

**GENDER EMPATHY**

**Raise awareness and educate on gender equality**

**DIFFERENT BUT THE SAME**

**Females ask more for help in the face of something that scares them, while males take a closed attitude, therefore, females are more likely to have faith in the other than males. In the Del Giudice study (2012) men define themselves as less confident than women. From a survey on bullying carried out by the Criaf of the Municipality of Brescia (2008) it emerges that females are self-declared victims in a higher percentage than males (who are self-declared bullies to a greater extent), and that females are more oriented than males to ask help in the face of a triggering negative event; this difference increases with age. In these cases, the females tend to confide mainly in the mother when they feel sad and with the father when they are angry or frightened, while the males with the mother if they feel frightened and with the father if they feel anger. In general, females confide more in their mates and adults than males, who tend to withdraw more and more in themselves and find it difficult to speak. In a US research it emerged that, in the face of danger, the thalamus shows an increase in the intensity of activity more in women than in men; in the latter the autonomic nervous system is activated to a greater extent, which determines the escape and avoidance reaction (Urbanik, 2010).**

**Males go through experiences of Anger more openly than females. Expressing anger openly means being in a state of sympathetic activation that is expressed with hard and brusque movements, a congruent facial expression, movements reaching out towards the attack, a high voice and a toned muscle tone (Rispoli, 2004). In general, studies conducted on emotions show that females have a greater emotional expression than male peers and emotions are expressed with more frequency, intensity and complexity, also through the use of more complex words and phrases. This, however, seems to be invalid as regards the expression of anger.**

<https://www.youtube.com/watch?v=ULtHBN9P_3Y&ab_channel=Kids>