

GENDER DIFFERENCES IN COMMUNICATION

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SCIENCE AND CONFLICT

- Men are from Earth
- Women are from Earth
- And so is Everyone Else
 - Deal With It.

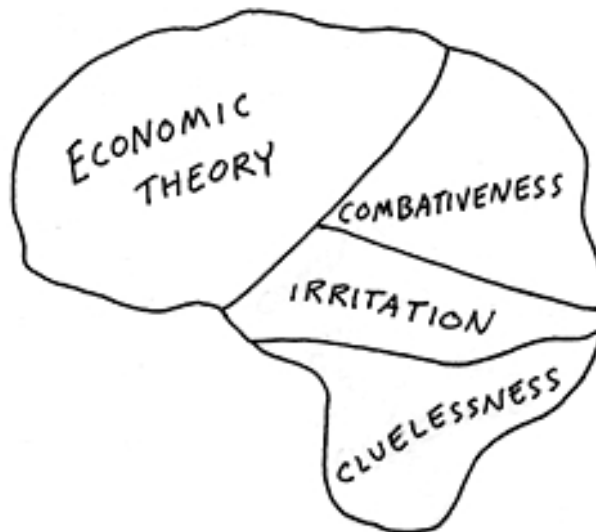


Equal does not mean Identical

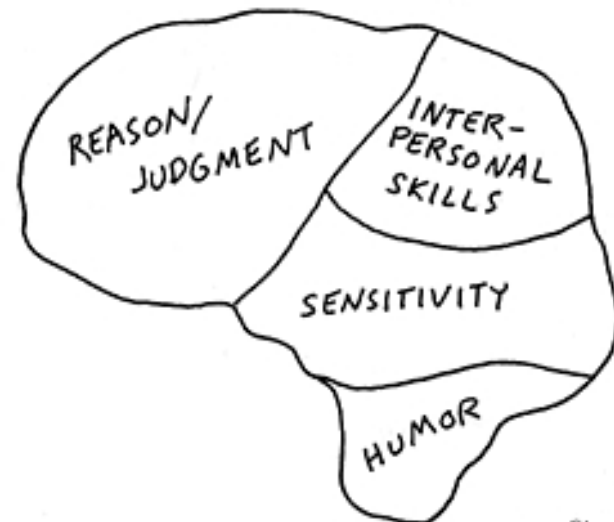
DIFFERENCES IN BRAIN STRUCTURE

HARVARD PRESIDENT'S THEORY OF INNATE DIFFERENCES PROVES ACCURATE

LARRY SUMMERS'
BRAIN:



EVERYONE
ELSE'S:



Sign Stool

UNDERSTANDING GENDER DIFFERENCES

■ Fetal Development

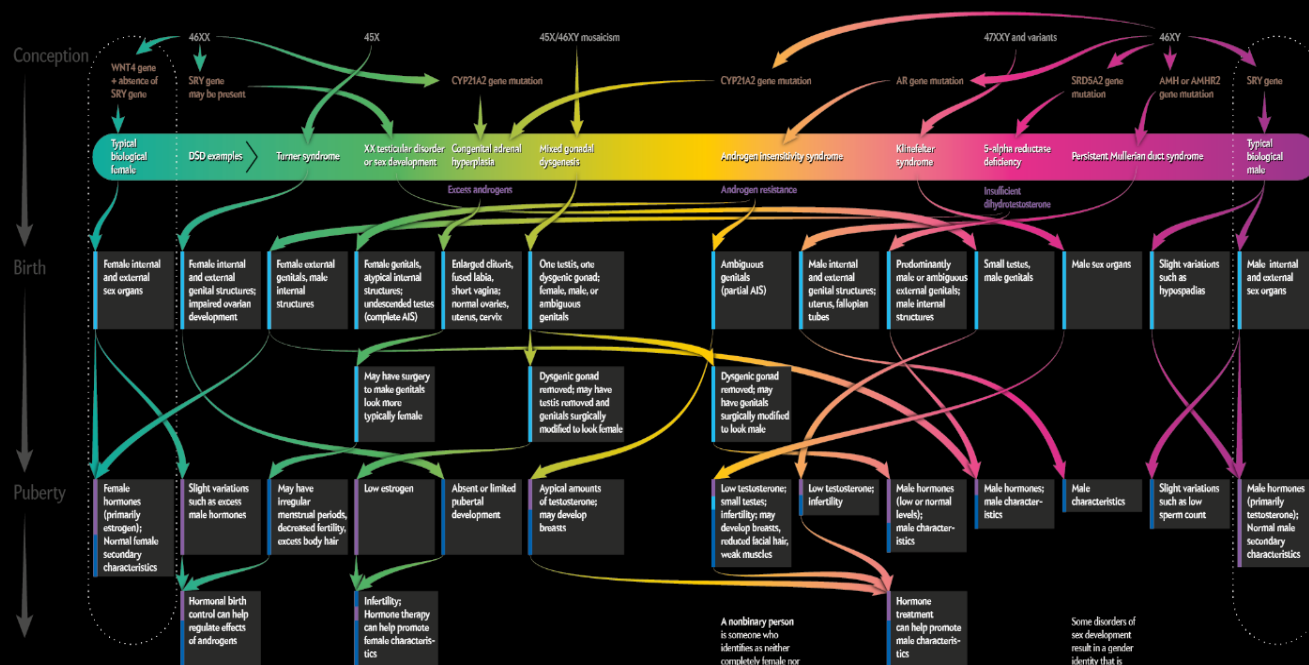


■ Stress Chemistry



GENDER AS A SPECTRUM

Sex refers to a set of factors that determine whether an individual is considered biologically female, male, or intersex. These factors include chromosomes, genes, **internal and external sex organs**, hormones, and **secondary sex characteristics** (such as breasts for females or facial hair for males). For those with **disorders of sex development (DSD)**, these factors are not all aligned with typical female or male development. DSD traits may manifest themselves at different times throughout life, from conception to adolescence or adulthood. Individuals with DSD are also called intersex.



Gender refers to whether an individual identifies as female, male, or somewhere in between.

Sexuality refers to an individual's sexual orientation, or the sort of person to whom they are attracted. Sexuality is also a spectrum, but is separate from both sex and gender.

A **cisgender woman** is a person who was assigned female at birth based on her anatomy and who also identifies as a woman.

A **transgender woman** is a person who was assigned male at birth based on her anatomy but who identifies as a woman.

Transgender individuals may undergo hormone treatment and/or gender confirmation surgery to make their bodies align more closely with the biological sex associated with their gender.

A **nonbinary person** is someone who identifies as neither completely female nor completely male. Such an individual may identify with both genders or neither gender; or they may be gender fluid, meaning their gender fluctuates between female and male.

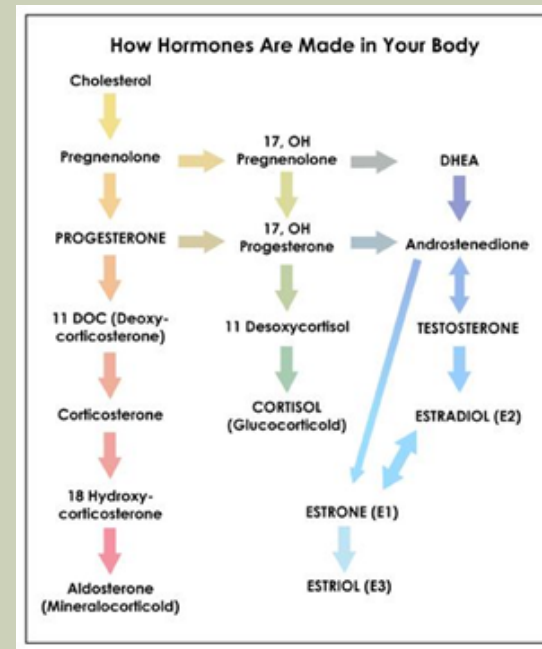
A **transgender man** is a person who was assigned female at birth based on his anatomy but who identifies as a man.

A **cisgender man** is a person who was assigned male at birth based on his anatomy and who also identifies as a man.

Some disorders of sex development result in a gender identity that is different from a person's assigned biological sex. For example, individuals with 5-alpha reductase deficiency who are raised as girls often end up identifying as male.

UNDERSTANDING GENDER DIFFERENCES

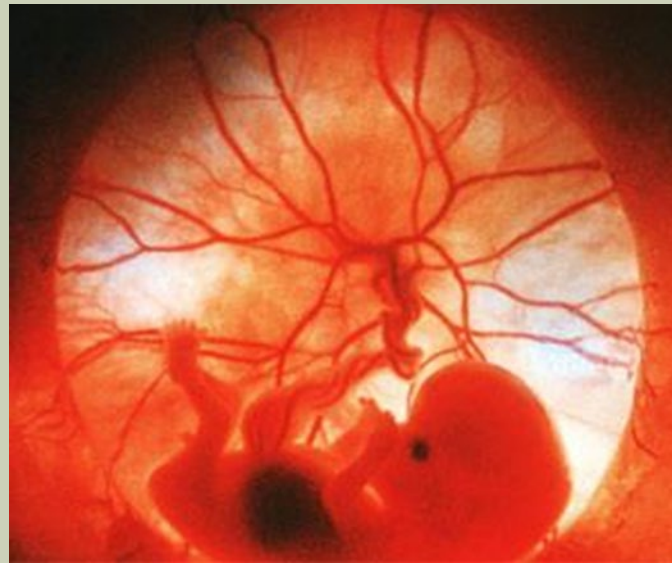
- Hormone Flooding
- Masculinizing chemicals
- Brain changes
 - Auditory, Broca's,
 - Sex



26 WEEKS FETAL LIFE

■ Ultrasound study

- Corpus Callosum
- Female
- Male



BRAIN STRUCTURES

- Hormone influenced
- Not Congruent
- Gender Dysphoria



INNER SELF

- Epigenetics
- Global Hubs
- Early Activity

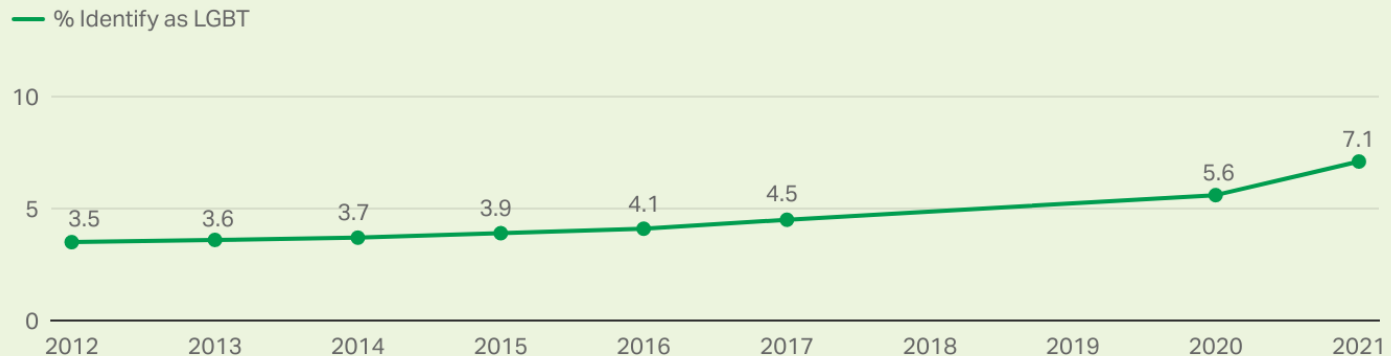


LGB TQIA

- Sexual Orientation and Gender Identification
 - Two different things. Research often combines them.

Americans' Self-Identification as Lesbian, Gay, Bisexual, Transgender or Something Other Than Heterosexual

Which of the following do you consider yourself to be? You can select as many as apply. Straight or heterosexual; Lesbian; Gay; Bisexual; Transgender



--Respondents who volunteer another identity (e.g., queer, same-gender-loving; pansexual) are recorded as "Other LGBT" by interviewers. These responses are included in the LGBT estimate.

--Data not collected in 2018 and 2019.

--2012-2013 wording: Do you, personally, identify as lesbian, gay, bisexual or transgender?

LGB TQIA

	LGBT %	Straight/Heterosexual %	No response %
Generation Z (born 1997-2003)	20.8	75.7	3.5
Millennials (born 1981-1996)	10.5	82.5	7.1
Generation X (born 1965-1980)	4.2	89.3	6.5
Baby boomers (born 1946-1964)	2.6	90.7	6.8
Traditionalists (born before 1946)	0.8	92.2	7.1
GALLUP, 2021			

TRANSGENDER

- UCLA: The Williams Institute
- Over 1.6 million adults (ages 18 and older) and youth (ages 13 to 17) identify as transgender in the United States, or 0.6% of those ages 13 and older.
- Of the 1.3 million adults who identify as transgender, 38.5% (515,200) are transgender women, 35.9% (480,000) are transgender men, and 25.6% (341,800) reported they are gender nonconforming.

WHAT'S THE DEAL WITH PRONOUNS

- The Merriam Webster and Oxford English Dictionaries new entry:

They: expanded to include this sense: “used to refer to a single person whose gender identity is nonbinary.” It’s an expansion of a use that is sometimes called the “singular they”

- Personal Gender Pronouns

- He, Him, His He, They, Theirs
- She, Her, Hers She, They, Theirs
- They, Them, Theirs



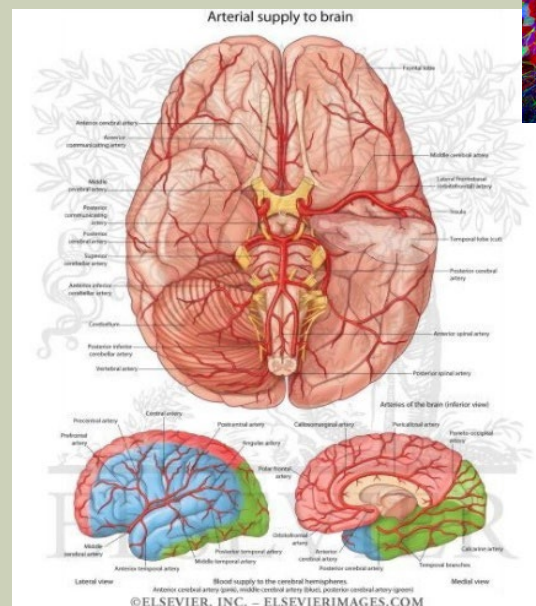
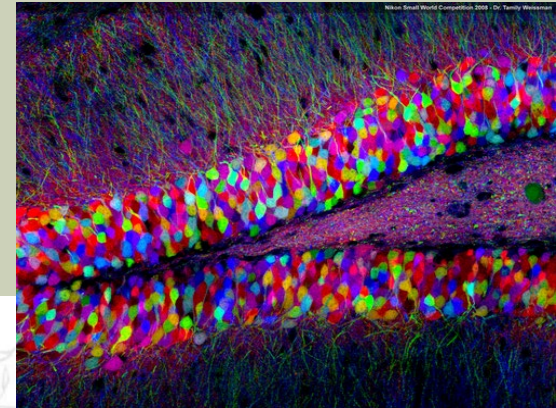
DOES SIZE MATTER?

- Brain Volume
- Size and Weight
- Location
- Gray Matter



DOES SIZE MATTER?

- Brain Density
- 11% Greater
- Blood Supply
- 15% Greater Flow



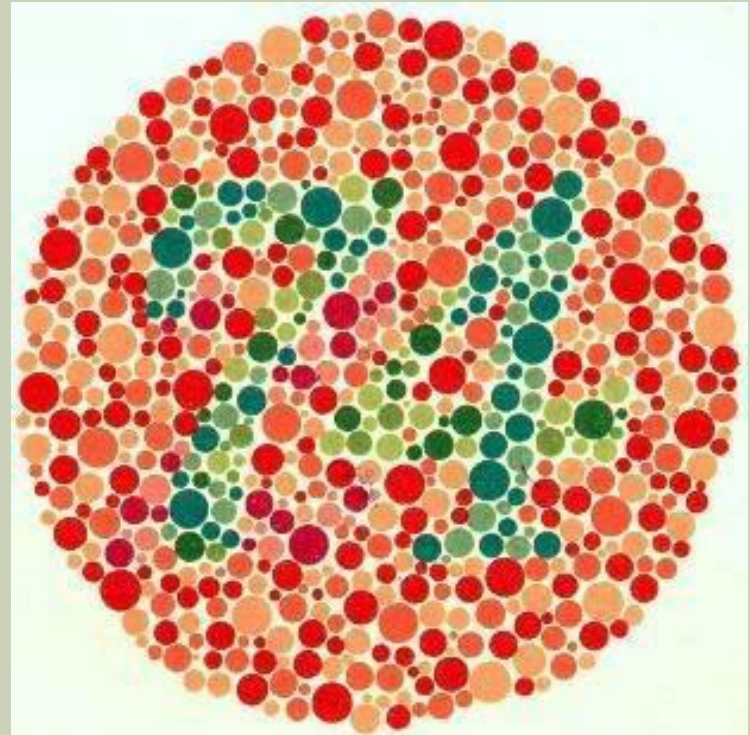
SENSES

- Visual

- Light and Color

- Auditory

- Pitch
 - Source



SENSES

- Olfactory

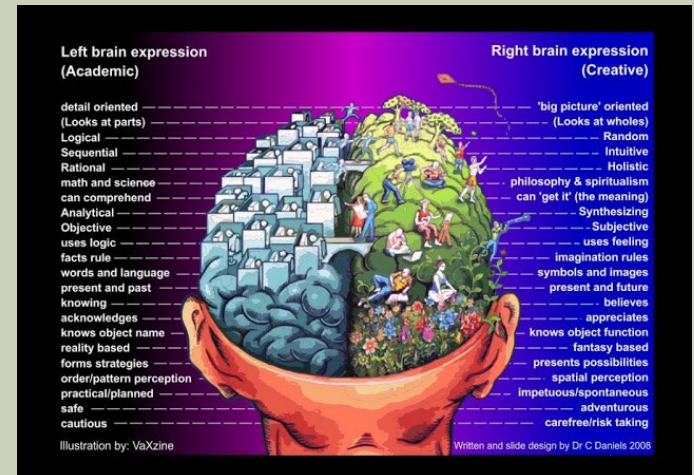


- Tactile

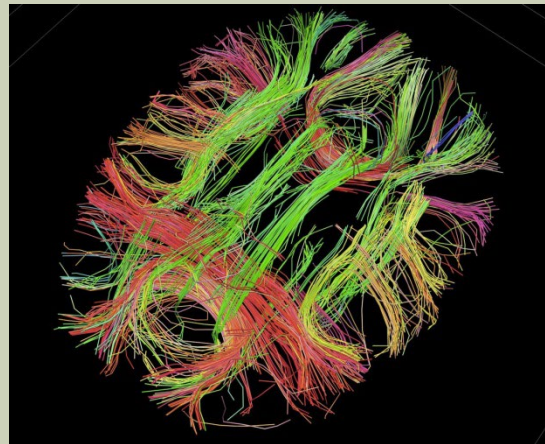


TWO DIFFERENT WORLDS

- Right Side – Left Side
- One side rules
- Two are better

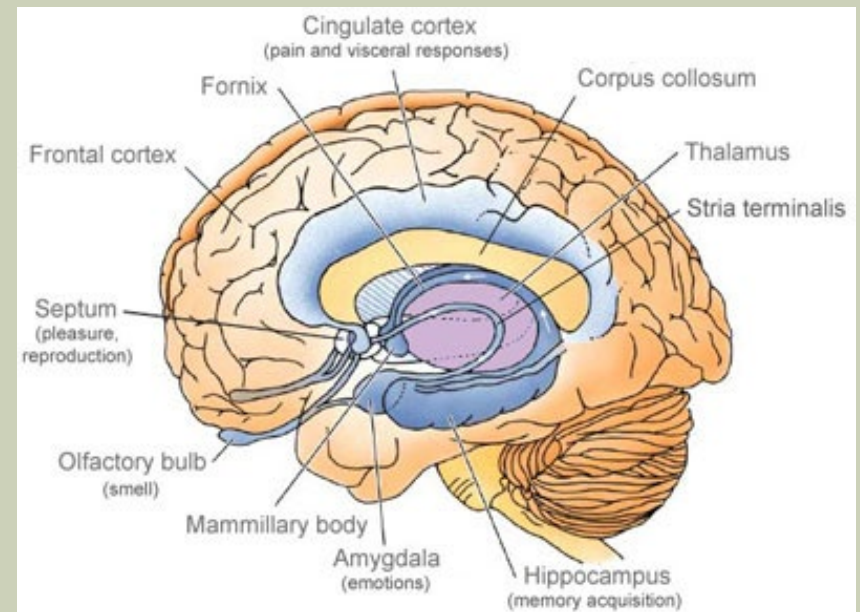


- White Matter



TWO DIFFERENT WORLDS

- Corpus Callosum
- 7-13% larger, more active
- Integration of Information
- Reporting to Central Command



GENDER CONNECTOME PROJECT

- University of Pennsylvania
- Raquel and Reuben Gur
- DTI
- 949 subjects 521 Females,
- 428 Males 8-22 years of age
- Male Brain
- *Female Brain*



DEVELOPMENTAL

BOYS (Preferences)

Things



GIRLS

Faces



PREFERENCES AT PLAY

BOYS

LGBT

GIRLS

Large Groups

Small Groups

Outdoors



Indoors

Easy Access

Limited Access

Competitive

Secrets



OBSERVED BEHAVIORS - EARLY SCHOOL

BOYS

LGBT

GIRLS

Answer All

Answer Some

Declarative Sentences

Inflected ??



OBSERVED BEHAVIORS- HIGH SCHOOL

Males

- Use pronoun “I”
- Events
- Solutions
- Activities
- Feelings
- (Exclusive)

LGBT

Females

- Use “we”
- Feelings
- Intimacies
- Details
- Solutions
- (Inclusive)

YOU LOOK MARVELOUS

- Appearance/Attractiveness
- Sites in the Brain
- Pre-teen – Early Adult
- Wired in PFC and Limbic System
- Self Esteem



GIRLS VS BOYS

Stress in Girls vs. Boys

More teen girls than boys report symptoms of stress and are more likely to say stress impacts their happiness a great deal.

Their appearance is a significant source of stress

68% girls vs. 55% boys



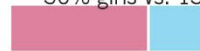
Report feeling irritable or angry in the past month

45% girls vs. 36% boys



Feel bad when comparing themselves to others on social media

30% girls vs. 13% boys



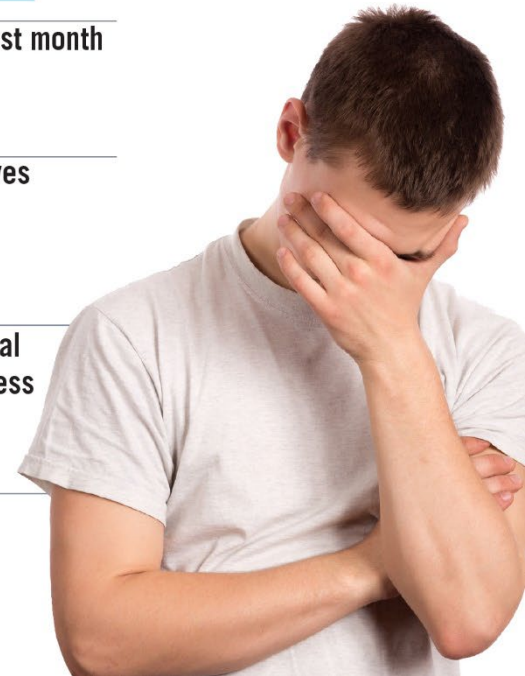
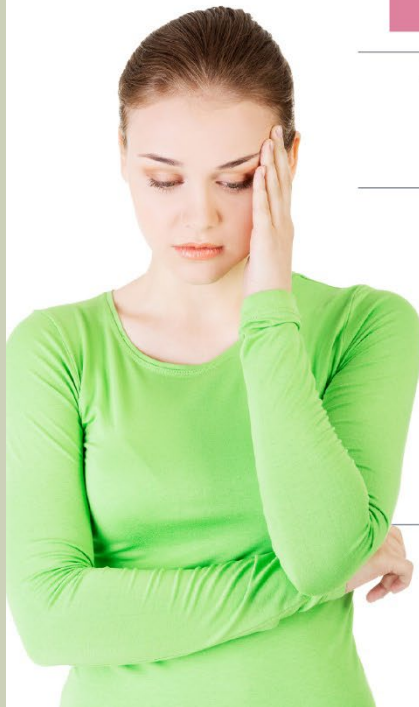
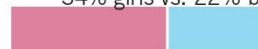
How others perceive them on social media is a significant source of stress

39% girls vs. 29% boys



Say they feel pressure to be a certain way

34% girls vs. 22% boys



STRESS RESPONSE, CONTINUED

■ Brain Jam – Perseverating Thoughts

■ Impact on:

- Sleep
- Appetite
- Mood
- Behaviors
- Relationships



NEGATIVE RESPONSES TO STRESS

- Flee the Scene
- Break Down and Cry
- Snarky Effect
- “Catastrophize”
- Negative Self-Talk
- Medicate for Feelings



EMOTIONAL SAFETY

- No Put Downs
- Adult Intervention
- Careful Compliments
- Universal



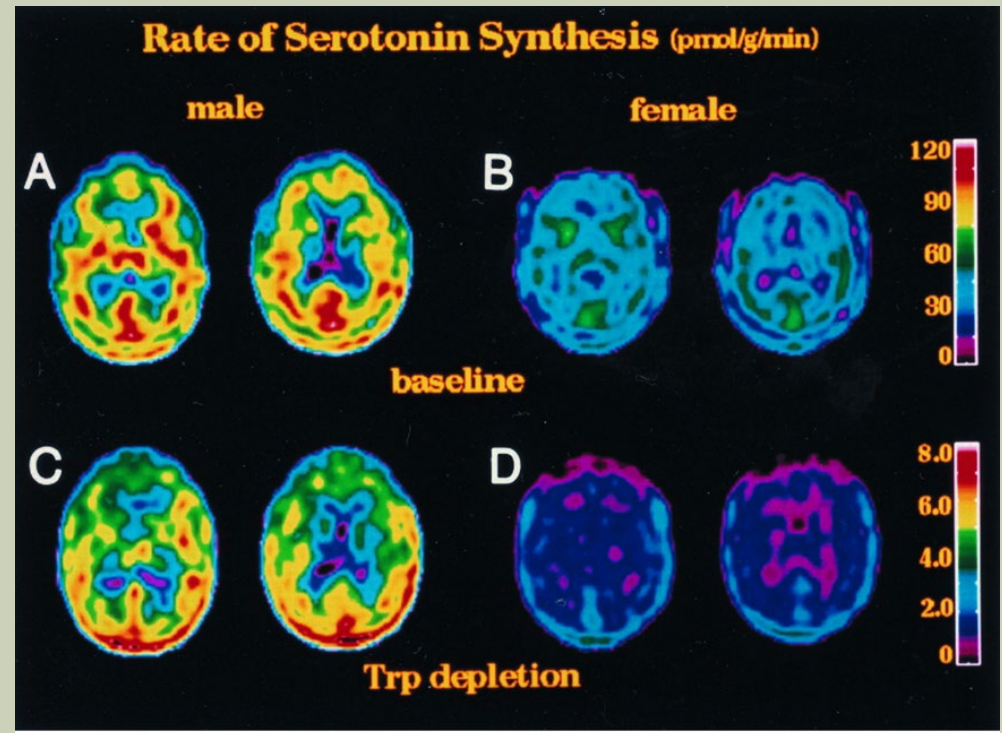
I SECOND THAT EMOTION

- Responding to Feelings

- Preferences

- Anger

- Depression
3-1



I SECOND THAT EMOTION

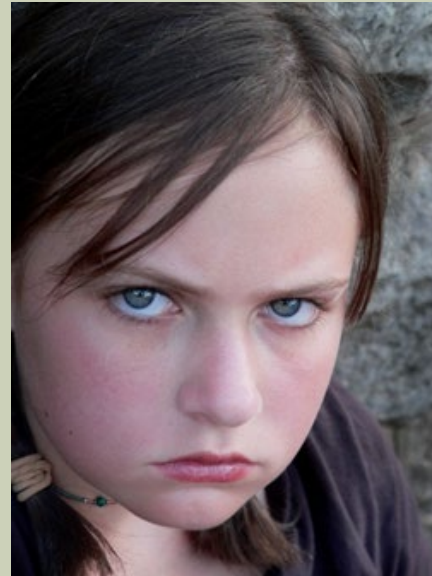
- THP and Teens

- Adults and Kids

- Problem Solving

- No load

- Heavy load



I SECOND THAT EMOTION

- Social Bonding and Connecting

- You got to have friends.



- Risky Business



I SECOND THAT EMOTION

- Love or Lust

- Oxytocin

- Vasopressin



- -Breaking Up is Hard to Do



NEW COHORT

Which women and girls are most likely to binge drink?



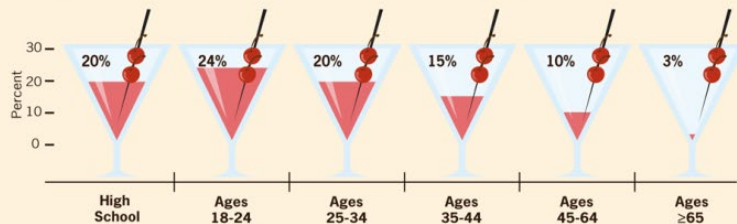
Women aged
18-34 and high
school girls

Whites &
Hispanics

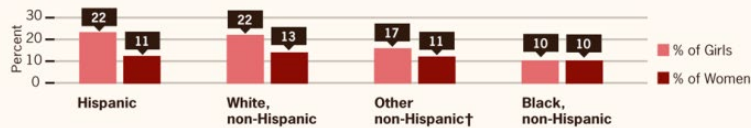


Women with
household incomes
above \$75,000

Binge drinking* among women and high school girls by age group



Binge drinking* by race/ethnicity among women and high school girls



†Other non-Hispanic includes Asian, Native Hawaiian/other Pacific Islander, American Indian/Alaskan Native, and multiracial.

Binge drinking* among high school students reporting current alcohol use* by grade



SOURCES: Behavioral Risk Factor Surveillance System (BRFSS) and Youth Risk Behavior Survey (YRBS), 2011.
*reported behavior in the past 30 days

IMPACT OF ALCOHOL

- Male Response

- Female Response



ALCOHOL: NEW PRODUCTS, CONT.

- Malt Beverages
 - Malt brewed beer
 - Sugars
 - Flavors
 - 20 – 24 ounces
 - 7 – 13% alcohol



IMPULSE CONTROL

■ PRDM2

Down regulated

Disrupts impulse control

Risk taking:

Male

Female



ALCOHOL AND PAIN PILLS

- Rx Meds

- Opioids



SOCIAL MEDIA

- GoPro/YouTube

- High T + H2O = 1+1+1+1+1+1+1+1+1 = DD

- ETOH + T + H2O = 50%

E + H2O =

1

DD

Open water 3x



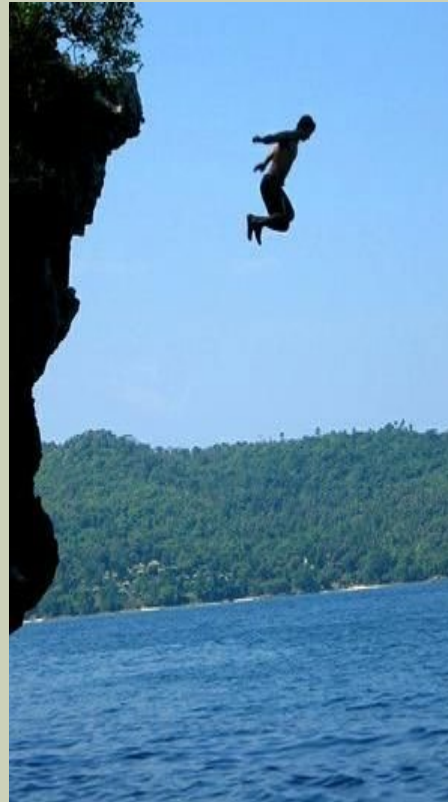
A DAY AT THE BEACH

- Spring, Summer, and Fall
- Open water drownings
- Male /Female



HIGH RISK

- Driving
- Swimming
- Falls
- Burns



THE CABIN IN THE WOODS

- Highest Risk for Females
- Second Location
 - More bad outcomes

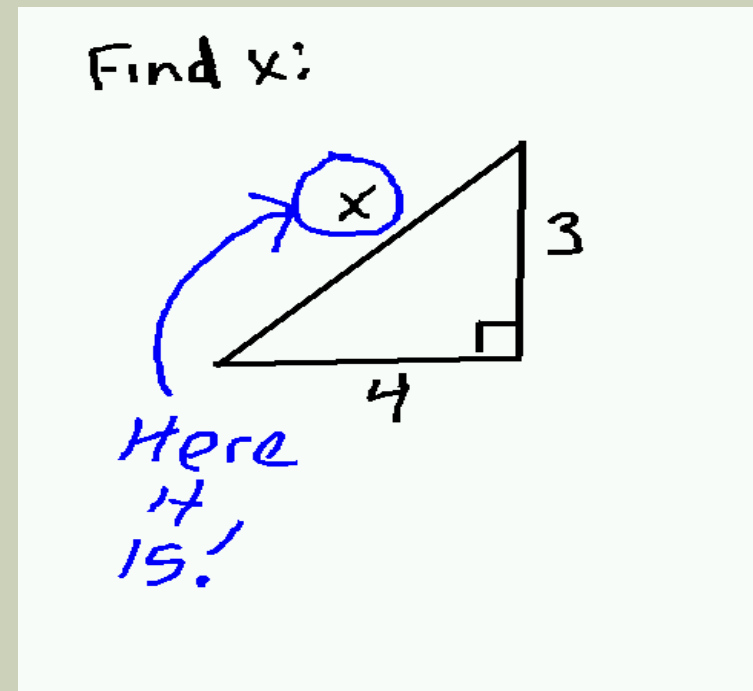


LESSONS TO LEARN

- In School, College and Training:

- Math and Science

- Testing



LESSONS TO LEARN

- In Family or Group:



- Same Gender

Different Expectations

- Mixed Gender

Accommodate Differences

LESSONS TO LEARN

- **In Life: Risk management, Emotional Competency**
- **What Counts: Rewards and Consequences**
- **Skill Building: Social Learning and Reversal Learning**

LESSONS TO LEARN

- In General, males need practice re: Feelings

- Identify
- Surface
- Articulate
- Process
- Manage



LESSONS TO LEARN

- In General, females need practice re: Action

- Strategize
- Action plan
- Role play
- Implementation



COMPONENTS OF TRUST

- Reliability

- Predictability

- Faith



GENDER DIFFERENCES BIBLIOGRAPHY

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