

TRAINING ACTIVITY
**“BIOLOGICAL DIFFERENCES
BETWEEN MEN AND WOMEN”**

ACTIVITY DESCRIPTION

Learners will complete a quiz that will help them better understand the some of the differences between men and women.

Instructions:

- ?? Distribute the quiz.
- ?? Ask the learners to respond to them as they would think is correct.
- ?? When finished, facilitate discussion about how this impacts how men and women communicate.

KEY LEARNING POINTS

This activity will challenge the learner to understand that differences between men and women are often related to physical, biological differences.

VARIATIONS

- ?? Complete this activity as a group exercise and see how many correct answers each group can come up with.

RESOURCES NEEDED

- ?? Quiz (example with answers attached) and writing instruments.
- ?? Time: 15 minutes.

SOURCE

Lori Grove, Instructor, Fresno Police Department

BIOLOGICAL DIFFERENCES BETWEEN MALES AND FEMALES

Listed below are biological features that belong to either males or females. In the blank line next to the feature, write an **F** if you feel the feature belongs to a female, or write an **M** if it belongs to a male.



1. Burns less calories. _____
2. Better nighttime vision. _____
3. At 60 years of age, has 60% of strength and flexibility of age 20. _____
4. Joints are tighter. _____
5. Sweat glands are more evenly distributed. _____
6. Greater incidence of learning disorders. _____
7. Hair is coarser. _____
8. More susceptible to alcohol abuse. _____
9. Fewer nerve endings. _____
10. Better daytime vision. _____
11. Up to 40% more connectors in the brain, large corpus collosum. _____
12. Skull is larger at base and smaller at the crown. _____
13. Better oxygen supply to the brain. _____
14. At 60 years of age, has 90% of strength and flexibility of age 20. _____
15. Weaker immune system. _____

ANSWER SHEET

BIOLOGICAL DIFFERENCES BETWEEN MALES AND FEMALES

Listed below are biological features that belong to either males or females. In the blank line next to the feature, write an F if you feel the feature belongs to a female, or write an M if it belongs to a male.



1. Burns less calories. F
2. Better nighttime vision. F
3. At 60 years of age, has 60% of strength and flexibility of age 20. M
4. Joints are tighter. M
5. Sweat glands are more evenly distributed. F
6. Greater incidence of learning disorders. M
7. Hair is coarser. M
8. More susceptible to alcohol abuse. F
9. Fewer nerve endings. M
10. Better daytime vision. M
11. Up to 40% more connectors in the brain, large corpus collosum. F
12. Skull is larger at base and smaller at the crown. M
13. Better oxygen supply to the brain. F
14. At 60 years of age, has 90% of strength and flexibility of age 20. F
15. Weaker immune system. M