

Last 4 digits- 1845

Are women actually looked upon and at the same standard as men? Over many many years the view on women has significantly changed and made them feel looked upon in many different ways. The standards put on women have increased to the point where they are put to unrealistic standards. Men and women should be able to feel somewhat equal and not feel this horrible pressure that women are put under because of their physical appearances and social standards. There are many different ways that can prove that women are kinda put down and looked down upon. For example women never seem to make as much money as the men, women are supposed to stay home and work the house, women also have this standard that they have to look a certain way and present themselves in a certain way just to be able to fit in. Women are expected to act in a specific way to fit into their society.

Throughout my years going through middle school and highschool I was a competitive cheerleader for almost 10 years. I always felt that I was never good enough to be on the highest level team I wanted to be on. When tryouts came around I always got super nervous because I always felt well I'm not good enough, I'm not strong enough, I do not have the tumbling or stunting skills I needed to have to be on the team I really wanted to make. After many tryouts of still not making the team I just brought myself down and felt like everything thought of me as she's not good enough for this team. Many times throughout my cheer career I have been told you just do not have the skills you need to make this team, or you just aren't the right fit for this team yet. Because there were a good amount of boys I cheered for, they were always looked upon as the strongest and better athletes because they were "boys". I never felt like enough but I never gave up and continued to fight for myself and prove I'm just as strong as the boy athletes.

coaches and everyone else around me I was just as good as the boys on the team I still felt defeated countless of times. Throughout practices we would get switched out of our spots in the routine and be replaced by others on the team because they were "better" at it than me. One day at practice our coach was helping us work on a stunt, yet again we couldn't make the stunt hit like it needed to so I got taken out and replaced by one of the boys. I felt so embarrassed cause I just always felt like the boys could make everything hit perfect and I was just left out once again. I would talk to my friends at practice who were girls and they always told me do not worry about it, you are just as good as everyone else, that made me feel better but I was still always defeated knowing a boy took my spot in parts of the routine because they were stronger or better at my position. In the end, I continued to just stay positive and always remember I'm worth just as much as those boys on my team no matter what happened.

A reading by Naomi Wolf explains this exact feeling best and that's what is called the beauty myth. Naomi explains the beauty myth as "the use of images of female beauty as a political weapon against women's advancement. Women are constantly at battle with other women because there's always women that are better looking or have a better body. They can never come to peace or be among the same standard because there's always competition amongst them. All of this is happening just because men hold this power over them, making them believe they have to be a part of this beauty myth to even be accepted. This shouldn't even have to be a thing in today's society but because women are just controlled by this beauty myth nothing will ever change. Unless women speak about themselves and how they are truly feeling and let their voices be heard men will continue to hold power over their heads and nothing will ever change. Women will continue to lose this battle and have to be brought up into this beauty myth standard.

certain standard, it's about how men hold this power over them and their institutions. Men are supposed to be portrayed as strong, tough, and brave men so they can be held above women. This all comes from hegemonic masculinity. Hegemonic masculinity refers to the dominant form of masculinity that is privileged and upheld by society. Men are supposed to be the person who takes care of the family and their women, or make all the money for the family but these are all specific stereotypes that people group men as and have always known this and never really known different. Depending on how you were raised or what you grew up around depends on how you look at these myths, standards, etc.

Many times I have felt that I play into these stereotypes and feel like I am just like every other woman in the world because we are just trying to fit into this beauty myth standard. During many cheer practices I felt my coach would just make quick assumptions about my ability to complete the skills that needed to be completed. I felt as if my coach was using this beauty myth standard to make assumptions that I wasn't strong enough for what needed to be done. My coach made me feel so defeated and left me feeling like I wasn't good enough just because I didn't fit into the beauty myth. Because my coach fell into this beauty myth standard it left many others including me judged. If my coach wouldn't have believed in this beauty myth then this never would have been an issue.

Over many years women are supposed to be put into this beauty myth and never really understand what it's like to not be in it and not have to meet these specific standards. The only reason this is an issue is because men want to hold this power above us and be able to control us by making us feel like we have to meet this certain standard to fit in. I came across this beauty myth standard when I was a competitive cheerleader and there were also boys on my team which

stand up for themselves and let their voice be heard about them having to be controlled by men. If women were just themselves and were normal then they wouldn't be good enough because of this beauty myth standard. The beauty myth standard has made women's lives a lot harder than it needs to be.