

SENDING SEXISM KEEPS YOU FROM GROWING



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2 Objectives

- Equal career opportunities for women and men. Equality of women and men with regard to political representation and participation. Enhancement of gender roles and standards for women and men, elimination of restricting standards.
- The overarching goal of organizing gender sensitivity training is to raise awareness among decision-makers on gender dynamics, the importance to consider the specific needs of women and girls, also the key role that women can play in decision-making processes and their role in supporting their access to basic
- Gender-specific programming provides girls with decision making and life skills that will assist their development into womanhood. Given the importance that girls place on relationships, gender-specific programming teaches positive relationship-building skills. Empowerment teaches girls to use their voice, to speak for themselves, and to recognize that they have choices.

3 Beneficiaries

- Innocent children who have been influenced by their sexist parents' upbringing. As a result, children may adapt to their parents' behavior, and as they grow older, they may suffer from their roles in the household.
- Women who have been adversely affected by the standard of living. Half of the women in low- and middle-income countries have no control over their own bodies.
- Men who have been should be held accountable for the root cause of sexism. Men are also subjected to social and legal pressure to fight in wars.
- People who have experienced pressure from others for not conforming to conventional gender roles established by society.

4 Introduction

Background of the issue

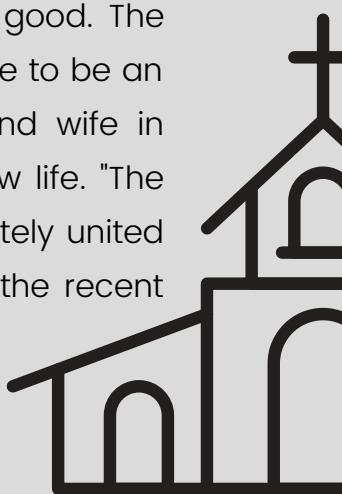
A person's sex is assigned at birth based on biological traits, such as genitalia and chromosomes. Gender involves how a person feels and self-identifies. Gender also exists as a social construct. This consists of societal and cultural roles and norms considered appropriate for various genders. Any action, speech, law, practice, or media representation that places a higher value on one gender or sex over another is sexist. This applies whether the person or institution meant to cause harm or not. Worldwide, sexism affects women and girls most often. This is because in most cultures, being male or masculine is more highly valued than being female or feminine.

Its root causes

The widespread sexualisation of women's bodies suggesting their permanent sexual availability and genderbiased customs and traditions contribute to treating women as subordinate members of the family or society. They also affect how women are treated and perceived by public institutions and societal structures. Abolishing negative gender stereotypes and sexism is therefore essential to achieving gender equality.

Stand of the church

Sex and gender roles in the Roman Catholic Church have been the subject of both intrigue and controversy throughout the Church's history. The cultural influence of the Catholic Church has been vast, particularly upon Western society. Christian concepts, introduced into evangelized societies worldwide by the Church, had a significant impact on established cultural views of sex and gender roles. The Catholic Church teaches that human life and human sexuality are inseparable. Because Catholics believe that God created human beings in his own image and likeness and that he found everything he created to be "very good", the Church teaches that the human body and sex must likewise be good. The Church considers the expression of love between husband and wife to be an elevated form of human activity, joining as it does husband and wife in complete mutual self-giving, and opening their relationship to new life. "The sexual activity in which husband and wife are intimately and chastely united with one another, through which human life is transmitted, is, as the recent Council recalled, 'noble and worthy'.



5 Rationale

Sexism is prejudice or discrimination based on gender. The more sexism one encounters and recognizes, the more chances one has to confront it. Women are disproportionately affected by this. Despite the fact that sexism affects both men and women, and any analysis of facts. Women are viewed as weak in our society today. Furthermore, sustainable development is dependent on the suppression of gender discrimination and the provision of equal access to education and employment opportunities for women. Women do, in fact, earn less than men, which is referred to as a gender pay gap. Women are oppressed as a result of our society's offensive actions. Sexism must be addressed and eradicated because gender equality reduces violence against women and girls. It is also necessary for economic prosperity. Inequality, but not just the usual kinds. That is what must be addressed. Women should be treated equally, respected, and loved, but men should be treated in the same way also. Respect their sexualities in the same way that you want them to respect yours. Girl power can be promoted without lowering men's status. Societies that value men and women equally are safer and healthier. Casting all men with the same brush will lead to division and unnecessarily competitive behavior. What we need to work on is cooperation between men and women to have equal freedom. Prejudice will not suffice. Gender equality, on the other hand, benefits everyone. Where it can foster peace and order in order to form a well-educated community.

6 Solutions

Sexism has been around for so long and it's still existing today. The inequality in the treatment between both genders was distinguishable whether it is good or bad. So, to give solutions in order to educate people to prevent themselves from being involved in this behavior, here are the following.

First, give both genders equal opportunity in many aspects of career choices. For women, they weren't paid enough for their jobs due to underestimation of their performance and abilities by basing their physical capabilities instead of knowing what they can actually do. Instead of discouraging women, we should support them.



Second, treat each other with respect. Sexual harassment and hate speech is dehumanizing to feel. Having people judging you for sexist reasons leads to conflict between genders. So, respecting each other will build a good relationship between both genders.

Third, don't use your gender to feel superior. People these days take that as an advantage to not take responsibility for their actions.

They'll use their "I'm a _" card to manipulate you to do things stereotypically, one example is household chores. So, be humble to your opposite gender or anyone because everyone deserves to be treated well.



Fourth, do not remain silent. There are people out there who tolerate sexism behaviors, maybe because that's what they're taught or what they experienced. So, calling out someone about their sexist behavior will give those people knowledge and realizations that what they are doing is wrong and shouldn't be normalized.

Fifth, don't involve yourself in doing an act of discrimination to your opposite sex. This is just another way to say "Don't be sexist". This is the most simplest thing you can do because it doesn't require or have involvement with the law and the public, it's only you. So, if you want to end sexism, don't be sexist.



In summary, the solution to that problem is simply not to be sexist, call out someone who's sexist, and give equal rights and respect.

Prayer and acknowledgments



O God:

Give me strength to live another day;

Let me not turn coward before its difficulties or prove recreant to its duties;

Let me not lose faith in other people;

Keep me sweet and sound of heart, in spite of ingratitude, treachery, or meanness;

Preserve me from minding little stings or giving them;

Help me to keep my heart clean, and to live so honestly and fearlessly that no outward failure can dishearten me or take away the joy of conscious integrity;

Open wide the eyes of my soul that I may see good in all things;

Grant me this day some new vision of thy truth;

Inspire me with the spirit of joy and gladness;

and make me the cup of strength to suffering souls;

in the name of the strong Deliverer, our only Lord and Savior, Jesus Christ. Amen.

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