

Physiological Differences

- Girls develop right side of brain faster than boys; leads to talking, vocabulary, pronunciation, reading earlier, better memory.
- Boys develop left side faster than girls; visual-spatial-logical skills, perceptual skills, better at math, problem solving, building and figuring out puzzles.
- Girls more interested in toys with faces than boys are; play with stuffed animals and dolls more; boys drawn to blocks or anything that can be manipulated.
- Women use both hemispheres of brain; men . . .

Developmental Differences

- Girls tend to talk about other people; secrets in order to bond friendships; and school, wishes and needs.
- Boys talk about things and activities. What they are doing and who is best at the activity.
- Teenage girls talk about boys, clothes and weight.
- Teenage boys talk about sports, mechanics, and function of things.
- This carries into adulthood when women talk about relationships, people, diet, clothing, physical appearance. Men talk about sports, work, money, cars, news, politics, and the mechanics of things.

Values as Adults

- A man's sense of self is defined through his ability to achieve results, though success and accomplishment. Achieve goals and prove his competence and feel good about himself.
- A woman's sense of self is defined through their feelings and the quality of their relationships. They spend much time supporting, nurturing and helping each other. They experience fulfillment through sharing and relating.
- To feel good about himself, men must achieve goals by themselves.
- Personal expression, in clothes and feelings, is very important. Communication is important. Talking, sharing and relating is how a woman feels good about herself.

Values as Adults (continued)

- In general, men are more interested in objects and things rather than people and feelings.
- Women value love, communication, beauty and relationships.
- Men rarely talk about their problems unless they are seeking “expert” advice; asking for help when you can do something yourself is a sign of weakness.
- For women, offering help is not a sign of weakness, but a sign of strength; it is a sign of caring to give support.
- Men feel devastated by failure and financial setbacks; they tend to obsess about money much more than women.
- When men are preoccupied with work or money, women interpret it as rejection.

Other Differences

- Men are more logical, analytical, rational
- Women are more intuitive, holistic, creative, integrative
- Men have a much more difficult time relating to their own feelings, and may feel very threatened by the expression of feelings in their presence. This may cause them to react by withdrawing or attempting to control the situation through a display of control and/or power
- Women are in touch with a much wider range of feeling than men, and the intensity of those feelings is usually much greater for women than men. As a result of this, many men perceive that women's feelings appear to change quickly; men may find this irrational and difficult to understand
- Women tend to be much more sensitive to sounds and smells than men are; and women as such tend to place a greater emphasis on "atmosphere"

Other Differences (continued)

- The most frequent complaint men have about women:
Women are always trying to change them
- The most frequent complaint women have about men:
Men don't listen
- Men often try to change a woman's mood when she is upset by offering solutions to her problems, which she interprets as discounting and invalidating her feelings
- Women try to change men's behavior by offering unsolicited advice and criticism and becoming a home-improvement committee

Summary . . .

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- There are major, significant differences between men and women