

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. Manifestations 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.
(Labore 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.~~