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PURSUING EQUALITY THROUGH MUTUAL EMPATHY

HOW WE CAN ENTER A STAGE OF
EQUALIZED PRIVILEGE THROUGH
BUILDING REALISTIC DOORS.

Application By Bridget V Chiasson



01

THE BARRIER.

WE ARE GIVEN THE TOOLS TO SUCCEED BY THE GENERATIONS BEFORE US, BUT WE ARE ALSO GIVEN THE STANDARDS WHICH HOLD US BACK.

“

Like Father, Like Son.

”

I believe the biggest barrier to women in achieving equality are the past ideals and gender roles which continue to be passively passed through generations. While this is a very broad reasoning, I feel that it is the most important to address in order to create the needed change for gender equality in our community, country, and the world.

We hear the expressions all the time: ‘Like Father, like son’ and the counterpart ‘Like Mother, like daughter’. It is true, most children grow up to have the same ideals and values as their parents. However, coaches, teachers, and people in similar roles also hold a lot of influence in youth while they are developing their ideals and learning what is expected and “okay”.

To create equality for future women, we must remind youth influences of their impacts and teach those willing how they can promote gender equality among youth.

02

THE RAINBOW BRIDGE

In thinking about how the gender-equality movement I have come to realize that possible movements tend to fall into two categories: What is thought optimal and what is currently attainable. While an illustration of the two may create a Venn diagram, the solution I feel most passionate in pursuing is one which, for the mean time, I do not have the resources or influence to pursue. Despite this I think it is important to identify the utopia of equality pursuits.

To work as a coach or to be a facilitator for a youth group, one must often complete online training relating to medical protocols and often complete brief activities relating to ethics, treatment of minorities, and treatment of those with disabilities. However, I have yet to see a program which covers for equal treatment of genders. Given, this may be because administrators feel that this is a topic which does not need to be covered, but I believe the time and money to develop and enforce such a program would be monumentally beneficial.

The installment of a program for youth influencers would make key people more aware of how their actions are perceived, ensuring with are passing on values of gender equality to youth. Such a requirement would also give means for youth influencers to be held accountable should they demonstrate gender discriminatory behaviors.

03

THE WOODEN DOORWAY

I DO NOT HAVE THE INFLUENCE AND RESOURCES TO CREATE AND MANDATE A PROGRAM FOR YOUTH INFLUENCERS. HOWEVER, I CAN IMPLEMENT A BASIC PLAN AND BUILD BETTER VERSIONS OVER TIME.

“Okay, today guys are going to work with me. We are going to focus of working chest muscels. Girls, you don't need that, so you can go work quads.”

The above statement was made by someone I trust as a coach and teacher during a group workout. It was not meant to be degrading and nobody made comment. However, the group of girls who there talked about the difference in athletic expectation after.

Why should my gender dictate where I am strong?

I had found until this point these particular group workouts to perfect in terms of gender equality in a place I expected not to find it. Yes, on average males lifted more, but the weight didn't matter.

We applauded personal bests, and until that day, supported each other as we followed that same programs.

04

Influencers must be made aware of the effects they have on youth. In the stated situation, the coach likely did not realize the implications of his statement. He made the girls feel less acquitted, and possibly led the boys to believe this was a necessary difference for each genders pursuits in becoming stronger athletes.

The athletic world is perhaps the most visible example of gender in equality. I has only been in recent years that male and female cross country runners shared the same distances for races at the high school level. Because of the notability of gender inequality in athletics and the strong influences coaches have on athletes, it is of the utmost importance for coaches to be a part of the gender movement.

As an instructor for a number of different programs in my local community, I have an influence on the local youth. I also know and work with a number of other people who work with youth.

By encouraging discussion around what language and actions create an imbalance, youth influences will become more successful at creating an equal privileged future through the development of youth.

I propose as a starting step we each take it upon ourselves to reflect on how our actions are perceived in terms of gender equality.

Then, we must start to educate others on how their comments are perceived by youth.

It is difficult to change long rooted opinions. That is why we must pursue equality for future women by addressing the seeds.

05

THE BLUE PRINT

An Abbreviated Preposition for the Pursue of Widespread Equality for Future Women.

1. Reach out to local youth influences and make them aware of their impact on how they shape youth's views of gender privilege. Give examples of what is harmful verses progressive.
2. Promote gender inclusion from influencer to influencer, collecting feedback from youth by asking them about times they may have felt different. Use feedback to improve.
3. Create an online course for teachers and coaches covering the topic of gender inequality. How to recognize it in ones self and others and the steps to best promote equality in youth environments.

THE WELCOME MAT

Let this be an open letter: To Teachers, Coaches, Babysitters, Mothers, Fathers, and more.

You make an impact on every child. The child who you encourage during a game as well as the child who overhears you in the grocery store.

You do not need to change the mind of your neighbor who believes women do not deserve equal pay, but you do need to show your students that both men and women are capable of achieving great things like leveling the scales of privilege.