

I'M NOT JUST A GIRL

"I'm just a girl," "girl math," "girl dinner," and "coquette girls." These all were at one point trending on social media platforms, mostly appearing on TikTok and Instagram Reels. Notice the common theme that connects all four - the word girl.

IS THIS A WAY FOR WOMEN TO FIND A WAY TO RELATE TO OTHERS OR IS THIS SUBLIMINALY PROMOTING SEXIST GENDER STEREOTYPES?



"'GIRL' CAN ALSO BE DIMINISHING, IMPLYING A LACK OF MATURITY AND COMPETENCE, LIKE 'DON'T BE SUCH A GIRL.' (RUTLEDGE, 2023).

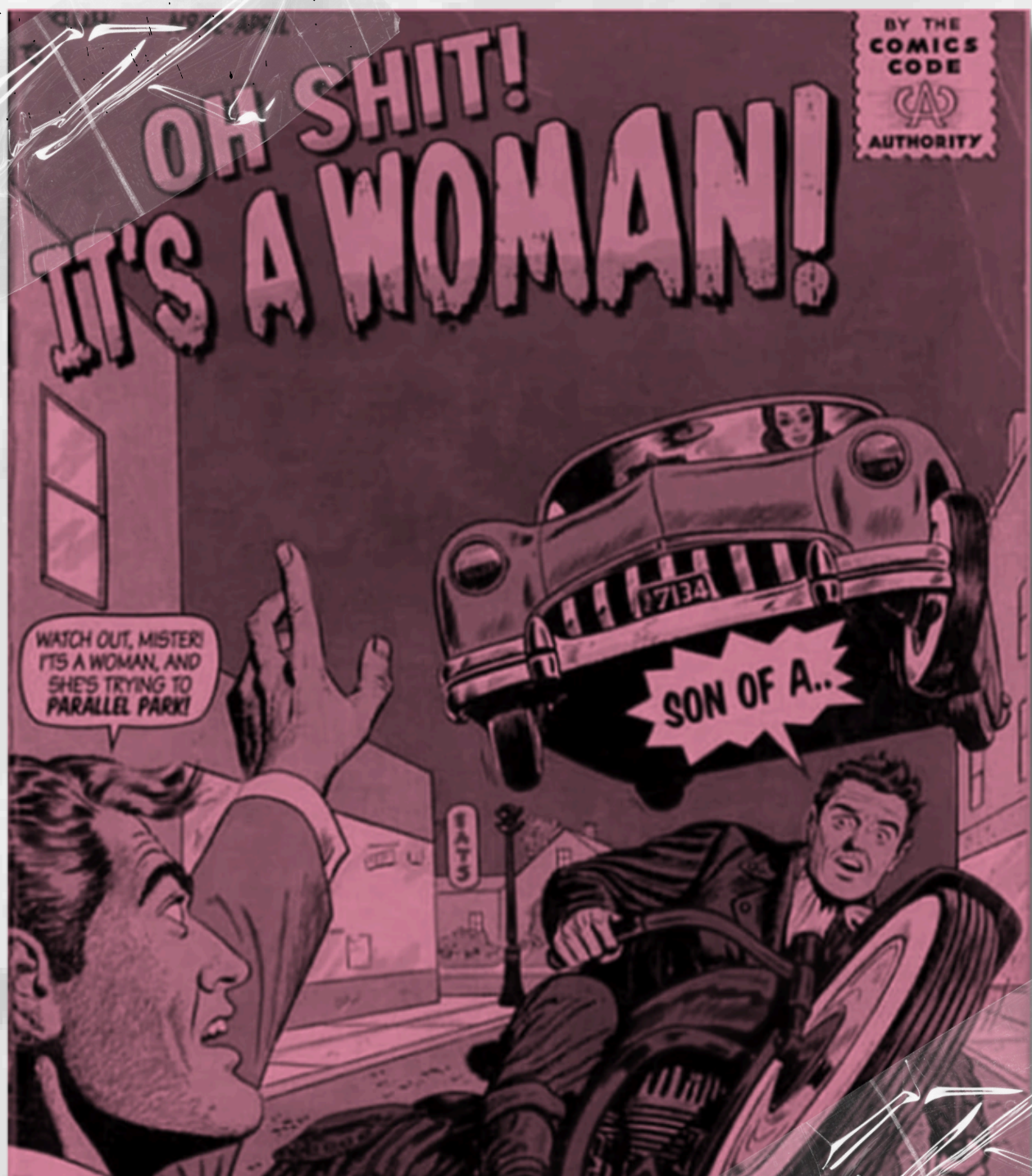
"THE RISE OF MISOGYNISTIC ONLINE SPACES AND CONTENT IS TAKING PLACE IN A CONTEXT IN WHICH YOUNG PEOPLE ARE INCREASINGLY LIVING ASPECTS OF THEIR LIVES ON SOCIAL MEDIA." (DIEPEVEEN, 2024).

FUNNY JOKE
UNTIL ITS NOT

While these trends may seem harmless, they can encourage misogyny and borderline sexism to have a presence in our social media algorithms.

Women are bad drivers, can't fix things themselves, spend money irresponsibly, and are indecisive. Remember those?

That is almost the exact context of the tiktok videos under the trend, "I'm just a girl"



IMAGINE A MAN MADE THE SAME JOKE. IS IT STILL FUNNY?

IS THIS JUST A HARMLESS JOKE OR IS IT A SUBCONCIOUS WAY TO AVOID TAKING ACCOUNTABILITY FOR MISTAKES AND IRRESPONSIBLE DECISIONS?

STEREOTYPE?

"The fact that 'I'm just a girl' is masked with humor can actually make it more likely to stick."
(Goldberg, 2024)

A big challenge when it comes to gender diversity is our unconscious biases. We are wired to think a certain way, based on the world we grew up in. To achieve gender diversity, we need to confront and question our biases.

Imagine a CEO.

is it a man?
Now imagine a world where gender makes no difference.
#BreakTheBias

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By using the term, "I'm just a girl", women place themselves in a box with all the stereotypes that others have fought against

OR REALITY?

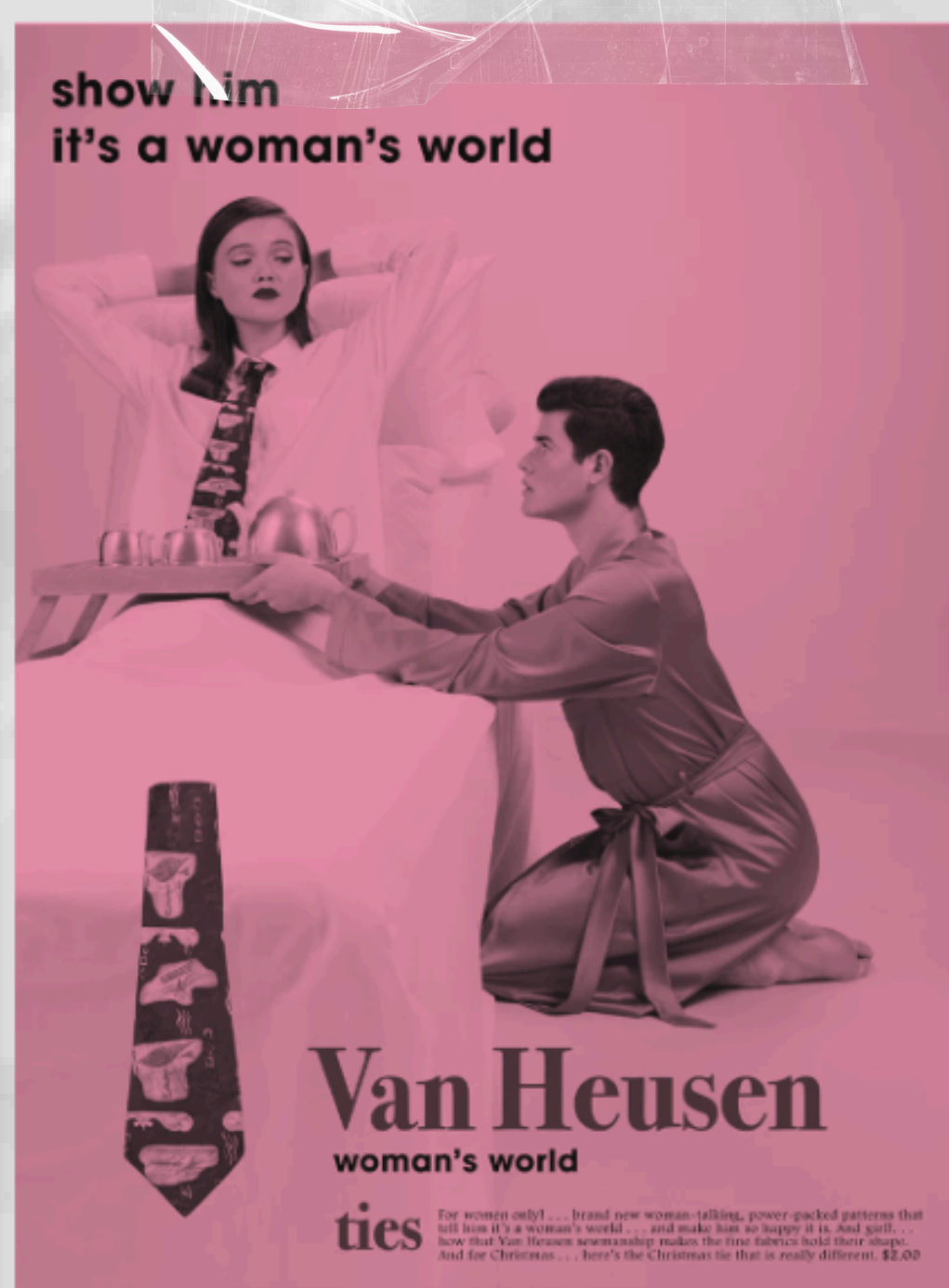
WHY SHOULD WE LIMIT OUR CAPABILITIES TO OUR GENDER? FOR YEARS, WOMEN HAVE BATTLED THE HARMFUL STEREOTYPES THAT WOMEN ARE INFERIOR TO MEN, PHYSICALLY AND MENTALLY. CREATING THESE TRENDS AND USING THEM ON SOCIAL MEDIA ALLOWS OTHERS TO USE THEM AGAINST YOU, AND IN THAT CASE, YOU WON'T BE LAUGHING WITH THEM.

OUR ACTIONS HAVE CONSEQUENCES.

"I SAW VIDEOS AND POSTS WHERE WOMEN STATED OUTRIGHT THAT THEY "BELONG IN THE KITCHEN," LAMENTED THAT THEY HAVE NO DESIRE TO HAVE A CAREER OR EDUCATION, AND EVEN ARTICULATED RESENTMENT TOWARD PAST GENERATIONS WHO FOUGHT FOR WOMEN'S RIGHT TO VOTE, ATTEND COLLEGE, WORK ANY JOB, GET DIVORCED, OWN A CREDIT CARD AND MORE. WHAT BEGAN AS A FUN JOKE HAS MORPHED INTO MISOGYNISTIC MINDSETS." (SIMPSON, 2024)

Women have the freedom to choose what kind of life they want. That's the beauty of gender equality. The problem lies in the fact that gender stereotypes affect the way women are treated, and this trend may encourage that inadvertently.

It shouldn't be just a woman's or just a man's world, it should be everyone's world. We shouldn't let society narrate the superiority of gender, and start making the change for ourselves.





By embracing their full potential and refusing to be confined by stereotypes, women can redefine what it means to be strong, capable, and feminine in a society that often underestimates them.

I AM NOT JUST A GIRL

"Instead of using femininity as an excuse to avoid hard work, personal challenges, and difficult conversations, women should embrace all of those facets of themselves.

I AM NOT "JUST A GIRL." I AM A GIRL WHO IS SMART, FUN, CAPABLE, BRAVE, INDEPENDENT AND SO MUCH MORE."

(SIMPSON, 2024)

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