

HETEROSEXUAL IDENTITY QUIZ



Time: Varies according to activity model, see below

Materials: “How Long Have You Been a Heterosexual?” handout

Audience: Students from high school through college, Adults

Note: Because this exercise lends itself to humor, it is important that as a facilitator you set a respectful tone. Remind participants that this exercise is not intended to make fun of heterosexual people. If participants identify as gay, lesbian, bisexual, or queer they should try to imagine what they might say if they were heterosexual.

Framing

This next exercise will take a look at some of the questions that gay, lesbian, bisexual, and queer identified people are frequently asked. These questions stem from various stereotypes and assumptions society makes about sexual orientation and “what is normal.” This exercise is somewhat lighthearted but we ask that you please take the exercise seriously and be respectful during the process.

Option 1

Time: 15 minutes

1. Hand out the quiz to participants to fill out individually.
2. Once everyone has finished, debrief in pairs or as a whole group. (See below for suggested questions for debrief.)

Option 2

Time: 20 minutes

1. Have participants pair up and take turns asking each other the questions.
2. Bring the whole group back together and discuss the experience using the “Debrief Questions” below to initiate the conversation.

Debrief Questions

1. Have you ever heard any of these questions asked about or of gay, lesbian, or bisexual people?
2. What did this exercise bring up for you? What did you notice while participating in this exercise? How did you feel?
3. How did this exercise highlight assumptions around heterosexuality being the “norm?”

How Long Have You Been a Heterosexual?

Please answer the following questions as honestly and openly as you can.

1. What caused your heterosexuality?
2. How and when did you first decide you were a heterosexual?
3. Is it possible your heterosexuality is just a phase you may grow out of?
4. Does your heterosexuality stem from a neurotic fear of others of your own sex?
5. To whom have you disclosed your heterosexuality?
6. Why do you insist on making a public spectacle of your heterosexuality?
7. Why do heterosexuals feel compelled to seduce others into heterosexual behavior?
8. Why are heterosexuals so promiscuous?
9. Heterosexuals are noted for assigning themselves and each other to narrow, restrictive, stereotyped gender roles. Why do you cling to such unhealthy role-playing?
10. Why do heterosexuals place so much emphasis on sex?
11. Despite all the support that marriage receives from society, the divorce rate is spiraling. Why are there so few stable relationships amongst heterosexuals?
12. The majority of child molesters identify as heterosexual. Do you really consider it safe to expose children to heterosexual teachers?
13. Considering the menace of over-population, how could the human race survive if everyone was heterosexual?
14. There seem to be very few happy heterosexuals. Techniques have been developed with which you might be able to change if you really want to change. Have you considered trying therapy?
15. Why do you make a point of attributing heterosexuality to famous people? Is it to justify your own heterosexuality?