Gender stereotypes are part of the root causes of domestic and sexual violence. Being put into the man box or lady flower can create pressure to conform to societal expectations. If a man or woman doesn’t conform to gender roles, they may be isolated, called names, or abused.

The names that guys and girls are called can be different. Girls and women are judged based on appearance and sexuality. Guys are called names associated with groups that have less power in society. Both men and women can be assaulted or abused regardless if they are inside the box/flower or outside.

But what about other parts of our identity?

Not only are we stereotyped by our gender, but also by our race, spirituality, sexuality, etc.

The man box and lady flower need to be multidimensional and intersectionality has to be considered.

The pressures we feel from other parts of our identity can equally attribute to the causes of and responses to domestic and sexual violence.