



Getting the Reps with: Olympian Jessica Mendoza

Breaking Barriers

Key Takeaways

- It takes people who are willing to break barriers and also those who are in positions of power to recognize the value of diversity.
- Including women or other underrepresented groups is not just "the right thing to do". Diversity of perspective helps make stronger teams and better decisions.
- You can help break barriers too. It starts with looking around the rooms that you are in and realizing who isn't there. Who is not being represented or included?

Things to Think About

- Why do you think it might be helpful to have different types of people in a team or company?
- What are some barriers that you see for certain groups of people in your world?

Ways to Practice

- Look around at the spaces you're in and figure out what kinds of people are missing.
- Find out more about someone who has broken an important barrier in their lifetime. Teach your classmates about them.

