

## Barriers to Interpersonal Communication

### Sexism

- What is **Sexism**?
  - Sexism is the act of exhibiting prejudice, stereotyping, or discriminating against someone due to their sex or gender identity. Also, it includes preferring one sex to another.
    - **Sexist language** also plays a role in sexism. This language presumes maleness as the norm and femaleness or queerness as the deviation from the norm.
      - Ex.: *policeman*, *fireman* instead of police officer or firefighter.
    - **Sex-Role Stereotyping** is another form of assuming gender based on normative social perspectives.
      - Ex.: You should get a second doctor's opinions, just to see what *hesays*.
      - Johnny met his Kindergarten teacher today, I wonder who *sheis*.
- Why should I avoid Sexism?
  - Sexism is detrimental to interpersonal communication because it excludes or disadvantages non-male individuals.
- How do I correct Sexism?
  - Realize when you or someone else is preferring a male person or pronoun to a female or other gender.
    - i.e. Calling someone “man” or “dude” or “bro” when they have not ascribed to these labels of identification.
  - Realize when you or someone else places limits, disadvantages, assumptions, or insults on a non-male person.