



Getting the Reps with: Olympian Julie Foudy

Speak Up

Key Takeaways

- Young women are often told to be quiet and respectful while boys are allowed to be loud and we need to reprogram ourselves.
- It's ok to speak up and ask questions and stand up for things and that's not disrespectful; it's inquisitive and curious and trying to make this world better.
- It's hard to put yourself out there sometimes. One thing that makes it easier is surrounding yourself with people who will support you when you doubt yourself.

Things to Think About

- When you have something to say or a question to ask, do you speak up? If not, why not?
- Do you feel like the people around you give you confidence and encourage you to speak up?
- If you're not a girl, can you see the ways that girls are treated differently? Are there things that it's hard for boys specifically to speak up about?

Ways to Practice

- Try to answer or ask at least one question each day in practice or in your classes.
- Look for an example of ways that girls are "programmed" differently than boys. It can come from your own life or media (TV, books, movies, songs).

