

5 GENDER EQUALITY



HOW TO TAKE A STEP FOR GENDER EQUALITY

1/ SPEAK OUT!



Raise your voice against any type of gender-based violence (GBV) in your direct surrounding; report harassments that occur on the streets or in the workplace.

2/ CREATE A BLOG



Are you an avid writer? Start a blog where people can share gender equality success stories and other experiences on gender inequality.

3/ SHARE, DON'T JUST LIKE

If you come across a motivating social media post on women's and girls' rights, share it, start a debate and exchange opinions.



4/ CALL "1745"

Take immediate action if you witness domestic violence by calling the Internal Security Forces.



لازم تفرق معنا
TAKE A STEP

لأنو مجموع الأفعال الصغيرة
بيعمل فرق كبير

5/ GENDER EQUALITY TRAINING

If you are a teacher, make gender equality part of your training and education. Adolescents should be encouraged to choose their career based on what they love doing regardless of their gender.



6/ CHALLENGE TRADITIONAL STEREOTYPES



Encourage kids to play with whatever they want, and promote gender-neutral games/toys.

7/ BOYS AND MEN SPEAK UP!



As a woman, ask men and boys you are close with to support you in taking a step to stop gender inequality. As a man, ask women and girls you are close with how you can support in taking a step to stop gender inequality.

8/ PRACTICE EQUAL DECISION MAKING



Set a good example for your kids by practicing equal decision-making at home.

9/ REPORT GENDER VIOLENCE



Don't just be a witness. Call an NGO specialized in women issues and report any form of gender-based abuse or exploitation.

10/ DONATE TO DESIGNATED NGOS



Donate to NGOs that empower women and help them offer assistance and guidance to those who need it.

11/ GET IN TOUCH WITH THE MEDIA



When you spot a negative portrayal of women as inferior, less intelligent and incompetent compared to their male counterparts, report it to the relevant media outlets (Advertising and PR agencies, movie production houses, etc.)

12/ VOICE YOUR SUPPORT



Share your support for gender equality in pay and in rights on social media.

13/ SHARE THE CHORES



Share the workload at home; dad can do the cooking while mom does the cleaning. And vice versa.

14/ SUPPORT EACH OTHER!

Make a deal with a friend to do at least 3 good deeds to help make a difference.



UNITED NATIONS
LEBANON



SUSTAINABLE
DEVELOPMENT
GOALS

FOR MORE INFORMATION, VISIT WWW.UN.ORG.LB

UNLebanon unitednationslebanon UN_Lebanon