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We can create a gender-inclusive society by promoting education among women globally. We should work on creating more access to education in developing countries as it would encourage individuality among conservative communities. On the other hand, we should work on educating men about the roots of feminism, and clarifying the overshadowing misunderstanding about domestic violence being labeled as merely a women's issue. It is essential to involve men and explain to them the importance of unity in this battle against gender inequality. Another approach to educating men about gender

inclusivity is speaking about the existing norms implemented within our society, which promote toxic masculinity and reinforce patriarchy.

Personally, I define toxic masculinity as emotional suffocation because, as a little boy, I felt it suffocating as I was imprisoned behind the societal images of manliness and dominance. Also, I found it shocking how these ideas were not only reinforced by the men in my house but also the women. I think toxic masculinity is a gender equality issue rooted in cultural backlash. Healthy manhood is rooted in communication and the expression of emotions, but the implementation of patriarchal dominance prevents men from expressing themselves. When one's feelings are dismissed, it leads to aggression, often resulting in domestic violence. Domestic violence is a recurring cycle with underlying and repetitive cultural and social norms dictating the actions of abusers and victims. We must create a cultural shift to promote healthy manhood and gender inclusivity.