

Tossing out the Binary: Transforming Gender and Sexuality Norms to Improve Health

Katie Querna

Pronouns: she, her, hers

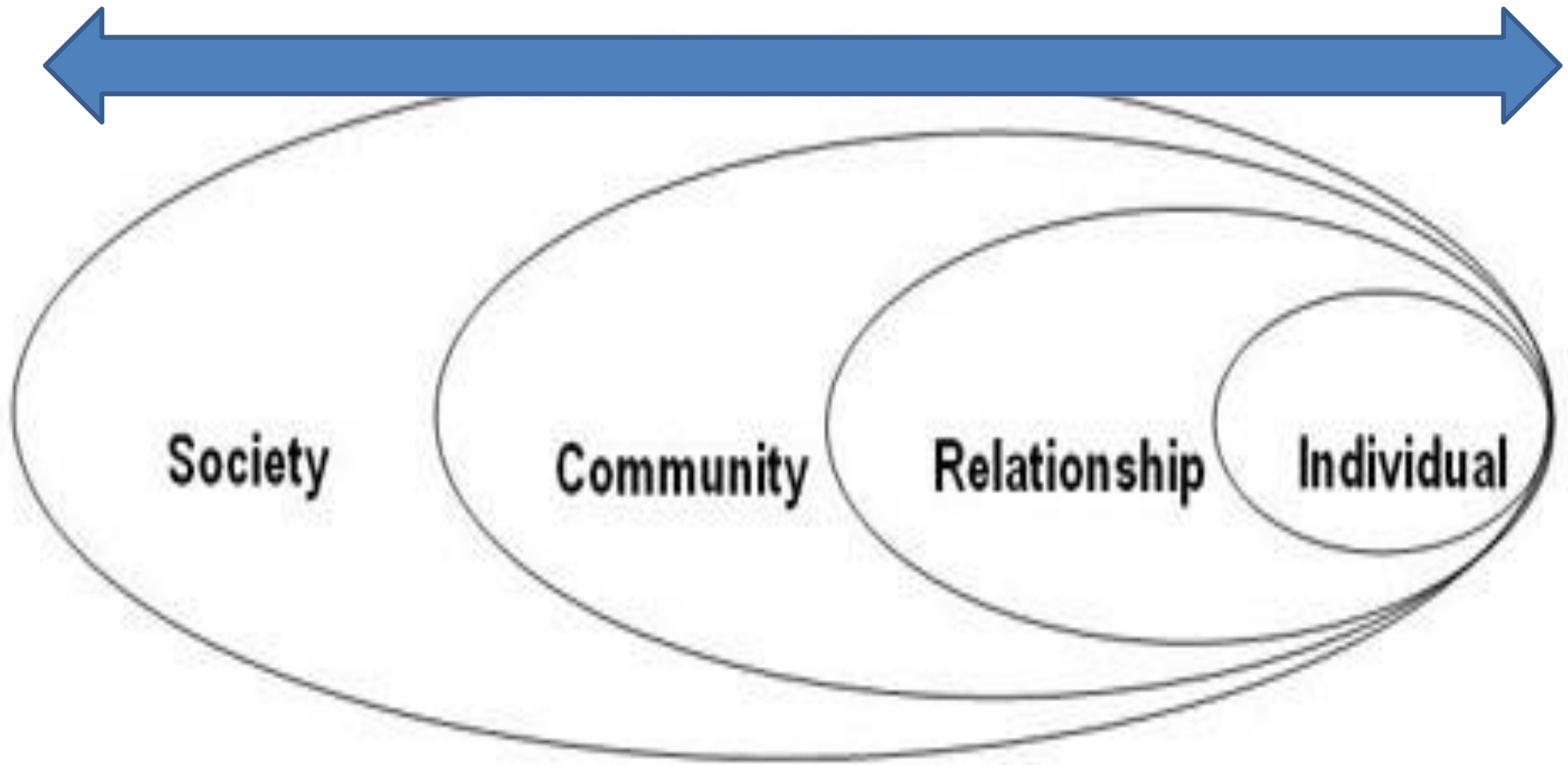
PhD Candidate

School of Social Work

Seems like you have a case of being a little bitch. I'm prescribing you a heavy dose of man the fuck up.



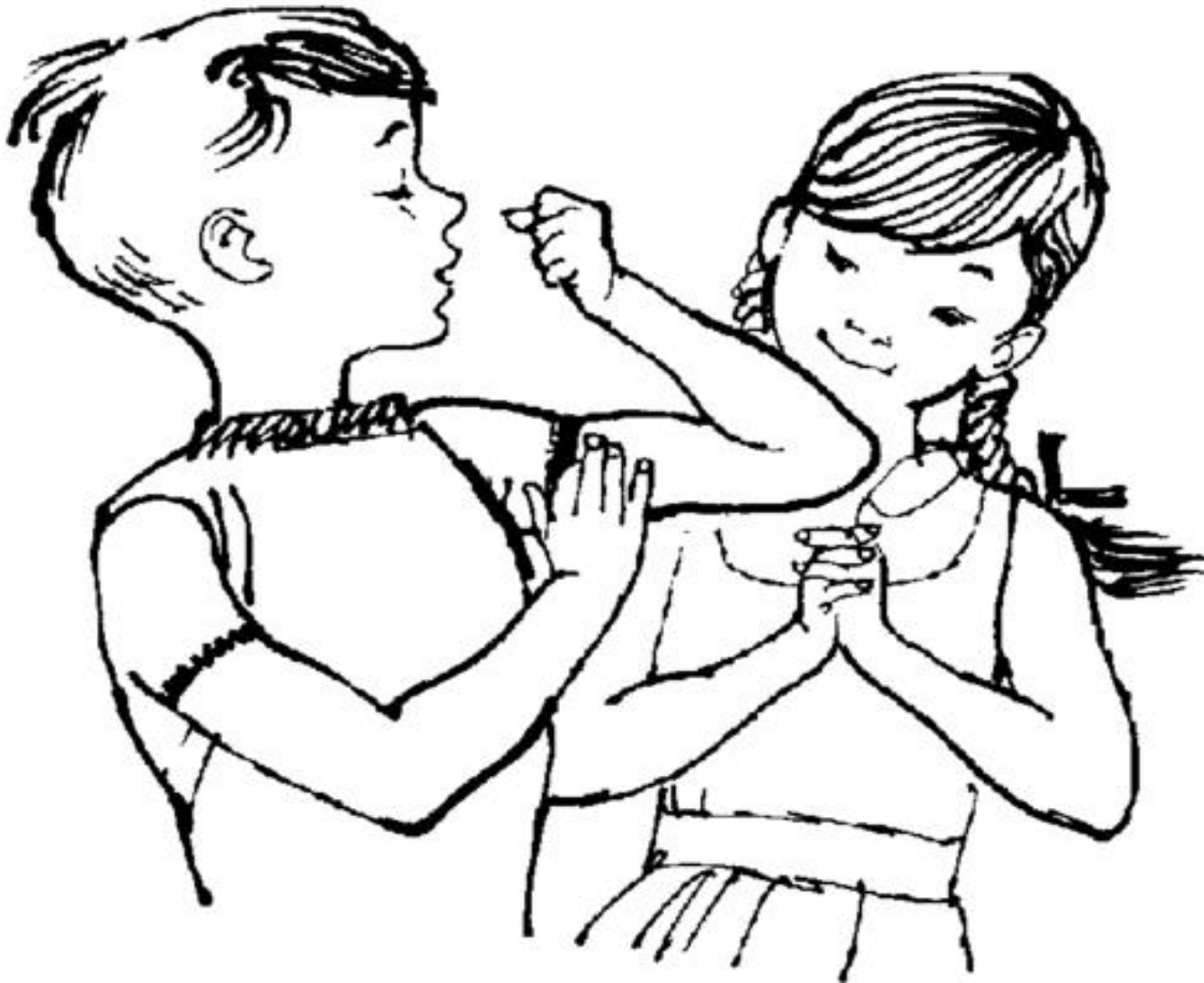
your  cards
someecards.com



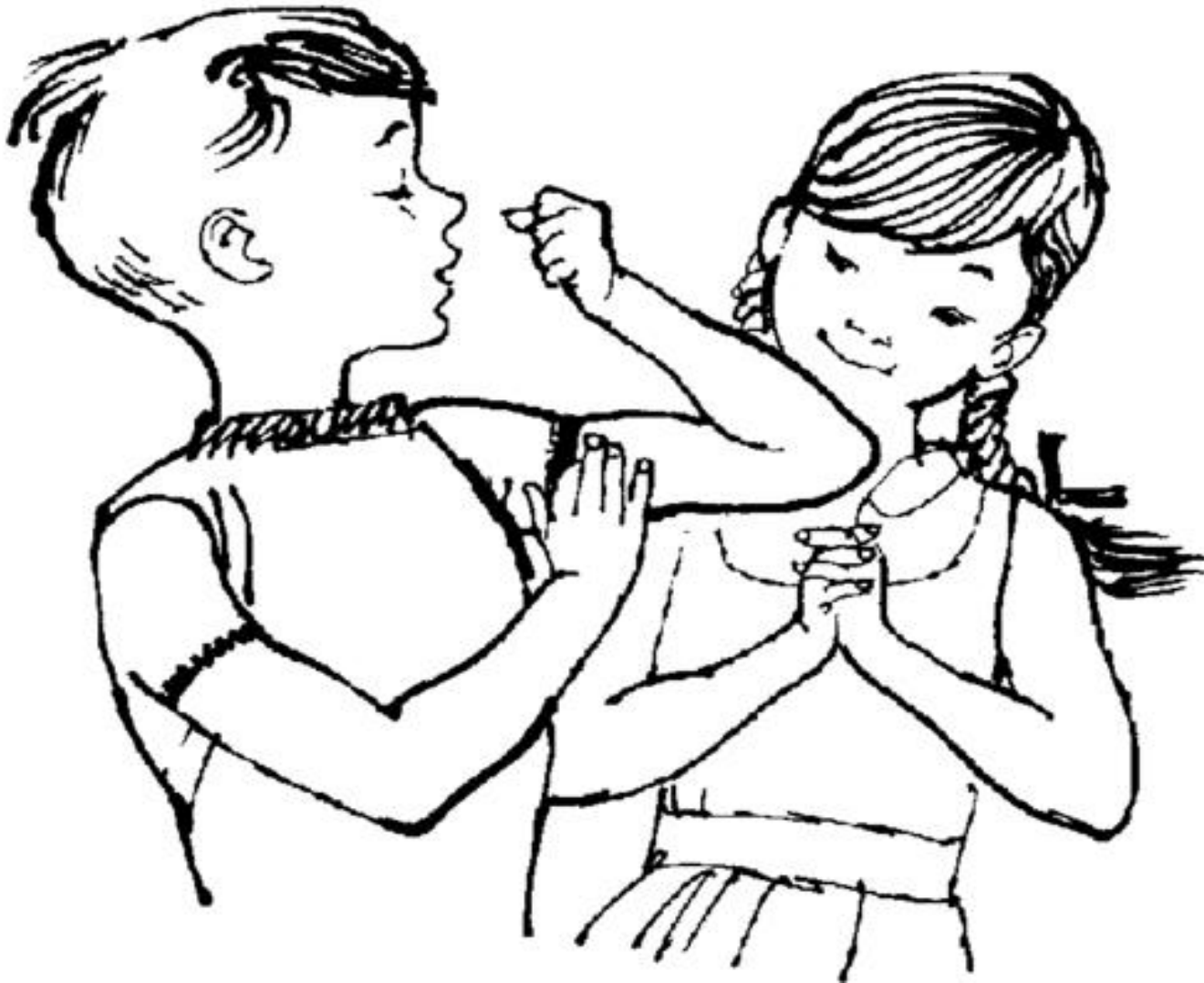
*Nested Social Ecological Model
on Dahlberg and Krug (2002)*

- **What?** Gender and sexuality (GS) norms; specifically “traditional masculinity” (assumed cis-gender and heterosexual).
- **So What?** Men’s adherence to GS norms are associated with a number of *negative health outcomes for everyone.*
- **Now what?** Transforming GS norms could improve health and well-being for everyone, across the life course.

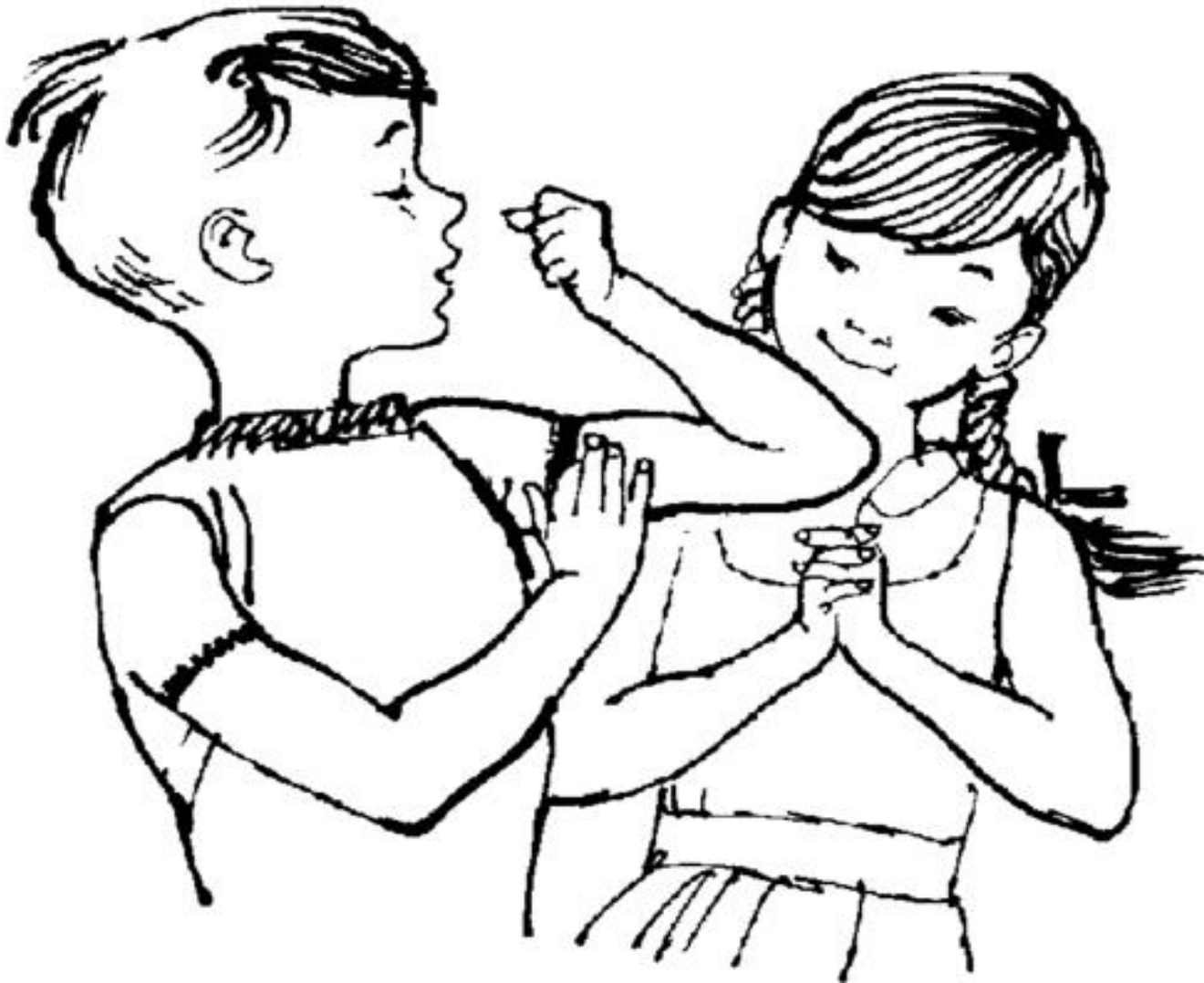
What we are talking about

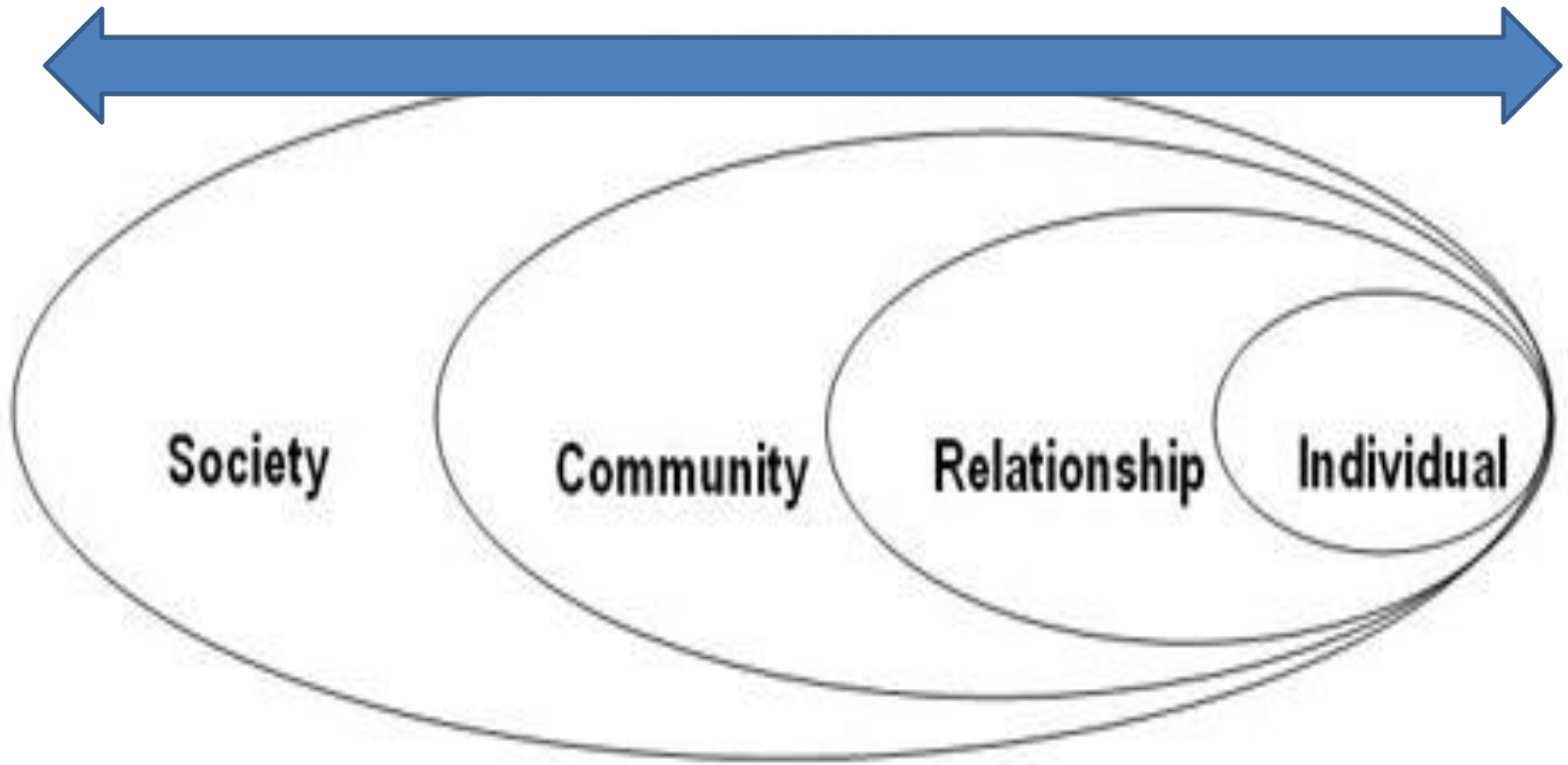


What we are talking about

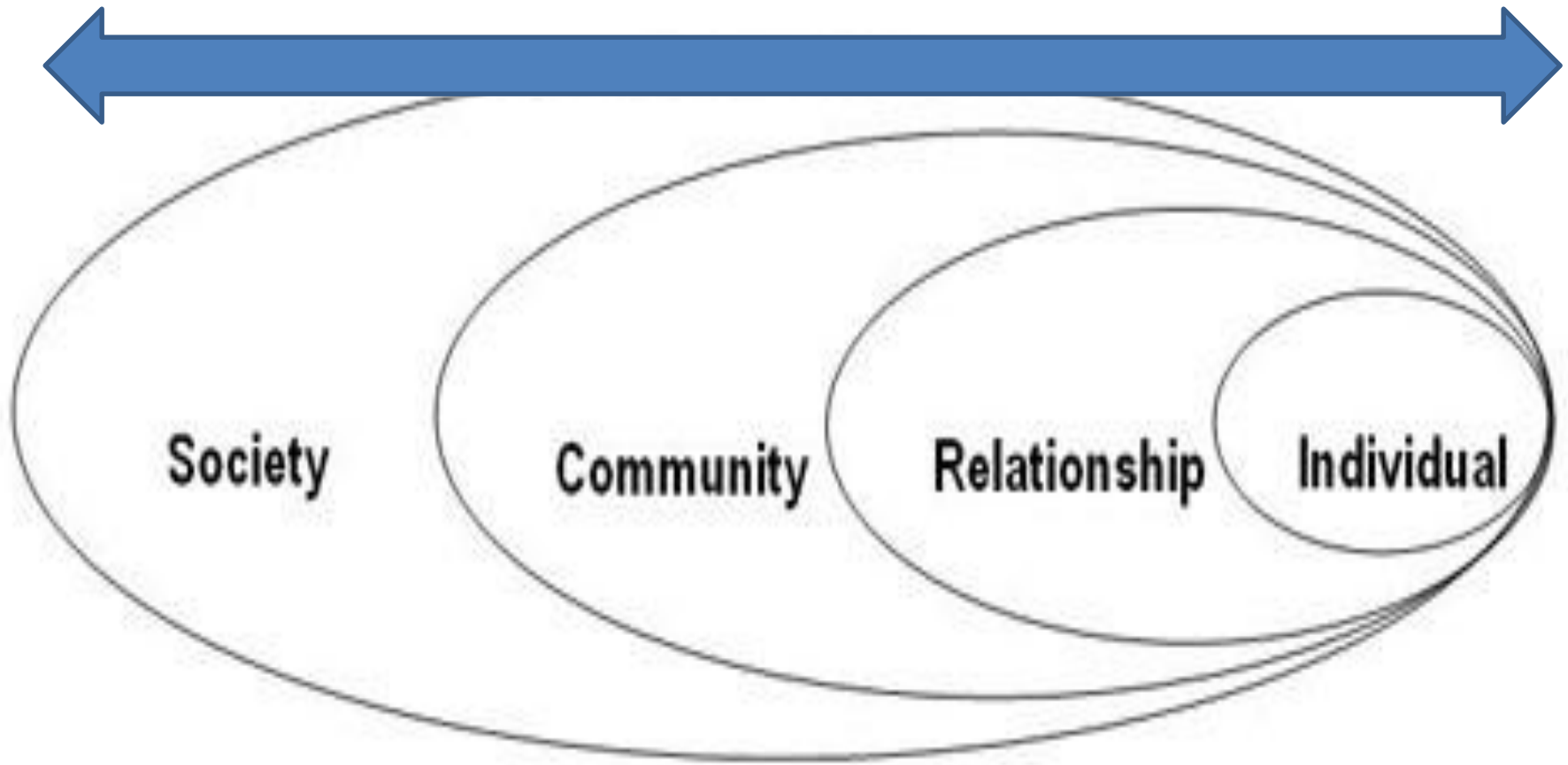


What we are talking about

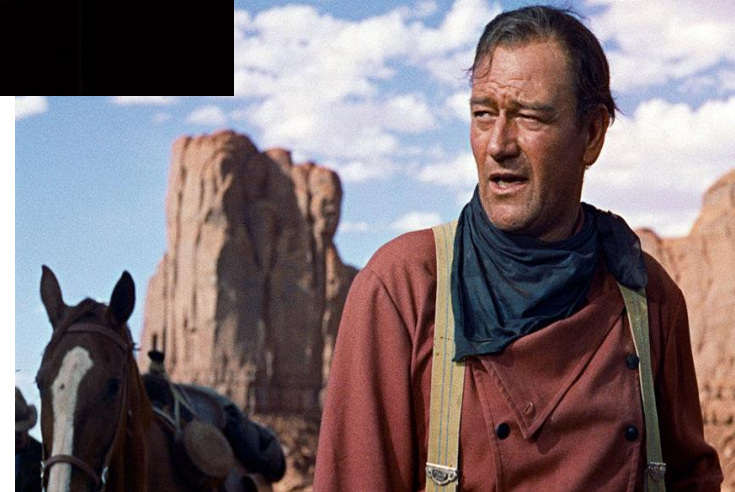




*Nested Social Ecological Model
on Dahlberg and Krug (2002)*

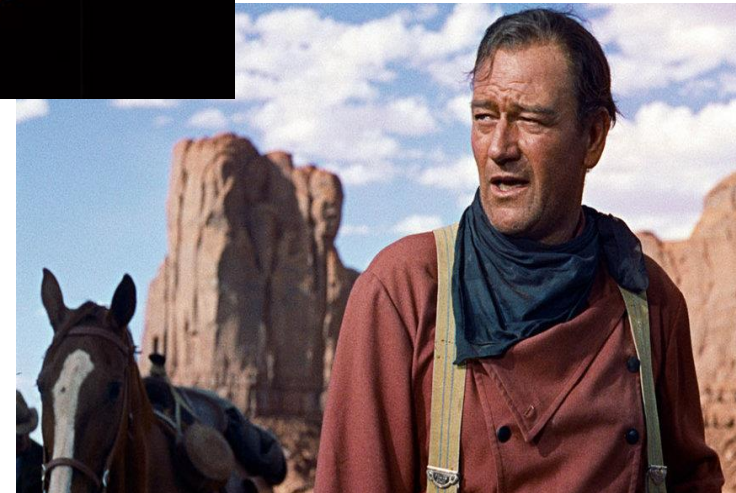


*Nested Social Ecological Model
on Dahlberg and Krug (2002)*



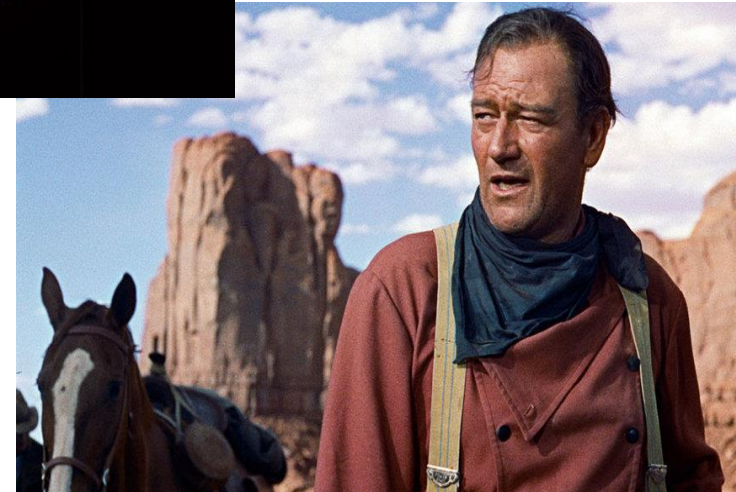


ARE YOU A MAN?





ARE YOU A MAN?



Impacts across the life course





Community and Policy



Community and Policy



Transform

Transform



Transform



Transform



- **Name:** Katie Querna (she, her, hers)
- **Department:** Social Work
- **Contact Information:** kquerna@uw.edu
- **Twitter/URL:** @Kquerna
- **Website:** <http://katiequerna.weebly.com/>
- **Quick bio:** PhD student in Social Welfare and a National Institutes of Health Translational Health Sciences Fellow. Her research focuses on transforming traditional conceptions of gender and sexuality to improve well-being broadly, specifically focused on men/masculinity norms and health outcomes. She teaches yoga, meditation, and dance and is an amateur astronomer.