



MANIFESTO

A WORLD WHERE WE BREAK FREE FROM STEREOTYPES

THE NEW PARADIGM FOR GENDER EQUALITY

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www.nomoreboxesmovement.com



RECLAIM THE RIGHT TO BE YOURSELF, TODAY.


The freedom to truly be yourself has been stolen.

**Before you were born, much of your nature and behaviour
were predicted for you based on your gender.**

Men are like this, and women are like that. As a result, the freedom to be
yourself was stolen from you before taking your first breath.
And now **it's time for you to reclaim the right to be yourself.**

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The background features abstract brushstrokes in blue and orange. A large blue stroke is in the top right, and another is in the bottom left. Orange and blue strokes are scattered in the top left and bottom right corners.

**GENDER STEREOTYPES ARE
EVERYWHERE, CONSTANTLY
ASSUMING WHO YOU ARE,
WHAT MATTERS TO YOU AND
HOW YOU'LL SHOW UP IN
THE WORLD.**

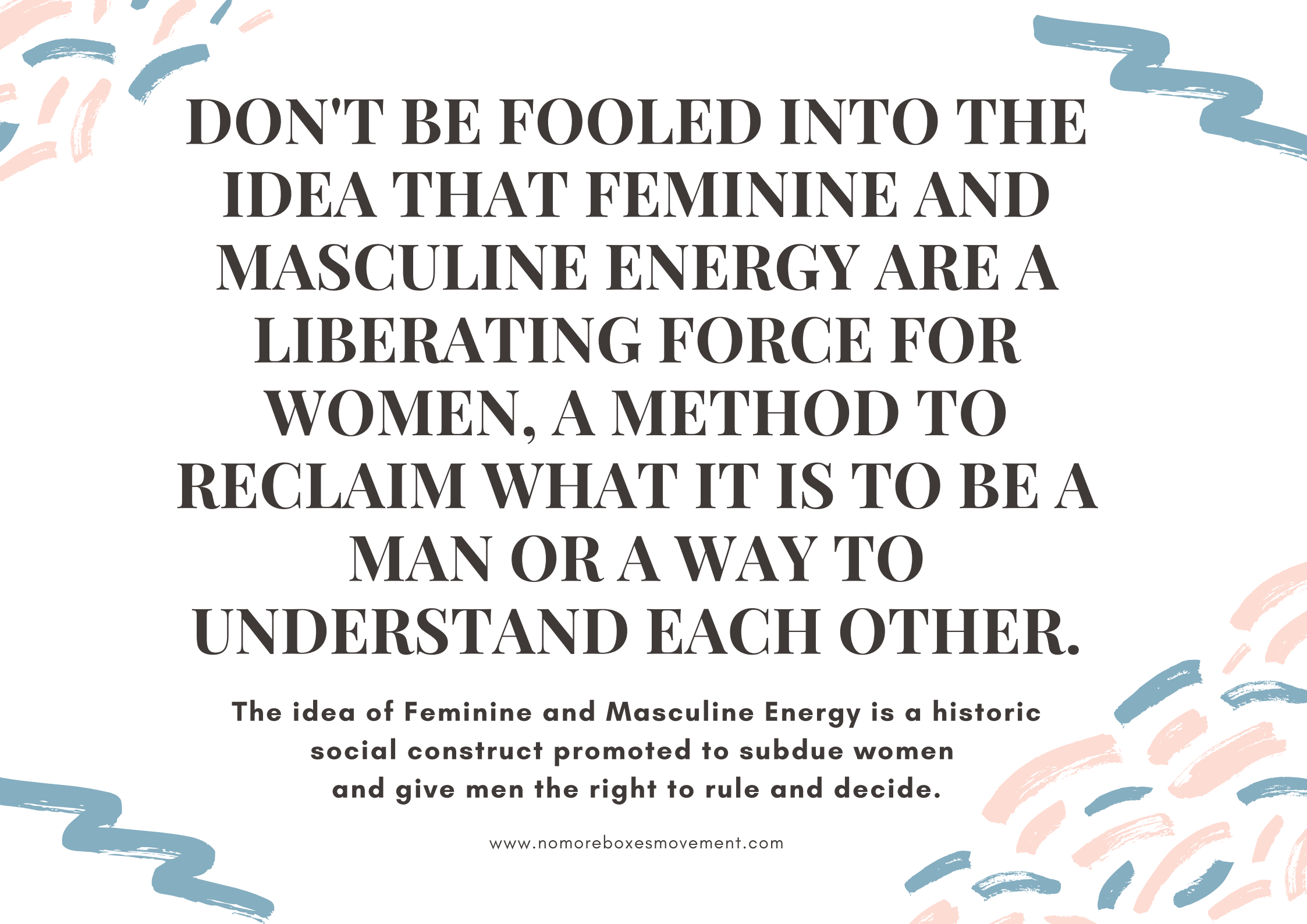
You were born unique and not defined by your gender.

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The page features decorative brushstrokes in blue and orange. In the top-left corner, there are several curved strokes radiating outwards. In the top-right corner, there is a thick, wavy blue stroke. In the bottom-left corner, there is another thick, wavy blue stroke. In the bottom-right corner, there are several curved strokes radiating outwards, similar to the top-left corner.

THE COMMON REPRESENTATION OF THESE IDEAS IS HELD WITHIN THE NOTION OF FEMININE AND MASCULINE ENERGY.

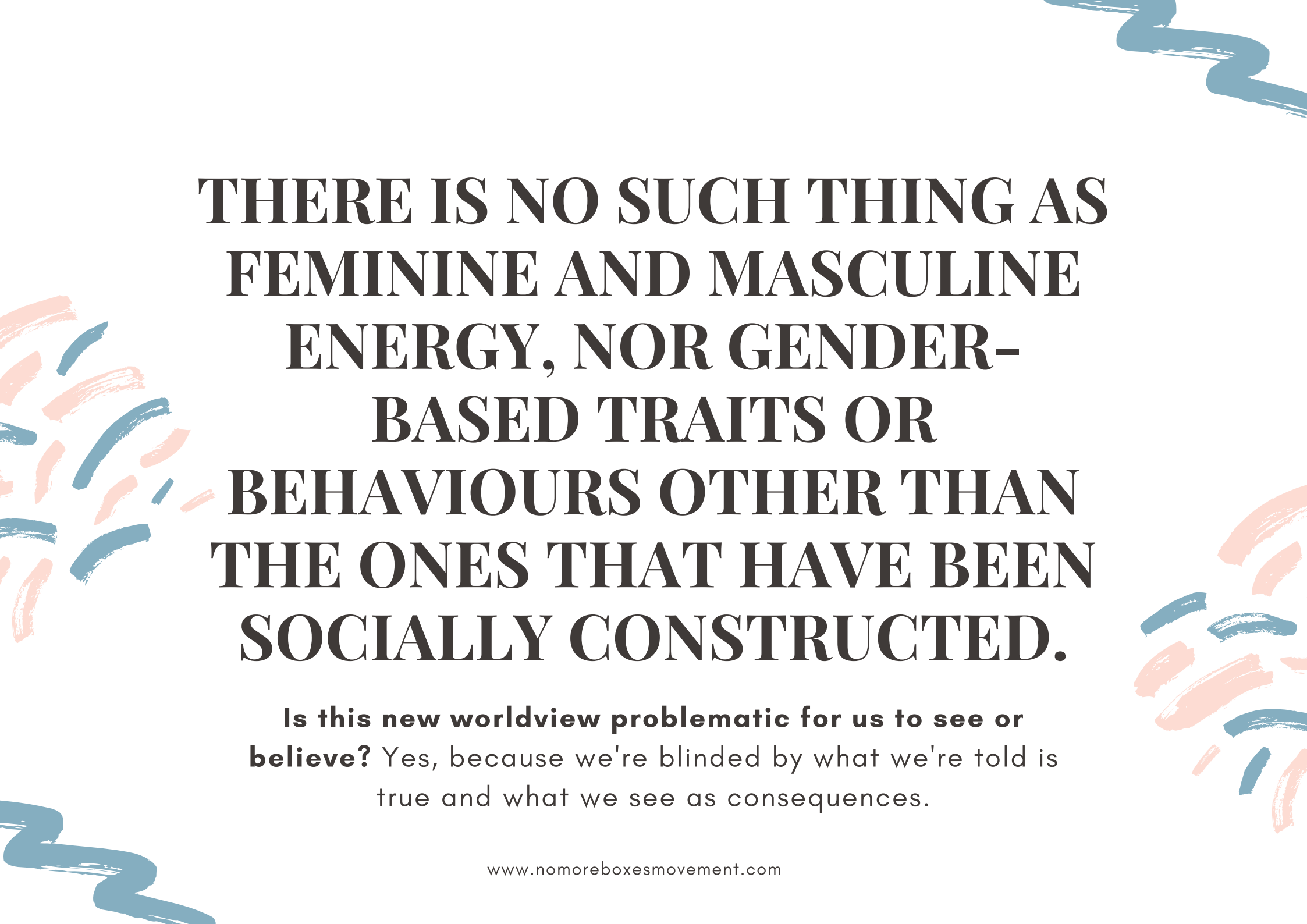
**An idea that duality predetermines the dominant nature,
values, and behaviour of each gender.**

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**DON'T BE FOOLED INTO THE
IDEA THAT FEMININE AND
MASCULINE ENERGY ARE A
LIBERATING FORCE FOR
WOMEN, A METHOD TO
RECLAIM WHAT IT IS TO BE A
MAN OR A WAY TO
UNDERSTAND EACH OTHER.**


**The idea of Feminine and Masculine Energy is a historic
social construct promoted to subdue women
and give men the right to rule and decide.**

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The background features several thick, hand-painted brush strokes in shades of blue and orange, scattered around the text. A prominent blue stroke is in the top right corner, while others are on the left and right sides.

**THERE IS NO SUCH THING AS
FEMININE AND MASCULINE
ENERGY, NOR GENDER-
BASED TRAITS OR
BEHAVIOURS OTHER THAN
THE ONES THAT HAVE BEEN
SOCIAALLY CONSTRUCTED.**

Is this new worldview problematic for us to see or believe? Yes, because we're blinded by what we're told is true and what we see as consequences.



Imagine how hard it was to be told the world was round when all you saw was a flat world! We're in that same place, and the gender revolution is just as significant.

...AND THEN THERE ARE OUR FEARS!

The fear of what people will say if we don't choose to comply with the gender stereotypes or the narrative of Feminine and Masculine Energy.

To break the gender rules and be ourselves.

The background features several thick, hand-painted brush strokes in shades of blue and orange. A large blue stroke is in the top right corner. On the left side, there are several orange and blue strokes. In the bottom right corner, there is a dense cluster of both orange and blue strokes. The text is centered in the middle of the page.

**ARE YOU READY TO SEE
THINGS CLEARLY, BE BRAVE,
AND BE YOURSELF?**

We Think You Should Be!

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The background features abstract brushstrokes in shades of blue and orange. In the top-left corner, there is a cluster of short, curved strokes radiating outwards. In the top-right corner, a single, thick, wavy blue stroke extends across the edge. In the bottom-left corner, another thick, wavy blue stroke is visible. In the bottom-right corner, there is a cluster of short, curved strokes similar to the top-left one, also in blue and orange.

**WE BELIEVE THAT YOU
PROMISED TO BE
SOMETHING OR DO
SOMETHING WHEN YOU
CAME TO EARTH.**

**Don't let the socially constructed nature of your
gender steal that promise. Be your unique and
wonderful self in all its glorious shades of brilliance.**



SAY NO TO SOCIALLY CONSTRUCTED GENDER STEREOTYPES!

JOIN THE NEW PARADIGM FOR GENDER EQUALITY

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NEXT STEPS

YOUR VOICE MATTERS



**VISIT: WWW.NOMOREBOXESMOVEMENT.COM
And add your name to The Wall of Unity.
Say No To Socially Constructed Gender Stereotypes!**

**FOR MEDIA ENQUIRY & BOOK RÚNA & NICK
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