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**Not only charity but
Women Empowerment
also Begins at home.**

1 Introduction:

"Sustainable women empowerment does not originate from external institutions alone; it begins at home through Parental attitudes, equal opportunities, shared responsibilities, and respectful relationships that shape confident, capable and empowered women."

a Family's Role in Building Empowered Women:

(aa) Parental attitudes towards daughters' education.

(Educated mothers are twice as likely to ensure their daughters receive education.)

(UNICEF)

(In Pakistan, 48% of rural girls do not complete primary school due to lack of family support.)

(PDHS)

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25 Equal Emotional and Financial investment in sons and daughters

(families investing equally in daughters and ~~sons~~ see higher rates of women's participation in higher education and skilled jobs)

(World Bank 2020)

91% of people in Pakistan hold at least one gender-biased attitude.

(UNDP)

26 Supportive parenting and self-esteem development.

(Girls with supportive fathers are more likely to take leadership roles in school and career.)

(APA)

Harvard Study (2015):

young women with engaged families show 35% higher decision-making confidence.

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3- Gender Equality in Domestic Roles And Responsibilities:

(3a) Each division of household tasks and caregiving
Women perform 76.8%
of total unpaid care
work globally; men
only 23.8%.
[UN: women]

(3b) Encouraging boys to
respect and support
female siblings.

(Siblings shape long-term
attitudes; girls with
respectful brothers have
better psychological
resilience.

[UNESCO]

(Peer respect in families
reduces internalized
gender inferiority in
girls.

[2019 Plan International
report]

(3c) Breaking Stereotypes
About Female Roles in
Home.

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58% of Pakistanis believe a woman's role is only in household.

[Gallup 2022]

4 Influence of Home-Based Empowerment on Wider Society :-

(4a) Confident girls leading in schools and communities

Girls supported at home are 3 times more likely to join student councils and public forums [UNESCO 2021]

Malala's own story.

(4b) Reduction of domestic violence through early value building.

1 in 3 women face violence in their lives, often starting at home. Empowered girls resist abuse more effectively [WHO]

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(4c) Stronger female representation in professional sectors.

Empowered women at home have 40% higher chances of staying in formal employment.

[McKinsey 2022]

(In Pakistan, only 22% of women participate in labor force - largely due to discouragement from home.

(5) Religious, cultural, and Ethical Foundations for Empowerment at Home:-

(5a) Islamic Teachings on dignity and education of women.

"Seeking knowledge is obligatory upon every muslim, male and female"

[Prophet Muhammad]
PBUH

(5b) cultural Practices versus religious Principles more than 60% of south

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Asian restrictions on girls
stem from cultural norms,
not faith.

[UNESCO]

(5c) Moral Responsibility
of Parents And Elders.

"O you who have believed
protect yourselves
and your families"

[Quran Surah Tahrim]
66:6

(6) conclusion

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They say the soul of a nation is reflected in the way its women are treated - not in public alone, but within the sacred space of the home. Just as charity, the act of kindness and compassion, begins not in the streets but in one's own household, so too must true women empowerment take root in domestic walls long before it echoes in policies or parliaments. A society cannot expect to raise bold, educated, and independent women when it silences their voices at the dinner table and shackles their choices behind closed doors. Home is not only a shelter; it is the first battlefield where equality must be taught, practiced, and defended. If empowerment does not begin where a girl learns to speak, eat, and dream - then no external

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restrictions on girls

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reform can make her truly free. This discussion explores how women empowerment, like charity, must originate from the very heart of family life and why this foundational shift is crucial for meaningful social transformation.