

## Expressions of Gender Diversity, Promotion of Their Social Acceptance, Physical and Social Wellbeing in Kenya

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**Abstract :** The purpose of the research is to investigate the expressions of gender diversity, promote their social acceptance, and promote their well-being in terms of physical and social aspects in Kenya. The study will specifically identify the different expressions of gender diversity, promotion, social acceptance and attainment of physical and social well-being in Kenya. This helps create inclusive, accepting, and supportive societies in Kenya. The paper will collect secondary data from past published papers and conduct interviews with legal practitioners, human rights activists and gender advocacy experts. The data will be analyzed for findings from drawn conclusions, suggestions and recommendations. In regard to gender diversity, the acknowledgment of gender expressions aside from sex assigned at birth aids in gender identity, which helps in placing different groupings. Further consideration is drawn on perceptions of identities informed by the clothing, behavior, and body language of an individual. The focus is on how people are identified outside the bracket of male and female, like intersex, agender, bigender and queer. The paper seeks to create awareness of various gender diversity and seek acknowledgment from society. Promoting social acceptance of people whose identities are outside the male/female binary is based on advocacy and activism. Therefore, information on the differences can curb stigma, discrimination, harassment, exclusion, and violence directed at the varied gender identities. Social acceptance anchors on gender, affirming policies that seek the removal of social isolation and societal, and religious practices and advocate for anti-discriminatory practices. The evolution of different cultural practices will help in understanding and accepting diverse gender identities. Activism and advocacy on human rights, such as LGBTQ+ movements, play a big role in working for inclusivity, acknowledgment and respect of all identities. Social and physical well: the paper advocates for social-inclined organizations to create safe spaces. This can be in schools, public places and workplaces. With information, such persons can seek health services for their mental and physical well-being from service providers. This means they can access health services and support that relieves physical and psychological problems. Their social well-being can be guaranteed. Additionally, inclusivity in workplaces, learning centers, and social activities can create social acceptance. An appreciation of gender diversity is seen when they are proposed to take leadership roles, included in public engagement. Their well-being is assured whenever governments adopt favorable policies and educate the public about their needs in society.

**Keywords :** gender diversity, gender equality, social norms, social well-being

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