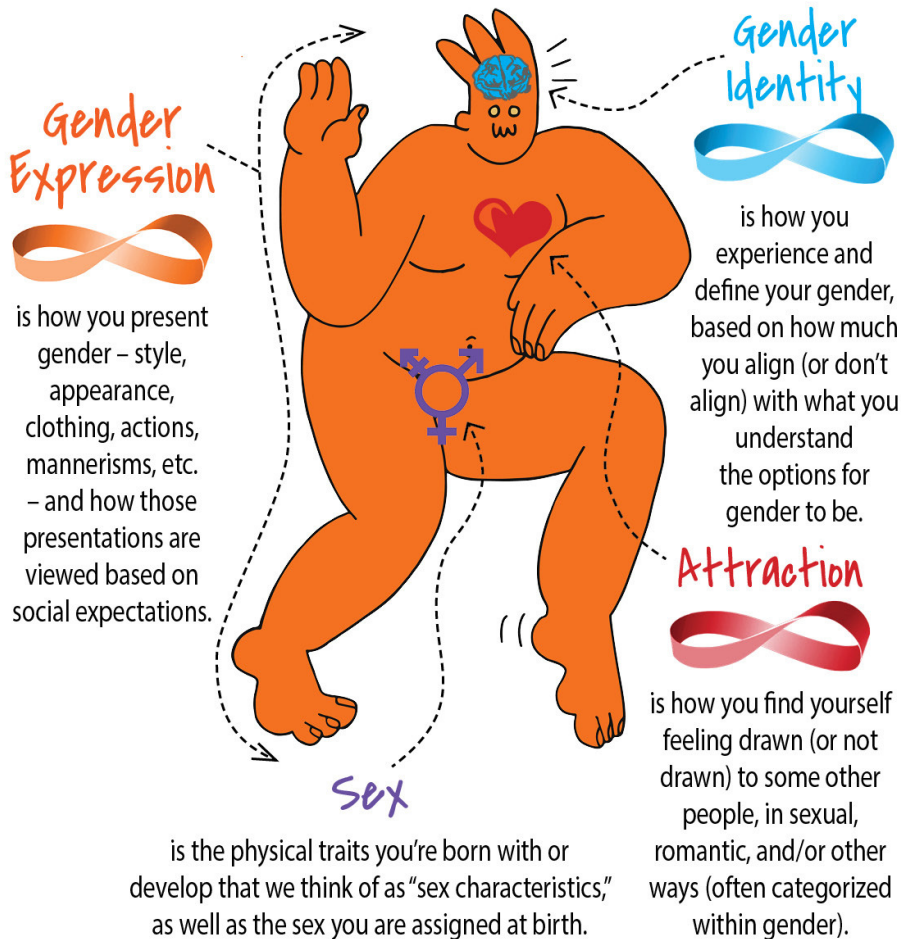


# All Bodies All Genders\*

Gender is much more diverse and fluid than any of us can fully understand. What if we imagined gender beyond the binary of men and women and embraced the infinite possibilities for our human experience?



# Beloved Community

We can transform our culture by redefining what gender means to each of us and by valuing all bodies and all genders in our diverse communities. We can interrupt and end all forms of hate, oppression, and violence and create beloved communities where everyone is safe, everyone is valued, and everyone can thrive.

**Self-Reflection Activity:** How we can authentically be ourselves, whole and complete human beings that are not restricted by assumptions, stereotypes or biases based on gender? When you feel recognized and valued, does that make it easier for you to share that same compassion with others?

**Paired Conversation Activity:** Invite someone to engage in a conversation about gender! Each of you describe a day with no assumptions, stereotypes, or biases based on gender. What do you feel/see/hear/notice instead?

Practice deep listening. When your partner is sharing their story, listen without distraction — don't worry about what you're going to say next, or what's going on around the room — be fully present.

How can we live into this vision now and make this a reality for everyone?

