

Victoria Haghighi
October 30, 2015

Female Strength

The phrases, “run like a girl, fight like a girl, throw like a girl,” make me feel sad and angry. These phrases show bias against females and also make females look like they are useless. To me, these phrases should not be any different than running, throwing or fighting like a boy.

What it means to run like a girl is the same as saying run like a boy. To me, it means to put in the maximum effort so you know you are trying the best you can. It also means trying to beat the boys to prove everyone wrong about these phrases! If you try your best, then it shows that you’re not joking around and it shows how strong you are. This will make people think twice about what they say about girls’ athletic ability and can get rid of these stereotypes that people have about female athletes.

Playing squash like a girl means that you are playing like any other player, whether they are a boy or a girl. You are trying to beat your opponent by hitting good shots, running to every ball, and playing smart. You should want the people who are watching you play to think to themselves, “wow, she plays really well!” Playing like a girl also means putting power on the ball and showing your strength. It’s better if you play to your maximum potential because you know then that you have tried your best and done everything to try to win. That’s how you play squash like a girl.

I feel angry when I hear those “run like a girl” phrases. They make me feel like I can’t do anything. There are a lot of females that are better than males in sports, business, and academics. I find it especially frustrating when males say it to other males as an insult. Not everyone is great at everything, but it doesn’t mean they can’t do it. Some boys and girls can’t throw really well because that is not an ability they have. They might be good at other things instead. But by insulting someone with this saying, it makes them feel like they can’t do something everyone else can do and makes that person feel broken and like a “loser.”

Girls shouldn’t be judged on myths and rumors. We should be encouraged to do what we want and try our hardest at all times so that these myths will disappear altogether.