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Society views women in a light which engenders stigma of how we treat women. We should create a culture where women and girls feel confident going out in public with the assurance that they will not be ridiculed or harassed. This change begins with the future generation by educating them about issues facing women, instead of normalizing the degrading behavior against them. In doing that first we need to promote healthy manhood by educating young men on how to treat women with respect, in which women and girls are not viewed as objects. Today, mostly we connect manhood with being emotionless, firm, domineering and super masculine, we forget that the true meaning of manhood is to be a good human being. It is important to reclaim the definition of manhood, it is necessary to develop a future where adolescent men honor women

and live by the true definition of manhood.

The recent traumatic rape incidents targeting Rohingya Muslim women make me think about how far behind our world is in developing women's rights. Myanmar's troops brutally raped many Rohingya women to destroy Rohingya communities. Raping women and girls in wartimes and time of conflicts is a common tactic of showing power and control, which is happening at various places in this modern era. Violence against women in various forms are taking place all over the world at wartime as well as at time of peace. Unless, men take this issue seriously and do something about it, it will keep happening. As time passes, I hope to see a future where women and girls do not have to face such trauma. In bringing that future, men should educate young boys about the negative consequence of gender disparity and abuse. Men and boys should work seriously in ending toxic masculinity and violence against women.