

don't be a...

GIRL

Impact of this Phrase

This phrase is used to describe someone as weak or deficient and supports stereotypical beliefs that women are powerless, inept, and inferior to men.

Alternatives to this Phrase

If we are not conscious of the impact that our words carry, we may inadvertently use the power of our voice to oppress and degrade others. Here are some alternative phrases/words that can be used to transform how we understand and relate with each other through our daily interactions:

- Believe in yourself
- Don't give up
- Try harder
- Push yourself
- Don't stop, go farther
- You can do it

Whether or not we understand the power of our words, we still use them...

so what kind of impact do you want to make?

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