

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

I. Introduction

Undoubtedly, girls are weighed down by restrictions and boys with demands. The exploitation of both genders in form of socio-cultural expectations reflects that both are two equally harmful disciplines.

II. Manifestation Of Girls Weighing Down By Restrictions:

a) Connecting family prestige with girls' personal choice marriages resulting in honor killings.
(Bano from Balochistan)

b) Fearing unwelcomed as a divorcee resulting in silenced victims of domestic violence.
(Lahore case of 2025)

c) Normalizing economic dependence leading to deprivation of basic rights.
(WEF-2025 report)

d) Associating immorality with certain professions creating new abnormalities.
(Humera Asghar case)

- e) Social unacceptability of victims of harassment leading to their continued silence.
(Amnesty International Report)

III. Manifestations Of Boys Weighing Down With Demands:

- a) Over-working for economic dependence.
(Workers in Gulf countries)

- b) Cultural ideals as invisible chains
(Jobless men considered as failures)

- c) Neglecting mental health due to social taboos.
(‘fragile’ as a taboo)

- d) Overlooked victimhood and estrangement
(male refugees in East Africa)

- e) Opting for pre-selected careers.
(hard-power & aggressive jobs)

IV. How Both Are Two Equally Harmful Disciplines?

- a) New Gendered norms and destroyed social fabric

- b) Exploitation of men in high-risk labor

- c) Consolidation of ruthless traditions and taboos.

- d) Increased suicide rates in men.

- e) Rising cyber crimes and harassment cases.
- f) Highly ambitious goal-setting
- g) Indirect encouragement of domestic violence.
- h) Increased estrangement in societies.
- i) Decreased inclusive professions and inclusive policies.

V. Wayforward - The Need for Balanced Approach.

VII. Conclusion.