

Daily Sexism

Let's not ignore it anymore

By. anonymous

Sexism. Sexism is prejudice or discrimination based on sex or gender, especially against women and girls. It is a real and ignored issue that women of all ages face every single day. Sexism goes unnoticed by many because it is deemed as normal in everyday life. People avoid talking about sexism because it makes them feel uncomfortable; let's change that. Instead of just continuing to ignore this issue, I am going to take the first step towards change and talk about it.

First off, I am going to discuss dress codes. This system of clothing rules is plainly aimed at the girls, and everyone just seems to be fine with it with the exception of the girls (aka the only ones being affected by it). The dress code pretty much indirectly says that girls need to cover up their bodies so that the boys don't get distracted from their school work. Personally, I don't think that a girl's body distracts boys, and if it does, maybe society should teach the boys to respect women instead of just objectifying them. I'm sure you have heard the term "boys will be boys." This saying is an excuse commonly used to defend the actions of boys, which is clearly not a valid excuse.

As we all remember from when we were little girls, adults told us that if the boys pushed us or were mean to us, it meant that they liked us. Being told this has subconsciously taught us that if a guy is mean to us and treats us poorly, it means that they just like us. This can lead to women getting stuck in toxic and abusive relationships. Unfortunately, they see their relationship as normal because of what they were told when they were younger. Society also claims that the dress code can help women stay safe because, the less revealing the clothes, the less likely to get sexually assaulted. This just isn't true.

According to Statista; Over 406,970 women were raped or sexually assaulted in 2019 (Statista). This is a staggeringly high number, but do keep in mind that this number does not include the women who are too afraid to speak up. Rape culture. Society claims that what women wear is the reason why they get raped. This is not factual because according to Rainn, studies show that women with passive personalities, who tend to dress in layers, long pants and sleeves, and high necklines, are actually more likely to be raped (Rainn). Therefore, dress codes wouldn't even help with keeping young girls, and even women safe. A rapist is a rapist, it has nothing to do with what a woman is wearing. Maybe we should focus more on teaching men that women aren't objects and less on how a woman dresses.

Women are constantly reminded that danger could be lurking around every corner. From a young age, girls have been taught to always be on the lookout for dangerous men. *Look under your cars before you get in. After checking, always lock your door the second you get in. Always let someone know where you are going. Be aware of your surroundings. Always cover your drink at a bar. Never walk alone at night, and if you have to walk alone, make sure your keys are between your fingers in case you have to use them as a weapon. Always carry some sort of*

self-defense weapon. Take a self-defense class. If someone is walking behind you for some time, take a different route, or pretend to be preoccupied with something until they pass. Stay in well-lit areas at night. Run with only one earbud in so you can hear if someone is following you, and change your route constantly to avoid predators catching on. Cross the street when you see a potentially dangerous man coming your way. Wear baggy clothes when on a run or at the gym to avoid unwanted attention. Always make sure your cell phone is charged in case you need help. Make sure you are not the only woman on public transportation if traveling alone. Always be prepared to make a run for it. Those are just some of the things that women do on a daily basis to feel safe.

On the other side of the sexism spectrum, let's address name titles. Isn't it interesting how a woman's marital status determines her name title? Miss, Mrs., Ms., are used for women. Miss when she is single, Mrs. when she is married, and Ms. when she is widowed or divorced. Unlike women, for men, it is just Mr. No matter if he is married, divorced, or single. Why does it matter if there is a man in a woman's life? Why does this determine her title?

Parenting is also different for sons and daughters. Usually, a son's parenting is more laid back, especially with dating. From personal experience, I know that sons are almost encouraged to date and go out with many girls. But, as a girl, I wasn't supposed to date until I was 16 while my brother started dating sooner. I am also not allowed to just go out with anyone, my brothers and parents have to approve first, which I understand to a certain extent, and it is apparent that other daughters are parented this way as well. Nevertheless, being more strict with your daughter than your son isn't right. Like where is the fairness there?

Another thing to think about is sexist humor. Boys are allowed to make inappropriate jokes all the time and everyone is expected to laugh, but the second a girl cracks the same joke, suddenly it isn't funny anymore. Isn't it weird how once a man has to explain his sexist joke it makes him feel uncomfortable? Also, why do guys think it's so funny to make sexist jokes all the time? It's really not that funny. Maybe instead of cracking sexist jokes, go for a good ol' dad joke.

Sexism is a widely avoided topic. Many people find it uncomfortable to talk about. But, it should be talked about, it is obviously real and an issue in today's society. Though it has gotten better over the generations, it's still happening every day. Since I am a woman I do not know if men experience daily sexism, therefore I did not talk about it. I really hope I opened your eyes to the reality of the messed up world that we live in; something needs to change. I am the change, you are the change. We are the change. Let's be better.

