In Suzanne Collins The Hunger games, Katniss Everdeen stands out as a symbol of strength and survial in a world controlled by the cruel capitol. In the future country of Panem, where kids are forced to fight in a deadly games for entertainment, Katniss is thrown into a situation where she has to rely on her skills and determination, her experiences in District 12, the Capitol and the arena show how she fights not just to stay alive but also to hold on to who she is. In the end, her journey shows how the human spirit can be when facing challenges.

Growing up in District 12, one of the poorest districts, Katniss learns and develops strong survival instincts and loyalty to her family. After her father’s death, she takes responsibility of providing and feeding her mother and sister by learning to hunt in the woods, even though it's against the law. As Katniss explains, "I though myself how to hunt. I needed to feed my own family." (Collins#). This shows her independence and her will to break the rules to protect her family. Her love for her sister Prim is so strong she volunteers to take Prim's place in The Hunger Games shouting "I volunteer as tribute!" these moments show how Katniss's life in district 12 made her tough and prepared to survive in the arena.

Once Katniss enters the arena her resistance to the Capitol authority becomes stronger. In the capitol she starts realize how shallow and heartless and threatning The Hunger Games is a show. When she is dressed for the hunger games she says "I’m not just a piece in their game?!(collins@). Showing that she sees through their manipulation and dosen't want to be controlled. In the arena her alliance with Rue and the way she honours Rue's death by covering her body with flowers is a clear act of rebellion, this also shows how cruel the games are.

Both examples show how Katniss becomes more aware of the capitol’s control and decides to fight back.

In conclusion, The Hunger Games, Katniss Everdeen transform from a girl just trying to survive in District 12 to a powerful symbol of rebellion against the capitol. Her determination to protect her family and stay true to herself help her survive both in her home and in deadly arenas. As she faces the challenges of the Capitol and the games, she learns to stand up for herself and her beliefs and fight against the unfair society. Her story shows how strong a person can be when standing up for what they believe in even when the odds are stacked against them.