Katniss is a strong protagonist in a dystopian society. Her journey from district 12 to the capital and the arena is an ironic one, full of turmoil, suffering, and perseverance.

Living in district 12 is tough, they struggle with hunger and poverty. “Where you can starve to death in safety.” When Katniss says this she is explaining that her and her family struggle to find food everyday. Katniss is skilled at hunting in the woods, using her bow and arrow to catch game. She sneaks out early in the morning avoiding the watchfull eyes of the peacekeepers, to gather food for her family. Her heart is filled with concern as she thinks about her mother’s depression and Prim’s innocence in such a harsh world. When she volunteers to take Prim’s place in the hunger games, that fear and worry turned into determination. Now, in the arena Katniss must rely on her insticts and hunting skills to survive.

As the games go on Katniss starts to see things diffrently. At first, she focuses only on surving, but as she gets to know Peeta, her thoughts start to change. When Peeta shows that he cares for her, Katniss realizes they can use their feelings to their advantage. “Kind people have a way of working their way inside me and rooting there. I can’t let Peeta do this.” (Collins 60) They pretend to be in love for the cameras, knowing this might help them get more support. When Katniss and Peeta threaten to eat poisonous berries they creat a powerfull moment that inspire others to rise up against their opressors.

Katniss realizes that her actions can spark hope and change. She evolves from a scared contestant to a symbol of rebellion, understanding that she can lead and fight for a better world, not just for herself, but for everyone suffering under the capitals rule.

In conclusion, Katniss’s journey in the hunger games changes her from a girl just trying to survive into a strong leader fighting against oppression. At first her main goal is to protect her family, but as she grows closer to Peeta, she starts to see the bigger picture. By the end, Katniss becomes a symbol of hope for others, showing that standing up for what is right. Her story teaches us about bravery, love, and the power of people coming together to fight against injustice.