

Gender equality as a team sport

Gender equality benefits everyone – including men. Below we have provided a few suggestions to get you started, and generate ideas.

1 Reflect on and question role models

Be aware of your unconscious bias

2 Allow emotions

Dare to show and verbalize your feelings

3 Be a progressive father

Develop a healthy work-family balance

4 Pay attention to equitable division of labor

Take responsibility for care work

5 Use gender-inclusive language

Increase the visibility of women and non-binary people

6 Advocate for workplace equality

Reflect on and help overcome patriarchal structures in the workplace

7 Take a clear stand against sexism

Question your behavior and make changes if you observe sexism or sexual harassment

8 Become allies in the cause for gender equality

Draw attention to and fight inequalities