Katniss, the main character in *The Hunger Games*, starts off as an ordinary girl but changes a lot throughout the story. She goes from just trying to survive and protect her sister to becoming a symbol of hope and rebellion. As she faces tough situations and makes important choices, Katniss grows stronger and more determined to fight for others. This essay will show how Katniss grows from a protective sister into a brave leader.

Katniss’s life in District 12 teaches her how to survive and take care of her family. Because her family is poor, Katniss has to hunt in the woods to get food. She says, "At eleven years old with Prim just a baby, I took over as head of the family. There’s no other choice" (Collins 27). This shows how early on she had to grow up fast and be responsible for her sister, Prim. Another example is how she trades what she hunts in the Hob, a black market in District 12, to get supplies. This skill helps her later in the arena, where she uses her hunting and trading skills to survive. “The woods became our savior, and each day I went out to hunt” (Collins 51). This shows hunting wasn’t just a hobby, but something else relied on to keep her family alive. These experiences in District 12 make her strong and resourceful, preparing her for the challenges of *The Hunger Games*.

In the Capitol and the arena, Katniss grows even more as she faces hard choices and learns about trust and teamwork. When Katniss forms an alliance with Rue, a younger tribute, she begins to realize how hard it is to play the Games. She says, “Rue’s death has forced me to confront my own feelings about killing” (Collins 236). This shows her struggle with the violence of the Games. Another important moment is when Katniss and Peeta threaten to eat poisonous berries so that the Capitol can’t have a winner. Katniss thinks, “Without thinking, I pull the berries from my pouch and hold them out to Peeta” (Collins 347). This act of rebellion shows that Katniss is willing to challenge the Capitol’s control. These moments show how Katniss goes from just trying to survive to fighting for something bigger.

In conclusion, Katniss’s journey in *The Hunger Games* is one of growth and transformation. She starts out as a girl focused on protecting her family but becomes a symbol of hope and resistance. Her experiences in District 12 teach her how to survive, and her time in the Capitol and the arena teaches her to stand up for what is right. Through Katniss’s development, there is a clear realization of how she becomes a brave leader who inspires others to fight for freedom. This wasn’t like Katniss in the beginning of the novel, which shows how she learned and experienced a lot.