

MIND YOUR LANGUAGE

Our daily language can be peppered with expressions that **belittle men or women**.

These insidious little idioms almost go **unnoticed**, because the sentiment in them is **so often reiterated** to the point that it becomes **automatically accepted as a given**.

But these idioms are actually very instrumental in the perpetuating of harmful gender stereotypes.

The more we hear them in everyday conversation, **the more we normalise them**.

So we need to find a way to **remain constantly vigilant** in order to start **calling them out** as the **warfare on the mind** that they are. Otherwise we are **complicit in the perpetuation of gender stereotypes** and keeping alive **the notion of a 'gender divide'**.

Expressions such as *'throws like a girl'*, *'man up'*, *'boys will be boys'*, *'she's such a drama queen'*, *'wearing the pants'*, *'stop acting like a girl / acting gay'*, etc. are all designed to be **disparaging and shaming comments that are disrespectful to others**.

They also clearly display how much a person has fallen foul of *The Gender Agenda*, and reveal their **sloppy use of language that prefers cliché, and the channeling of other people's thoughts and beliefs, above their own**.

Start watching your language.

Catch yourself if you use an archaic idiom that really isn't either correct or kind to others.

Try to **steer away from lazy reflex reactions** that you might be used to, when referring to behaviours that are said to be exclusive to one bio-sex, and start to talk about things on a **case-by-case and individual basis** instead.

Let go of sweeping generalisations and black-or-white categorisations.

Start, instead, to become a fan of **depth, complexity and nuance**.

Be a **connoisseur of discernment**, a **guardian and protector of your true values and attitude to others**, of your **integrity** and your **honour**.

Broaden your lens. Stop making assumptions and presumptions.

Free your thinking enough to **see or refer to the HUMAN**, not their biology and all the ridiculous tropes that aim to connect character traits to body parts, or seek to 'other' people in a way that adds to the 'gender divide' that our society is already suffering from.

Also, **catch yourself** every time you **use a gendered term** in relation to anything that really could be referring to someone of **any** bio-sex or gender identity.

Enquire as to **why** it hit you as a single-gendered thing and caused you to refer to it or think of it that way.

Sometimes you'll find it tells you something about your own views.

Other times, it will tell you about the views that society and the whole *Gender Agenda* has on things.

There is gold here for your freedom of self-expression, and the building of your best values and principles, if you choose to remain aware.

MISSION 08: MIND YOUR LANGUAGE

More ways to remain aware of your language.

Start to *become aware* of when you might use idioms, expressions and quotes that mention men or women specifically.

(You could ask the people you're spending time with to let you know if you do it, to help you out.)

If you use one, write it down, look at it for a while and think about what it's *really* saying.

Analyse it, deconstruct it, question it.

- Does it perpetuate gender stereotypes?
- **Why** exactly do you think it specifically uses the word men/man/women/woman?
- Is there any **real** reason why the word '*person*' could not be used instead?
- What was the **main point** you **wanted** to make when you said it?

Now **rewrite it, in your own voice**. Exactly how would you put that same main point, in your own words and without reference to gender or bio-sex?

And then ask yourself if the original use was **justified and fair**.

Would you use it in direct reference to **someone you love**?

How can we begin to **speak more respectfully towards others**, and **reduce** the general consensus that there is some kind of divide between the two main biological sexes in everyday life?

BONUS LEVEL for this Mission:

Speak up when you hear others being disparaging towards another bio-sex.
Don't just laugh or let it slide.

Be a crusader for a 'human first' attitude for all.