

Impact of Gender Roles and Norms on Men and Women

Gender roles and norms can have negative impacts on men and women.

- Gender norms can lead to power imbalances in relationships and increased violence against women.
- Rigid norms can pressure men to engage in risky behaviour, avoid healthcare, and struggle with mental health issues. These norms can similarly affect women's mental health and decision-making.
- Children are influenced by gender norms to act and behave in a certain way. This can promote body image issues in girls and discourage boys from expressing emotions.
- Gender norms can lead to a greater pay gap between men and women and reduce women's progression in leadership roles.
- Gender norms can encourage boys and men to smoke, take sexual and other health risks, misuse alcohol, and not seek care.

