

WHAT DOES IT MEAN TO DO SOMETHING “LIKE A GIRL”?

[Female Director]

Hi Erin!

[Erin]

[Female Director]

Okay, so I'm just going to just give you some to do, and just do that comes to mind. Show me what it looks like to

[Woman]

My hair, Oh God...

[Female Director]

what it looks like to fight like a girl.

[Man]

(actions a weak behavior)

[Female Director]

Now girl.

[Boy]

Awww...

WE ASKED YOUNG GIRLS THE SAME QUESTION

[Dakota]

My name is Dakota, and _____ .

[Female Director]

Show me what it looks like _____ like a girl.

[Female Director]

Throw like a girl. _____ like a girl. What does it mean to you _____ run like a girl?

[Girl]

It means run _____ you can.

WHEN DID DOING SOMETHING “LIKE A GIRL” BECOME AN INSULT?

[Female Director]

So do you think you just insulted _____ ?

[Boy]

No, I mean, yeah... _____ , but not my sister.

[Female Director]

Is “Like A Girl” _____ ?

[Girl]

I actually _____ what it really... if it’s _____ or a good thing. It sounds like a bad thing. It _____ like you’re trying _____ someone.

A GIRL'S CONFIDENCE PLUMMETS DURING PUBERTY

always WANTS TO CHANGE THAT.

[Female Director]

So when they're in that vulnerable time, between ... how do you think it affects them when uses "like a girl" as an ?

[Teenager Girl]

I think it definitely drops their and really puts them down, because during they're already trying to figure themselves out. And somebody says, "You " it's like... Well, what does that mean? Cause they think they're person. It's kind of like telling them that , and they're not them.

[Female Director]

And what do you have to who are told they run like a girl, like a girl... like a girl... like a girl....

[Teenager Girl 2]

Keep doing it, cause . If somebody else says that like a girl, or like a girl, or shooting is something that you shouldn't be doing, that's their because if you're still scoring, and you're still getting to the ball in time, and being first. You're doing it right. It doesn't matter . I mean, yes! I like a girl, and I like a girl, and I like a girl, and I wake up in the morning like a girl... .

And that something that I ashamed of, so anyway.

That's what they should do.

[Female Director]

If I asked you to run like a girl now, do it differently?

[Girl 3]

I would run like .

[Female Director]

Would you like to redo it?

[Girl 3]

Yeah.

LET'S MAKE #LIKEAGIRL MEAN AMAZING THINGS.

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[Girl]

Why "run like a girl" also win the race?

1. What "like a girl" means to young women? Does it mean the same to younger girls?
2. How young women are affected by gender stereotyping?
3. A new survey found the start of puberty and their first period mark the lowest moments in confidence for girls. Do you agree with the message of the video, that harmful words can add to that drop?
4. Which of the following words do you think it suits best this video: moving, funny, shocking, exaggerated?
5. Try to find out which of the women participating in this "social experiment" are:
 - a marathoner
 - a volleyball player
6. How did they react after having seen how young girls responded to the phrase "like a girl"?
7. Do you agree with Erin when she says: 'I think being insulted with "like a girl" definitely drops girls' self-confidence and really puts them down.
8. Think of a sentence to help to redefine "like a girl" into a positive affirmation.'