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It is high time we should create a culture where women and girls are valued and feel safe. We should construct an inclusive atmosphere in which gender is equalized and self-identity is encouraged. We can create this environment by educating people about different cultures and issues and by eliminating hate and prejudices.

Men should promote healthy manhood by rejecting society's absurd definition of manhood. Societal norm should allow people to be themselves without feeling the pressure of fitting into a specific image. I try to be more mindful in projecting my language and action to create an inclusive space where the inhumane separation of men and women is nonexistent.

Universities should take the issue of violence against women very seriously. Many times we see rape culture is normalized in College campuses and perpetrators are not punished. The Brock Turner case, in which Turner (a Stanford student) raped a woman, is a good example where judicial system failed to serve justice. The lack of actions taken in our Universities across America against rape and sexual assault is frustrating because justice is missing in our Court systems. I believe we need stronger laws and a system in our Universities to prevent sexual assault, we need to create a safe environment for all students. Rapists should be held accountable for their actions and we must protest against unfair treatment in such cases. We have to start a dialogue to recognize different forms of violence against women and we must act on preventing it.