

Characteristics of Patriarchal Culture

YOUR VALUE/WORTH

- belief that a person's value or worth is a dollar amount
- gender pay gap
- "feminine" pay vs. "masculine" pay
- feminized/domestic work synonymous with unpaid labor
- glass ceilings
- access to education
- monetized skills + pay vs. non-monetized skills - pay
- genderized less-than beliefs

EMOTIONAL LABOR OR PERCEIVED NEUTRALITY

- little to no emphasis on emotions or feelings as it pertains to tasks
- editing/offloading of emotions
- relational work deemed "feminine"
- for others oriented, caregiving is "feminized"
- responsibility of everyone's feelings are up to women to navigate
- emotionless = (perceived) neutrality = productive
- tasks do not require feeling
- shed humanity, feelings are irrelevant
- women: silent needs/wants; men: assertive needs/want

MALE-CENTEREDNESS

- written human history is based on the successes of men
- media is male-centered
- assumptions of male head of household
- social/power structures are male dominant
- language is male centered ie: woman, mankind, female
- cisheteronormative language
- male privilege
- physicality or strength highly valued
- male needs/desires are prioritized
- persona vs. authenticity

ABUSE/VIOLENCE

- aggression is sociologically encouraged
- male entitlement
- control of women's bodies
- gaslighting as an acceptable tactic
- discriminatory rules/laws/traditions
- emotional control
- sexual assault, domestic violence, emotional and/or psychological violence
- consequences that require punitive results (aka punishment)
- self-abuse

INFERIORITY

- women or LGBTQIA+ are less than/objectified
- women are intellectually and physically inferior
- submission/subordination
- protected/the protector
- worthiness/value is based off of inferiority
- legally/financially/medically inferior
- chauvinism (the belief that women ARE inferior)
- gender stereotyping

MALE DOMINANCE

- changing names after marriage
- laws created by men for prevention of women's upward mobility
- use of non-verbal dominance behaviors
- misogyny (the belief that women SHOULD BE inferior)
- emotional abuse or manipulation
- disempowerment
- unequal partnerships/expectations /duties
- controlling behavior
- toxic masculinity
- intellectualism over intuition
- conformity
- single story portrayals (sex objects/subordinate)

SUPERIORITY (PRESUMED COMPETENCE)

- subordinate/superior
- one leader vs. leaderful
- "better than" ideologies
- misogynistic actions ie: catcalling, harassing, ignoring, derogatory language, etc.
- perfectionism
- financial success over interpersonal success
- outward gender hatred or discrimination
- inability to take accountability or the need to have remorse
- the right to be right

CONTROL (PERCEIVED)

- limiting access to power and decision-making
- gender stereotypes and expectations
- restricting access to medical care
- restricting financial freedom
- restricting leadership
- harassment (objectification, violence, abuse)
- social stigma
- micromanaging
- lack of community/support networks
- compliance
- gatekeeping information
- rigidity
- disregard for boundaries
- distraction/deflection
- subtle coercion

HIERARCHY (RANKED TOWARD MALE)

- institutionalized shame of the feminine
- weaponizing the feminine
- maintaining male authority
- maintaining status (social, financial, political, etc.)
- maintaining culture or morality through male customs
- gender power dynamics
- male needs/desires are prioritized
- little to no accountability

PROPERTY

- value on things vs. people
- entitlement to things that were not earned/purchased
- women and children secure social/financial status
- women and children viewed as property
- "ownership" ideologies in regard to women/objectification
- women are interchangeable
- women are disposable
- language: "my man", "my woman"
- media tropes: damsel in distress/sex worker/singular story
- vying for women: a trophy to win
- extension of man
- owe men sex
- in service to men

AGEISM

- discrimination
- exclusion
- invisibility (children and women)
- disregard for someone's wishes
- women are expendable based on age
- women are valued/devalued based on age
- expected experience or retirement ages
- desirability
- "Looksisms"
- sexism

SEXUALITY

- dress codes
- gender policing
- toxic masculinity
- rape culture
- slut-shaming
- hetero-misogynistic-hostilities
- menstruation aversion/secrecy
- dominant vs. submissive roles
- women/girls marketable commodities
- male/female sexual satisfaction rates
- refusal to recognize body language as "no" stances
- taboo
- objectification of women as objects rather than a human

ONE-UPSMANSHIP

- competition
- stoicism = maneuverability
- authoritarianism
- better than at all costs
- failure is not an option nor a learning experience
- think competitive with the added bonus of a superiority over others
- a consistent outdoing of others for the sake of bragging rights

WOMEN AGAINST WOMEN

- intergender arguing
- gossip
- hierarchy at any expense
- maintaining repressive systems (do not step outside the box)
- envy
- not a girl's girl
- we all have to suffer
- perfectionism at all costs
- judgement
- Existential Kink
- social, professional, familial exclusion
- toxic positivity

LGBTQIA+ OPPRESSION

- gender binary/only two genders
- fetishism
- non-conforming heterosexuality undermines traditionalism/norms
- contempt for non-normative beauty or masculine norms
- slurs
- exclusion/bullying/harassment/gender-based violence
- discrimination based on sexual orientation, gender identity, gender expression
- gender fluidity/gender neutrality doesn't exist
- denial of gender affirming care as long as it fits the prescribed gender binary

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