



Through this social media campaign, Maitri is starting a dialogue with men in our community to identify and eliminate the root cause of gender-based violence and partner violence.

Thank you Sumeet Manandhar for joining us in this meaningful discussion.

#EngagingMenAndBoys



Q: Tell us your name and a little bit about you.

A: I am Sumeet Manandhar from Nepal, currently living in New Zealand.

Q: How can men inspire other men to develop a sense of equity and respect towards women in their day-to-day dealings?

A: Men can inspire other men to develop a sense of equity and respect towards women by leading through positive examples. They should actively listen to women's perspectives, empathize with their experiences, and challenge any inappropriate behavior they witness. Encouraging open discussions about gender equality and the importance of respectful interactions with women can foster awareness and change. Lastly, men should support initiatives promoting gender equality, both in their personal lives and within their communities, to demonstrate their commitment to this vital cause.

Q: How do you think gender power dynamics impact intimate partner violence?

A: Gender power dynamics significantly influence intimate partner violence (IPV) as they often create an environment where one partner seeks to exert control and dominance over the other. Traditional gender roles and expectations can lead to a power imbalance, with men often holding more societal and economic power, which can be used to manipulate and harm their partners. Stereotypical notions of masculinity may encourage aggressive behavior in men, while women may feel pressured to tolerate abuse due to societal norms. Challenging these dynamics, promoting gender equality, and fostering open dialogue are essential steps in addressing and preventing IPV.

Q: Do you think women are judged differently than men for common attitudes and traits?

A: Yes, women are often judged differently than men for common attitudes and traits, with labels like "bossy" or "shrill" being applied to competitive women, while men exhibiting similar behavior are often seen as "confident" or "strong." Other biases include women being labeled as "emotional" for expressing feelings that men might be viewed as "passionate" for, and women often facing more scrutiny for their appearance and clothing choices compared to men.