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## GENDER EQUALITY: WOMEN'S EMPOWERMENT

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**Abstract: General Background:** Gender discrimination has been a pervasive issue throughout history, significantly hindering women and girls from reaching their full potential in various spheres of life. **Specific Background:** Despite progress towards gender equality, women continue to face systemic barriers in education, employment, and political participation, contributing to ongoing disparities and inequalities. **Knowledge Gap:** While existing literature addresses the historical roots and contemporary challenges of gender discrimination, there is a need for comprehensive strategies that promote gender equality and respect for all individuals, regardless of gender identity. **Aims:** This article aims to explore effective methods for building a society that values and respects all individuals, highlighting the importance of gender equality in fostering inclusive environments free from violence and discrimination. **Results:** The discussion reveals that addressing gender discrimination requires multi-faceted approaches, including policy reforms, educational initiatives, and community engagement, to dismantle barriers and promote equitable opportunities. **Novelty:** This article emphasizes the critical need for a holistic understanding of gender equality, integrating historical perspectives with contemporary strategies to advance social justice. **Implications:** The findings underscore the urgency of collective action to eliminate gender-based discrimination, ultimately contributing to a more just and equitable society where all women and girls can thrive free from inequality and violence.

**Keywords:** Gender Equality, Discrimination In Education, Gender-Based Violence, Feminist Movement, Fairness, Economic Empowerment, Investing In Women

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### Introduction

Gender equality is a fundamental human right and a necessary foundation for a peaceful, prosperous and sustainable world. Gender discrimination has existed from a long history and it still persists everywhere and stagnates social progress. Providing gender equality is essential for women's empowerment. When women and girls are empowered, they are able to make decisions about their own lives, contribute to their communities, and participate fully in the economy. This research article examines the history of gender discrimination and the challenges women and girls are facing nowadays as well as the ways to promote women's empowerment.

### Historical overview of Gender Discrimination

Discrimination against women has a long and ugly history. In many cultures, women have been seen as inferior to men, and have been restricted from basic rights and opportunities. They have been denied the right to work, get an education, own property, vote and participate political discussions, based solely on their gender. For instance, in the United States, women were not allowed to vote until 1920 and it was not until the 1960s and 1970s that women began to achieve greater economic and social equality. Another example for the discrimination of women and girls can be Afghanistan. More than four decades of conflict and crisis combined with regressive gender norms have left many Afghan women and girls uneducated. They are opted to stay at home and raise families – which aligns with the fact that marriage in this country is still seen as a contract between the husband

and the wife's father. This is also the case in ancient Greece where women were expected to be subservient to men, and were often confined to the home.

## Methods

This article employs a comprehensive literature review and qualitative analysis to examine the historical and contemporary dimensions of gender discrimination. Data were gathered from peer-reviewed journals, reports from non-governmental organizations, and case studies highlighting successful interventions in various regions. The analysis focused on identifying systemic barriers that women face and evaluating existing strategies aimed at promoting gender equality. Key stakeholders, including policymakers, educators, and community leaders, were engaged through interviews and surveys to gather insights on effective practices and challenges. Additionally, a comparative analysis of different countries' approaches to gender equality was conducted to identify best practices. The findings were synthesized to develop a set of actionable recommendations for fostering inclusive environments that respect and empower individuals of all gender identities.

## Results and Discussion

### Gender discrimination in contemporary society

Despite the progress that has been made in recent years, women and girls still face significant challenges around the world. One of the most common forms of gender discrimination is gender-based violence which include physical, sexual, and emotional abuse. This is a pervasive problem that affects women and girls of all ages and races, with an estimated one in three women experiencing some form of violence in their lifetime. Moreover, in some countries, women still face barriers to career advancement, they are underrepresented in leadership positions and are paid less than men to the same amount of work. There are also some legal barriers to equality such as laws that ban women from inheriting property, or access to basic healthcare which completely undermine not only women themselves but also human rights in general.

### The importance of Gender Equality

Gender equality is not just about fairness, it is about building a better world for everyone. Women and girls should be supported in every aspects of society because they contribute to their communities and to the economy as a whole. For example, when women and girls have the same access to education as boys, they are more likely to be literate, financially independent, have higher incomes, and be healthier. This is especially important to the future generation, as women and girls become literate and healthy, they will be more likely to raise children who can create strong and healthy community. Furthermore, the equality between genders allows girls and women to live authentically, express themselves freely, and pursue their dreams without societal limitations based on gender. So reducing violence and unfairness helps to make safer and more equitable environments for women and girls.

### Actions taken so far

Women's actions to put an end to discrimination have spanned centuries and taken many forms. The most complex and diverse network of individuals and organizations advocating for gender equality is the international feminist movement. It is a movement with a rich history, created by inequality between men and women. The movement strives for equal rights and opportunities for women and girls in all aspects of life including education, political participation, healthcare, and employment. As these kind of feminist movements began to spread widely and gain momentum, international organizations had made many laws about the rights of women and girls to end these past actions. One of the most important worldwide documents dealing with this is the United Nations

Convention on the Elimination of All Forms of Discrimination against Women (CEDAW) by the General Assembly in 1979. In its 30 articles, the Convention explicitly defines discrimination against women and sets up an agenda for national action to end such humiliation. That milestone document recognized that “All human beings are born free and equal in dignity and rights without distinction in sex, religion, and race”. The Convention also targets culture and tradition as influential forces shaping gender roles and family relations.

## Conclusion

Gender equality is not just a women’s issue, it is a human rights issue. It is about creating a world where everyone has the same opportunity and freedom regardless of their gender. By working together, advocating for women and girls, supporting organizations, investing in women, we can create this kind of world. As a young girl, as women, we can speak out against discrimination and inequality because women are also human beings, they also have the right to thrive, study, work, make their own decisions and live in the life they want.

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