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# What We Are Taught

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## Men are taught to:

- ❖ control or be in control
- ❖ "score," to achieve
- ❖ pursue goals
- ❖ discuss women's body parts
- ❖ work as a team
- ❖ push themselves
- ❖ take risks and challenges
- ❖ make the rules
- ❖ be virile, act like a "MAN"
- ❖ put women on a pedestal
- ❖ expect to be served
- ❖ take charge
- ❖ belittle feminine things

## Women are taught to:

- ❖ do what she is told
- ❖ be pleasing
- ❖ not hurt anyone's feelings
- ❖ look good
- ❖ be taken care of
- ❖ compete for attention
- ❖ care for others first
- ❖ be nice, not make trouble
- ❖ be compliant, say "Yes"
- ❖ let others make the decisions
- ❖ expect someone else to make her happy
- ❖ be friendly, helpful; to be helpless
- ❖ expect others to "fix" things

We can choose to learn different messages than we were taught.