

SEXUAL ORIENTATION AND GENDER

What does it mean to be a feminist?

KEY WORDS

equality | rights | empowerment



Contrary to what many people think, being a feminist is not the same as being into 'machismo'. Machismo is a form of sexism, i.e. discrimination against men based on gender. **Feminism**, on the other hand, **is a movement born in the nineteenth century to achieve the emancipation of women**. Women being emancipated refers to their freedom from political, economic and social barriers (such as traditional gender roles) so that they can pursue equal rights and the same opportunities presented to men in society. So, being a feminist means believing in equality for everyone, regardless of their gender. To repeat, it's not about saying girls are better than boys or vice versa – **it's about saying everyone should have the same chances and be treated with respect, no matter if they're a girl, a boy, or anything in between.**



To figure out if feminism is right for you or if you already may be a feminist, here are a few things that feminists believe in and fight for, which are very important when it comes to sexual health and wellbeing:

- **Learning about sex in a comprehensive way**

Feminists believe that sex should include more than just talks about babies and STIs, but also discuss consent, contraception, and diverse sexual orientations and identities.

- **Improving access to all health services**

Feminists believe that reproductive healthcare services, such as family planning, prenatal care, and safe and legal abortion should be a right for all women, without barriers or judgment.

- **Addressing stigmas and stereotypes**

Feminists challenge harmful myths related to menstruation, infertility, sexually transmitted infections, but also stereotypes about gender roles and norms. Yes, you can be a boy who loves cooking or a girl that is great at sports – no problem!



- **Fighting for reproductive rights**

Feminists believe that everyone has the right to choose when and if to have children, access to contraception, and the right to a safe and legal abortion.

In essence, **being a feminist means refusing to accept unfair rules and supporting yourself and others to embrace their authentic selves.** It's about breaking down stereotypes, being kind, and making sure everyone has the chance to shine. So, if you're into fairness and treating everyone with respect, you might just be a feminist without even realising it!



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