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Girls are weighed down by restrictions, boys with demands - two equally harmful disciplines.

### 1- Introduction

Thesis statement:- Socially constructed restrictions on girls and demands from boys ~~are~~ poisoning the social fabric. These harmful principles are causing deviance in social structure. Therefore, suitable measures are needed to be taken.

2- Historicizing the weight of restrictions on girls and demands from boys.

3- Consequences of restrictions on girls and demands from boys on social fabric.

a- rebellious attitude rather than communication

b- increase in honor killings and theft activities.

c- moral and ethical values are declining.

d- destruction of family system

e- less job opportunities for females

f- boys are getting more prone to narcotics

g- mental health issues

4- Measures to stabilize the resistance on girls and demands from boys.

a- campaigns to raise awareness in traditional and culturally woven society

b- startup facilitations for both girls and boys

c- laws to protect women at work place and strict punishment for harassers.

d- stop the objectification of women

e- break the cultural norms like man cannot cry

f- taught the coexistence of both boys and girls at young age

5- Conclusion