

## Start/Stop/Continue Exercise

We are often only aware of the most obvious forms of heterosexism around us. We may have some awareness of the subtleties of this type of oppression and how it is manifested but we typically don't examine how our own behavior may contribute to its perpetuation. This exercise asks you to think creatively and intentionally about ways in which you can work against heterosexism. What can you start, stop, and continue doing to challenge heterosexism in your environment?

List 5 things you can start doing to challenge heterosexism.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

List 5 things you can stop doing which would challenge heterosexism.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

List 5 things you will continue to do to challenge heterosexism.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_