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It is important for all of us to become part of the solution to end widespread violence and discrimination against women and girls.

I think most importantly it starts with the people we influence, whether that be our friends, family, or sometime along the road, our children. If we bring up people in an environment that not only respects but treats women as equals, then we are all better off as a society. This includes eliminating sexually charged or violent language that music, TV, and several forms of media are throwing at us on a daily basis. This exchange involves males as well as females. Men must make conscious effort to eliminate

discriminatory and abusive words from their language, and women must protest adequately to instances where this occurs. Now, this is where we run into the problem of being "too sensitive". Many times we have seen incidents of victim blaming and lack of support toward people who report abuse. Powerful politicians and community members sent out such messages that compelled many victims to be silent. We live in such a "he said / she said" age where it is almost impossible for victims of violence or discrimination to come out and tell their stories. They're always judged for being selfish or wanting to take advantage from the abuser or the situation. This makes no sense to me as a man who hears both sides of the story. This exact same issue happened in the recent Kavanaugh Confirmation hearing. Dr. Ford's coming out and telling her story was of no personal gain to her. Dr. Ford has accolades and plenty of years of experience and tenure, but yet she was not believed because she is a woman. If she was a man, she would be believed as soon as she said a word. This is the sad truth of today's society. We fail to hear both sides of the story. It is important to hear victims. It is important to trust them.

It is necessary to build a society that are just for all genders. There should be no excuse for gender abuse and violence. I hope we will be able to end gender discrimination and abuse soon. It starts with the young men and women of our generation who make it their mission to actively promote equality and treat both men and women with kindness and respect. We can't continue to tolerate hurtful language and actions against women and girls.

It is not too late to bring the change! Let's work on it.