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When the only behavior that accepts in a conservative community is the traditional one, how do you explain the concept of a wide array of gender to them? In our sensitive culture, how crucial is it to comprehend and understand that a person's acts, activities, or type of clothing do not reflect their sexuality, and how should we not put a label on them?

Our society has its conventional ideals and clings to the appropriate behavior you should follow based on your biological sex. As an illustration of this, women are perceived as being more refined, caring, and emotional than men, who are viewed as being energetic, more assertive, and more competitive (Denmark & Paludi, 2008). In addition, women's physical attributes are recognized for their beauty, quiet voice, and demure attitude, whereas men are known for their huge bodies and muscular physiques (Cejka & Eagly, 1999). Even in workspaces, men and women are expected to do different things from one another. Children's care, household duty, cooking, and other task considered feminine are assumed as women's roles. Providing for the family, performing physically demanding chores, and fixing any damage at home are considered as men's duties.

Always remember that the perception we associate with each sexuality only exists because of the colonial mentality that the colonizers left with us. Our beliefs were drastically altered by the Spaniards and incorporated with theirs. Filipino-American historian Kirby Arallo claims that when it comes to gender, the Philippines is much more progressive and open than before. In contrast to now, people not only accept it but promote it. They do not view it as binary and do not focus on limiting individuals to a particular label.

That is why people, especially the conservative one needs to understand the importance of gender identity. Gender is fluid and has its spectrum that can change thru time. It is significant to recognize that boys are not always required to act masculine, and girls, are not constantly designed to be feminine. People also need to stop making fun of and using words such as "bakla", "tomboy", and "binabae" as derogative words. There is nothing wrong if a person is doing unconventional things and deviating from the usual because this is how they choose to express themselves. Gender expression is vital. Also, society needs to be more supportive and accepting to create a safe space for everyone who wants to freely express their identity without being judged. We need a community that does not base what a person can and cannot do based on their sexuality and gender identity.

References:

What are Gender Roles and Stereotypes

<https://www.plannedparenthood.org/learn/gender-identity/sex-gender-identity/what-are-gender-roles-and-stereotypes>

Gender in Pre-Colonial Philippines

<https://www.youtube.com/watch?v=6T2SII8x5Qc>

Psychology of Women

https://books.google.com.ph/books?hl=en&lr=&id=sG0jbQKYHHcC&oi=fnd&pg=PA205&dq=gender+stereotypes&ots=8QqmHKW9zk&sig=nArpddTurMv7PAI32RJPxQGUG9k&redir_esc=y#v=onepage&q=gender%20stereotypes&f=false