This article draws on the findings from one longitudinal study and several gender-based case studies conducted between 2008 and 2012 in seven districts of rural Uganda. The article explores the way gender is linked to other areas of analysis, particularly age, social institutional practices and geographic location to construct and sustain girls’ and women’s subordination and exploitation. The authors demonstrate that the intensity is different depending on the age, marital status and geographic location of the women. There was evidence that within the larger community of women, young and adolescent girls were the most vulnerable to subordination and sexual-exploitation, while married women, especially those located in remote rural areas, were disproportionately vulnerable to exploitation and discrimination. The authors recommend that all duty bearers, including parents, civil society players and the state must pay special attention to specific needs of young and adolescent girls in order to break the cycle of subordination and exploitation of women. The state agents at different levels, especially in local governance structures, and community based organizations should also take effective steps to build women’s capacity to claim their rights.