

And other lies

With mental health rising in men, it's time to stand up against those societal norms.

For many years' women have been oppressed due to the misogynistic world that we all live in and I believe that it is time for that to change. We can no longer accept that women are 'the weaker sex'.

Each individual has their own set of strengths and weaknesses and we, as a society, need to learn to accept and appreciate them – rather than judge them. No one is outstanding at everything in life, but we all try our hardest and that should be enough. Men aren't better than women and women aren't better than men – we are all equal. Each gender excels in different areas of life and society, but that doesn't mean that one is better than the other.

"Feminists don't wear pink (and other lies)" by Scarlett Curtis addresses the issues surrounded gender inequality. This book offers viewpoints from a range of women who are standing up against this injustice and are putting steps into place to make change happen.

These women write about their own experiences about being a women in the 21st century, and the struggles that they have overcome to become the women that they are today. At no point do any of these women put men down. In fact, Jameela Jamil explicitly expresses sympathy for all males in her essay "Tell Him". Showing how she acknowledges that men are also struggling to make it through each day and that they need as much support as us women do.

Research shows how men struggle to express their emotions and feeling, which leads them to bottling them all up and letting them consume them. This is not a healthy mechanism and helps to start to explain why 76% of suicides in the UK are male. Men have been told, by society, that they are unable to be weak. They must stay strong and protect everyone around them – whilst neglecting themselves.



This pressure that society puts on men is enormous and it is no wonder than mental health rates are rising within males. They are expected to do so much but aren't allowed to have an outlet for all the stress that this pressure places on them. It is time that, as women, we allowed men to take a break. Allow them to slow down and have a few days to themselves, so that the men in our lives are happier, less stressed and mentally healthier.

We all have bad days, as we are only human and no matter what gender you identify as, this doesn't change. The pressures of society make us all feel guilty about having a day off to be by ourselves and recover from the week just gone, but it important that we ALL take the time to do this. We all need to accept that societal pressures are overwhelming, but we shouldn't let this consume our every waking thought until it becomes too much to cope with.