

Good morning everyone,

Growing up, I never questioned why men and women thought that they had to fit a stereotype to be considered 'normal'. It is only now, that I start to realise the disadvantage of gender inequality. When I was a kid, my teachers only chose boys to help them with carrying heavy objects. Although I was strong too, why was it that only boys were chosen? As a child, this baffled me as girls were equally strong. My mind could not comprehend. Should this be what an innocent girl is taught? That women are weak and boys aren't? Imagine a world where male and female stereotypes didn't exist, where women had equal pay, where women weren't seen as weak. We need to break this stigma as this should be our ideal world. Have you ever considered what if things were different? You can act out today with our campaign.

Initially, we see gender equality in schools. Education, sports, activities - why doesn't anyone change this? There is no doubt that you will find girls playing netball and boys playing foot ball in PE. Yes, teachers are trying to dispose of inequality however, minimal action has been taken. A lot of ideas are formed in a young <sup>child's</sup> mind, that pink is a girl colour, boys are stronger, girls dance, and this idea is mostly enforced by teachers. Children like me should not have grown up with these stereotypical ideas, instead ~~have been~~ <sup>they should be</sup> taught that being a woman has no limits.

Analogously, we see experience inequality in

work. men are rarely associated with nurses, because it is seen as a 'lady-like' job. Some people are even taken aback by the fact that men can be a nurse. We need to instill this belief that anyone can do any profession, despite their gender. I had always aspired to be a lawyer, yet everywhere I went, people asked, "Isn't that a man's job?" This saddens me as stereotypes have been so normalised that jobs have to be singled out into men and women. Why is the world so miserable?

Men face gender equality too. In the UK, suicide is the biggest killer for men as their mental health is overlooked. I have seen many people ~~made~~ turn into something they aren't, as men should 'toughen up' and keep their feelings locked away. Remember, it isn't too weak to speak. Men and women should both feel comfortable to voice their views and be vulnerable. Society is changing, and mental <sup>illnesses</sup> ~~disorders~~ are slowly being treated like medical problems. Men - no matter how strong, cool, quiet or outgoing you are, everyone experiences things in their life that deserve to be spoken about. So tell your friends, your father, everyone that they are important and together we can create a united world.

I would like to thank ~~the~~ ~~as~~ you all for listening, and I am welcoming you to take action with #HeforShe. It is time we stop this prejudice, and see each other for what we