Examples of Breaking a Norm

Social Interaction Norms:
- Select One: Handshake variations; kiss on both cheeks; greet person in bathroom stall next to you; bow or curtsy as a greeting; greet people in a language or style of slang other than what you normally speak; reverse greetings (say hello when goodbye is the appropriate greeting); stand further away or closer than normal; behave more formal or impersonal; offer to comb/brush your sibling’s or parent’s hair or offer to brush their teeth; alter your tone of voice (e.g., sound and look excited when it is not an exciting topic of conversation); alter your sentence structure (e.g., glass water would like I); verbally end your sentences with inappropriate punctuation, such as a question mark instead of a period (e.g., You look nice today? I'm doing fine?); refer to yourself in the third person (Veronica would like a glass of water. Matt is going to class now . . . etc.).

Personal appearance norms:
- Select One: Wear your clothes backwards; wear your clothes inside out; wear cold weather clothes on a hot day; wear pajamas in public; wear make-up on one side of your face; wear sandals at the gym; wear two or three shirts of the same style; wear shorts or underwear over your pants; style your hair with kitchen tongs instead of a comb/brush.

Food and beverages:
- Select One: Eat strange food combinations (salsa or steak sauce on pancakes, etc.); brush your teeth at the table after your meal; use the “wrong” utensils to eat your food (e.g., popcorn with a fork; salad with a spoon, etc.); eat cereal, spaghetti, etc. with your hands; drink or lap your beverages from a bowl instead of a cup or glass; order food not on the menu (e.g., menudo at McDonald’s); eat your burger one ingredient at a time (the bun, then the lettuce, then the tomato, etc.).

Gender roles:
- Men . . . Select One: Take on the traditional female gender role—wash dishes, cook meals, behave more nurturing towards others, ask family/friends if you look fat; shop and try on women’s clothing; at different stores, ask for assistance with make-up for men (skip the MAC counter for this one); ask for tips on plucking your eyebrows.

- Women . . . Select One: Take on the traditional male gender role (e.g., express more interest in car mechanics, mow the lawn); shop and try on men’s clothing; scratch/adjust your crotch in public; stop shaving your armpit hair and wear tank tops; display hairy legs with shorts, skirts, and dresses.

- Women or Men . . . Call men beautiful and women handsome.

Acts of kindness:
- Select One: Offer to take class notes for someone or sharpen their pencil; give a compliment to a stranger; stand at the door and greet your classmates as they enter the classroom; greet strangers, such as a store clerk with a handshake and a smile; give out treats, such as candy or cookies; offer to cut up a friend’s or relative’s food; do chores around the house that you normally would not be expected to do.

Age appropriate behavior:
- Select One: Use a pacifier; wear a baby’s bib while eating; eat baby food out of the jar; pick your nose; hum while you eat as a child might; take a child’s toy such as a teddy bear wherever you go; suck your thumb.

Shopping:
- Select One: Carry groceries and push an empty basket; try to negotiate prices; ask to test/sample store items that normally are not tested or sampled; pay with coins (small purchases only); ask for foods like chitterlings (“chitlins”), cow’s tongue, etc. in stores like Vons, Stater Bros or restaurants like Denny’s, etc.