

5 Ways to Be an Ally in the Fight for Gender Equality



1. LEARN ABOUT GENDER INEQUALITIES.

Be proactive in educating yourself about the challenges women and gender non-conforming people face as a result of gender inequality, and take part in programs and discussions that promote equality. Accept that there is a lot to learn and unlearn and that everyone makes mistakes along the way.

2. VALUE DIVERSE PERSPECTIVES.

The results of any endeavor are strengthened when they represent diverse perspectives and experiences. Make an effort to be inclusive and create spaces where women from different backgrounds and gender non-conforming people can express themselves and be heard.

3. EXPAND YOUR VISION OF GENDER EQUALITY.

Gender equality encompasses more than just women's rights. When we talk about gender equality, we often refer to equality between

women and men. When we do this, we leave people who do not identify with these categories out of the conversation. These people face inequalities related to gender norms too. Include the rights of LGBTQI people in the gender equality movement.

4. REMEMBER THAT GENDER EQUALITY IS NOT ONLY A WOMEN'S ISSUE.

It is not solely the responsibility of women and gender non-conforming people to fight for gender equality. Male, heterosexual, and cisgender allies are crucial to promoting gender equality in gender-biased systems.

5. TAKE ACTION.

Think about what behaviors you can adopt that could help promote gender equality. How can you challenge attitudes and behaviors that reinforce inequalities? In what ways can you cooperate with, support, or advocate for women and other groups that face gender inequality?