



## GENDER INCLUSION INTERVIEW WITH AN EXPERT

### Video : Gender Inclusion in Cyprus interview with an expert

**Theme**  
**Gender**

**Module**  
**Introduction**

**Territory**  
**Cyprus**

**Subject**  
**Interview with  
an expert**

### Text transcription of the video

Hello, my name is Myrianthi. I'm a sociologist. I have a master's degree in gender studies and expertise in gender equality. I've been working with women who face discrimination and have also participated in the creation of various gender equality plans.

Q: How do you define inclusion in terms of gender equality?

Inclusion means accepting and respecting the fact that all individuals have different gender identities. However, this should not be a reason for discrimination. Inclusion means accepting and respecting that regardless of these differences we may have because of our gender identities, we all have equal rights. We should have equal access to opportunities, decision-making, and equality in the eyes of the law.

Q: What are the main challenges you have observed when trying to promote inclusion in gender?

Stereotypes rely on traditional beliefs about gender and the roles people may have because of their gender. People often resist change, clinging to these outdated opinions. Unfortunately, when people who hold these beliefs are in positions of power, they bring them into policy and law, turning it into a systemic problem. The system itself does not change, and people working within it continue to rely on traditional ideas of gender roles. We don't see many women in positions of power, which is a major issue. In Cyprus, the percentage of women in leadership positions, whether in business or politics, is low. This affects decision-making, as decisions are made for women without their voices being heard—about their bodies, health, and lives—without including their perspectives.





## GENDER INCLUSION INTERVIEW WITH AN EXPERT

### Video : Gender Inclusion in Cyprus interview with an expert

**Theme**  
**Gender**

**Module**  
**Introduction**

**Territory**  
**Cyprus**

**Subject**  
**Interview with  
an expert**

### Text transcription of the video

Q: How do you think these challenges can be overcome?

Education, for sure. Education brings awareness. When people are educated about different identities and individual needs, they become better at handling situations and understanding others, which builds empathy. We also need policies and advocacy. People with knowledge and power must be on the front lines, defending the rights of those with fewer opportunities. For example, a woman from a lower socioeconomic class may not have the chance to speak up. If I have a platform—as a politician, for example—then I must use that privilege to advocate for people who do not have the same rights that I do.

Q: What advice would you give to a professional working to promote gender equality?

Be aware of the different types of discrimination. Be open to listening. Even if you have the knowledge and expertise, there is always room to grow. Use data and evidence to support your work. Be present, be open, and listen.

Q: What advice would you give to a woman who has experienced discrimination?

You are not alone. You have a voice, even if it doesn't feel that way. Always seek help, even when you feel powerless. There are other women out there who will support you and help you reclaim your voice. You have rights, and you can fight for them.