

Can Men Do it? Men and Gender Equality

A

Man

Dominant "race"
Upper middle class
Middle age
Able
Heterosexual

not-**A**

Wo-man

Other "races"
Lower classes
Old people and children
Disable
Not heterosexual

Compensatory
masculinity

Feminization

The term caring is broad and includes the following aspects:

- **Individual:** taking care of oneself, one's personal health and well-being.
- **Relational:** rejection of hierarchical, dominating and privileged relationships between people and rejection of violence.
- **Family and social networks:** care work necessary to ensure the daily physical, social and emotional well-being of family members and other close relatives; care for people in need (children, elderly, sick, people with disabilities), household maintenance (cleaning, shopping, cooking).

The term caring is broad and includes the following aspects:

- **Occupational:** occupations in education, health and social care (early carers and educators, primary school teachers, nurses, carers, social workers).
- **Social solidarity:** concern for the community and society in general (e.g. voluntary work, participation in social movements, empathy and solidarity towards excluded and marginalised social groups).
- **Ecological:** care for nature and the planet.