

Self-Awareness and Recognition of Gender Roles and Norms

Recognizing and identifying these gender roles and norms is the first step towards promoting a more inclusive society.

- **Identify biases in daily life** – Reflect on your standards, expectations, and assumptions of individuals based on gender (ex. question if you judge a female leader differently compared to a male leader).
- **Recognize Internalized Stereotypes** – You may externally hold values that respect women, but on a subconscious level, recognize people can have implicit biases related to gender (ex. associating women with emotional roles).
- **Challenge Single Story Traps** – Do not associate the experience of one person with the entire group.
- **Mindfulness and Authenticity** – Become aware of how your own gender expression or conformity to norms makes you feel. This can help you distinguish personal authenticity from societal pressure.
- **Impact of Early Socialization** – Understand that children develop and adhere to gender roles early, which can shape their later behaviors.

Focus on facts, recognize your role in reinforcing stereotypes, and promote inclusivity in your conversations.

