

Button Exercise

Pick an LGBT button at random from the bag that is being passed around (if you are doing this exercise on your own, you will need to buy an appropriate button). You must wear this button at least one day while you are working, attending meetings, running errands, socializing, etc.

Please reflect on the following questions after a day of wearing the button:

- How did it feel to wear the button?
- What responses did you get (if any) from people?
- Did you take the button off at any time? Why?
- What did you think about while wearing it?
- What concerns did you have?
- What did you learn from the button exercise?