Nowadays, we often talk about gender equality, but what exactly does it mean? Why should we uphold gender equality? Today, I will answer these questions for you one by one.

Gender equality is the concept that all individuals, regardless of their gender, should have equal rights, responsibilities, and opportunities. The concept sounds easy, but it's not that simple to put into practice. It wasn't until the founding of the new China that the situation of women being significantly lower in status than men began to improve. However, even today, women still face discrimination in areas like employment, such as earning lower salaries than men for the same job.

Since achieving true gender equality is so difficult, why should we still insist on it? On one hand, gender equality significantly boosts economic growth. When both men and women have equal access to education and employment opportunities, businesses can draw from a larger pool of talent, which leads to improved efficiency and creativity. On the other hand ,when women and men share equal rights, responsibilities, and opportunities, there is less tension and conflict arising from discrimination or injustice.

So, what can we do to promote gender equality? The most important point is to fundamentally establish the awareness of gender equality and eliminate the influence of the traditional Chinese concept of male superiority and female inferiority. Schools and media should play their guiding roles, and the government should implement corresponding policies to protect women's legal rights.

In summary, gender equality must be implemented, and both China and the world still have a long way to go. Only by promoting gender equality can we achieve a more harmonious and stable future.

如今，我们常常谈论性别平等，但这到底意味着什么呢？我们为什么要坚持性别平等？今天，我将逐一回答这些问题。

性别平等是指所有个体，无论性别如何，都应享有平等的权利、责任和机会。虽然这个概念听起来很简单，但要将其付诸实践却并不容易。直到新中国成立后，女性的地位才开始显著改善。然而，即使在今天，女性在就业等领域仍面临歧视，往往在同样的工作中收入低于男性。

既然实现真正的性别平等如此困难，为什么我们仍然要坚持这个目标呢？一方面，性别平等显著促进经济增长。当男女都能平等地接受教育和就业机会时，企业可以从更大的人才库中选拔人才，从而提高效率和创造力。另一方面，当女性和男性享有平等的权利、责任和机会时，因歧视或不公引发的紧张和冲突会减少。

那么，我们可以做些什么来推动性别平等呢？最重要的一点是要根本性地树立性别平等的意识，消除传统中国观念中男性优越和女性低下的影响。学校和媒体应发挥其引导作用，政府则应实施相应的政策来保护女性的合法权益。

总之，性别平等必须得到落实，中国和世界仍然任重道远。只有通过推动性别平等，我们才能实现一个更加和谐与稳定的未来。

Nowadays, we often talk about gender equality, but what exactly does it mean? Why should we uphold gender equality? Today, I will address these questions one by one.

Gender equality is the concept that all individuals, regardless of their gender, should have equal rights, responsibilities, and opportunities. While this idea sounds straightforward, implementing it is quite complex. It wasn't until the founding of New China that the status of women began to improve significantly. However, even today, women still face discrimination in areas such as employment, often earning lower salaries than men for the same job.

Given the challenges in achieving true gender equality, why should we persist in this endeavor? On one hand, gender equality significantly boosts economic growth. When both men and women have equal access to education and employment opportunities, businesses can tap into a larger pool of talent, leading to enhanced efficiency and creativity. On the other hand, when women and men share equal rights, responsibilities, and opportunities, there is less tension and conflict arising from discrimination or injustice.

So, what can we do to promote gender equality? The most crucial step is to fundamentally establish the awareness of gender equality and eliminate the lingering influence of traditional Chinese beliefs that prioritize male superiority over female worth. Schools and media should play their guiding roles, while the government must implement policies to protect women's legal rights.

In summary, gender equality is essential, and both China and the world still have a long way to go. Only by promoting gender equality can we achieve a more harmonious and stable future.