

Lyceum 109, September 4, 2025 -- a forum to Think, Discuss, Share, and Learn from one another. Your input is welcomed - Iron sharpens iron.

Neighborhood “The 1826, in Connecticut, a farmer named Josiah Holbrook started a school for ‘the general diffusion of knowledge and raising the moral and intellectual taste’ of Americans. In those days, the opportunities for higher education were limited to those venerable old universities that had long served the upper crust. Holbrook’s vision was to make learning – practical, liberal, and humane – available to working people of all kinds. He named his school the Lyceum, after the garden where Aristotle once taught his students philosophy.... We need to go deeper than the superficial fights that characterize public life. We need to return to the first principles and meet each other there as human beings.”– Nathan Beacom, Plough Magazine, Autumn 2023, p. 9.

Are and have women been treated as second-class citizens? Agree or disagree – are these myths we have grown to live by?

An Hasidic story reminds us that Eve was taken from the side of Adam as a sign of equality, and not from his head to be told what to do nor from the feet to be stepped upon.

Roger J. Vanden Busch

Factors That Are Way Harder for Women Than Men

Life is not a level playing field, and for women, some challenges come built in. Whether it is safety concerns, societal expectations, or just everyday inconveniences, these struggles are very real—even if they do not always make headlines. Here are fifteen things that women deal with way more than men.

Walking Alone at Night

For men, a late-night walk can be peaceful, even refreshing. For women? It is a constant mental checklist: keys between fingers, phone in hand, pretending to be on a call. Every shadow feels like a threat. Many even share their live location with friends “just in case.” It is not paranoia—it is survival.

Being Taken Seriously in Male-Dominated Fields

A woman in STEM, business, or leadership? She often faces skepticism before she even speaks. At times, she cannot even speak before getting interrupted. It is a fact

that women's ideas are dismissed more quickly, and their successes are attributed to luck rather than skill. And if she is confident? She is labeled as "too aggressive."

Earning Equal Pay

The gender pay gap is not numbers—it is real numbers, and it messes with careers, savings, and even retirement. Women negotiate just as much as men, but somehow, they are the ones seen as "demanding" for asking what they deserve.

Finding Clothes with Pockets

It sounds trivial—until you realize how much time women spend carrying purses just to hold essentials that easily fit in men's jeans. Most women's clothing either has fake pockets (yes, they are fake) or tiny ones that barely hold a lip balm. Meanwhile, men get deep, spacious pockets as a standard.

Going to a Mechanic Without Being Overcharged

Have you ever heard the phrase "Take a man with you" when visiting a mechanic? There is a reason. Women are often quoted higher prices or recommended unnecessary repairs because mechanics assume they do not understand cars, or they are just not aware of the prices.

Aging Without Judgment

Men go gray and get labeled "distinguished." Women? They are pressured to dye their hair, try Botox, or invest in anti-aging products to stay "relevant." The beauty industry thrives on telling women they need to look young forever.

Getting Credit for Their Ideas

A woman shares a brilliant idea in a meeting. No reaction. Five minutes later, a male colleague repeats the same thing—suddenly, it is genius. This is not rare; it is a phenomenon called "hepeating," it happens everywhere, from boardrooms to brainstorming sessions.

Dressing Comfortably Without Criticism

A man can show up in a hoodie and joggers, and no one blinks. A woman wears leggings and a T-shirt. Suddenly, it is a debate about "effort" or "appropriateness." The same goes for workplace dress codes—women's attire is often policed way more than men's, even when both are equally professional.

Not Being Interrupted in Conversations

There is a reason women joke about needing to take a deep breath before speaking in meetings. There is no need to prove that men interrupt women far more than they do other men. In professional settings, women often preface their statements with “Just to add...” because they know their points might be cut off before they are even finished.

Going to the Gym Without Unwanted Attention

Most men can hit the gym, focus on their workout, and leave. Women, on the other hand, often deal with unsolicited advice, uncomfortable stares, or even men filming them (that is rude and inappropriate, by the way). Some avoid weight sections entirely just to avoid the awkwardness. The gym should be about fitness—not fending off unwanted interactions.

Finding Affordable Personal Care Products

Ever compared the price of men’s and women’s razors? The “pink tax” means women’s products often cost more, even when they are identical to men’s versions. From deodorants to shampoos, the pricing gap is everywhere.

Expressing Emotions Without Judgment

A man gets angry. He is “passionate.” A woman gets angry. She is “hysterical.” The same double standard applies to leadership—an assertive man is a “strong leader,” but an assertive woman is often called “bossy” or “cold.” No matter the emotion, there is always a stereotype attached. Things are never easy for women.

Being Safe on Dating Apps

For men, dating apps are mostly about swiping and seeing who is interested. For women, there is an added layer of concern: “Is he dangerous? Will he respect my boundaries? Is he a psychopath killer (come on, we have all watched ‘You’)? Should I meet him in a public place?” Saying “no” to the wrong person can even lead to threats or harassment.

Not Being Pressured About Motherhood

Women hear it all: “You’ll regret not having kids!” Even if a woman does not want children, society keeps reminding her that she should. People do not even hesitate when they say things like “It’s time” or “You are getting older.” Meanwhile, men can be childfree without endless questions—or assumptions that something is “wrong” with them.

Dealing with Period Stigma

Despite being a natural biological function, periods are still treated as something to hide. Many women have had to awkwardly sneak a tampon into their sleeve just to avoid judgment. Even worse? Some cultures still treat periods as “unclean,” limiting what women can do during that time.

Getting Through Airport Security Without Being Pulled Aside

Men can breeze through security with minimal fuss. Women? Not so much—especially if they are wearing an underwire bra. Many have faced awkward pat-downs simply because their bra triggered the scanner. And if they are traveling solo, there is an added layer of scrutiny—questions about where they are going, why, and if they are “really alone.”

Networking Without It Turning into a Date

For men, networking events are about business. For women, there is always the risk that a casual coffee meeting will be misinterpreted. Many have experienced professional connections sliding into their DMs with, “So... drinks sometime?” instead of an actual work opportunity. The result? Women must tread carefully, balancing career growth with unwanted advances.

Walking Past a Construction Site Without Comments

Not all construction workers catcall, but enough do that it is a stereotype for a reason. Women walking past construction zones (or really any group of men) often brace themselves for whistles, stares, or unsolicited comments. The worst part? If she ignores it, she is “stuck-up.” If she responds, she “can’t take a joke.” Either way, she loses.

Going Makeup-Free Without Judgment

A man can roll out of bed, splash water on his face, and head to work. A woman does the same. People ask if she is sick, tired, or “not feeling like herself today.” Women in professional settings, especially, feel pressured to wear makeup—not for fun, but because it is often expected.

Finding Safe, Affordable Housing

Women must consider more than just rent prices and location—they must think about safety. Is the neighborhood safe at night? Does the landlord seem trustworthy? Can they live alone without worrying about security? Stories of landlords harassing female tenants or male roommates crossing boundaries are far too common.

Breastfeeding in Public Without Backlash

It is 2025, yet women still get side-eyes, judgmental stares, or even outright harassment for breastfeeding in public. The irony? People are more offended by a baby eating than by the countless revealing images of women in advertisements everywhere. Feeding a child is natural—but somehow, it is still a debate.

Climbing the Corporate Ladder Without Being Labeled

A man climbing the ranks is seen as ambitious and driven. A woman? She risks being called “ruthless” or “cutthroat.” If she is assertive, she is “too much.” If she is warm and friendly, she is “not leadership material. Many women in leadership roles have learned they have to walk a fine line—firm but not too firm.

Saying “No” Without Guilt

Men say “no” and move on. Women say “no,” and suddenly, they are pressured to explain. Whether it is rejecting extra work, declining a date, or setting a boundary, women often face follow-up questions, guilt-tripping, or people simply not accepting their “no” as final. But no means no, and one should always respect that.

Not Being Judged for Their Relationship Choices

Single? People ask why she has not settled down. Married? “When are you having kids?” Divorced? “What went wrong?” No matter what her relationship status, there is always someone with an opinion or a question. The why, when, how, who, where, and what never ends for a woman. Meanwhile, men get far fewer questions—and certainly less judgment—for the same choices.

Simply Existing Online Without Harassment

A man can post about almost anything online and get neutral or supportive comments. A woman? She risks getting unsolicited messages, creepy DMs, or threats, especially if she expresses a strong opinion. It is exhausting to just be online without constantly dodging inappropriate attention. And not to forget, social media is dangerous for women as they often face problems like stalking. -Internet.

For every woman.... for every man.....

- 1. For every woman who is tired of acting weak when she is strong, there is a man who is tired of appearing strong when he feels vulnerable.**
- 2. For every woman who is tired of acting naïve, there is a man who is burdened with the expectation of knowing everything.**

3. **For every woman who is tired of being called an “emotional female,” there is a man who is denied the right to weep and to be gentle.**
4. **For every woman who is called unfeminine when she competes, there is a man for whom competition is one of the ways to prove his masculinity.**
5. **For every woman who is tired of being a sex object, there is a man who must worry about his potency.**
6. **For every woman who feels “tied down” by her children, there is a man who feels outside the pleasures of shared parenthood.**
7. **For every woman who is denied meaningful employment or equal pay, there is a man who feels he must bear the financial responsibility for other human beings.**
8. **For every woman who was not taught the mechanics of an automobile, there is a man who was not taught the satisfaction of cooking.**
9. **For every woman who takes a step towards her liberation, there is a man who finds the way to freedom has been made a little easier.**
10. **For every woman who wants to break the glass ceiling, there is a man who is a willing to break the glass ceiling and pay her the wage to which she is entitled.**