

CULTURE



Our traditions, values, and community norms shape how we see ourselves and how we think we “should” behave

Gender Roles & Expectations

- Society’s ideas about what it means to be male or female affects our confidence, choices, and self-worth



Stigma & Stereotypes

- Negative labels about culture, gender, or disability can limit how we value ourselves and how others treat us



Representation & Visibility

- Seeing people represent different groups of people especially in leadership, media, and society can boost pride and self-belief
- Lack of representation lower self-esteem



Accessibility & Inclusion

- Environments and opportunities that welcome all abilities empower self-confidence whereas exclusion makes people feel “less” of a human being.

