

Today I' ll talk about my opinion on SDGs 10, Reduced Inequality.

What do you think when you hear about reducing inequality? About solving the gap between rich and poor? Or about solving the environment of living?

Actually, I don' t focus on them. It' s because I think that, even if they solved them, maybe it' s like equality on the surface.

So anyway, I think that accepting each other and respecting each other are important to reduce inequality.

Two reasons there are.

First thing, I think that equality is based on trying to watch the inside of others.

Before thinking about equality, let' s think about what discrimination and inequality are based on.

Actually, discrimination is one of the human essences, if we accept others like strangers, it might trigger the degeneration of the community, and we don' t feel safe living there. That' s how humanity has not accepted strangers since ancient times.

But, if we try to watch the inside of others before we feel that persons are strangers, maybe we can' t doing discrimination or something.

So I think that, to reduce inequality, one thing is to change our mind to accepting others.

Second thing, we can watch others' eyes if we accept them. Watching their eyes is important to get information about others' thoughts or minds.

In my case, before, I'm not so good at watching others' eyes. It's because I'm too shy and I was decided by others' character with their tone of voice.

But, while I was training in Thailand I tried to watch their eyes.

So I know that I can get lots of things by watching other's eyes and body movements too.

And these help us to accept others.

For these reasons, I think that accepting each other and respecting each other are important to reduce inequality.

But actually, it's just a first step to reducing inequality and most importantly.

And gender inequality is the same.

Don't be frightened of others, respecting and accepting them, it's a shortcut to reducing inequality, better than focusing on the rich or poor, and a higher standard of living.