



## GENDER STEREOTYPES

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### ABSTRACT:

*Gender stereotypes are preconceived ideas or beliefs about how people should behave or present themselves based on their gender. These stereotypes often assign certain traits, roles, or expectations to individuals solely because of whether they are male or female. For instance, some people may think that only boys should play with trucks and be tough, while girls should play with dolls and be nurturing. These stereotypes can limit people's choices and opportunities, preventing them from pursuing interests or careers that may not align with societal expectations.*

*Such stereotypes can affect both men and women. Men might feel pressured to hide their emotions and always be strong and dominant, while women might face expectations to be passive, submissive, and focused only on their appearance. These beliefs can lead to unequal treatment, discrimination, and limited self-expression. It's important to recognize and challenge these stereotypes, allowing everyone the freedom to be themselves and make choices that reflect their true interests and abilities, regardless of their gender.*

*To create a more inclusive and equitable society, we need to break down these stereotypes, encouraging open-mindedness and embracing the uniqueness of each individual, rather than defining them solely by their gender.*

**KEY WORDS:** *Gender , Stereotypes , Male , Female.*