**Heteronormativity**

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Heteronormativity is unfortunately very prevalent in our society today. According to Wikipedia, "Heteronormativity is the belief that people fall into distinct and complementary genders with natural roles in life. It assumes that heterosexuality is the norm or default sexual orientation, and that sexual and marital relations are most fitting between people of opposite sex." This is a worrying problem which stems from homosexuality being a taboo in the society. This stems from people not being educated enough about the LGBTQI community. This essentially stems from parents failing to tell their children that being attracted to the same gender is normal, that it is alright. Heteronormativity in simple words is the assumption that is made by people that everyone is heterosexual "by-default". Homosexuality is still a very queer topic to people that is concerning.

A victim of heteronormativity is deeply affected by it. It arises a sense of fear in them and makes the feel alienated from the society. Fear that they might not be considered "normal" if they come out. It plants feelings of stress, despair, confusion and frustration in them. Their parents and peers turning a blind eye towards homosexuality leaves them with an unsettling feeling of anxiety. This also causes a lot of young queer people to become a prey of severe mental illnesses like depression and leaves behind a lot of anxiety.

All of this adversely affects mental and physical health of victims. Often, without really realising it, people strip closeted homosexuals of their true identity/ies. If people are more open to the idea of their acquaintances, friends and relatives being a part of the LGBTQI community, it would be a contribution greater than it seems. All we need to do is be more welcoming and accepting, spread a little love and be sensitive and unassuming. Ending the concept of heteronormativity will help the world become a better, safer place for all.