

Key terms

Term	Definition
Femininity	Qualities associated with being feminine/womanly
Masculinity	Qualities associated with being masculine/manly
Gender	Related to the way women and men act according to being feminine and/or masculine (American Psychological Association, 2011)
Sex	The biological make-up of an individual that determines whether they are male, female or intersex (e.g. atypical combinations of features that usually distinguish male from female) (American Psychological Association, 2011)
Hegemonic femininity	The celebrated image of femininity, which is the ideology/stereotype women are pressured to conform to (white, able-bodied, slim, toned, privileged/ middle class, heterosexual) (Krane, 2001). Sometimes referred to as 'emphasised femininity' (Connell and Messerschmidt, 2005)
Hegemonic masculinity	This refers to the way a man positions himself by aspiring to the most valued form of masculinity, which is white, heterosexual, privileged/middle class and able-bodied and is constructed in relation to other masculinities and women. Subsequently this hegemonic masculinity marginalises other masculinities (e.g. black, disabled, working class, gay) and devalues femininity (Connell, 1987; Connell and Messerschmidt, 2005).
Ideology	The set of beliefs characteristic of a social group or individual
Gender ideology	Attitudes regarding the appropriate roles, rights and responsibilities of women and men in society (Kroska, 2007). Traditional gender ideologies emphasise the value of typical roles for women and men (e.g. women are homemakers and primary caregivers and men are breadwinners).
Subordination	Involves the lower ranking of a thing, individual or group as of secondary importance