

## **Introductions**

### **Female Empowerment**

*“When a woman is emotional, she’s ‘hysterical’ and she’s penalized for it. When a man does the same, he’s ‘outspoken’ and there are no repercussions,” this is a famous quote from Billie Jean King about a classic stereotype between men and women. As a female, I often find myself making compromises and comparing myself to others. I live in a male-dominated society where females have strict expectations on how to dress, act and live. Often, I will find myself trying to prove myself as capable or ‘good enough’, or trying to keep up with others over and over again. For many years, the complete topic of women empowerment has been a grey area. Not often talked about, explained or established yet it can simply be referred to as the ability to be able to do something based on your needs, wants, opinions, beliefs and feelings.*

## **Conclusions**

### **Insecurity**

*But what we need to understand is the fact that our insecurities do not define us. Although us teenagers have an extensive list of them, how do we come to become okay with ourselves? Well for one, you’ve got to have the willingness to face them, it won’t be easy and may even take quite a long time, so patience is key. Secondly, you’ve got to learn to accept all of yourself, this means noticing every nook and cranny of your insecurities and sending them love, compassion and reassurance. Embrace all the parts of yourself and see the beauty in them because they are what you make of them, and they’re perfect just the way they are. Another important way to overcome your insecurities can be through practising self-approval. By doing this you are proving to yourself you don’t need anyone’s approval about you other than yourself. You don’t need anyone’s likes, comments or retweets to feel validated. Lastly, don’t compare yourself to anyone else, everyone is built to be different, embrace that. Yes we are not perfect, and yes we all have our own insecurities, and that’s okay. What we need to do is learn to accept ourselves for all we are and embrace our differences instead of being ashamed of them.*

### **Life as a Polynesian Kid**

*Growing up while living as a Polynesian is a different experience compared to others. From our culture to how we live. If I never grew up as a Polynesian I would have never thought much about how the polynesians are treated or what they go through. It’s good that I was born a Polynesian so I could experience life as one first hand. Thank you for listening to my speech and hope you think about how others are treated.*

## **Language Features used in a GREAT way**

## **Fear (rhetorical questions)**

*Now, many of you might say why is it important to conquer your fears? Why not just let it be? Well, this is because fear is stopping you from accomplishing so many things. It is said that your largest fear carries your greatest strength. Therefore, by not facing your fear toe to toe you are letting yourself give in and also giving up the best version of yourself. By facing your fears, you become the person you want to be. You face your fears and obtain the power. You show courage and rise up in the face of it. I say that you let a little fear motivate you and not see it as a STOP sign but a GO signal. This is important and you are important so don't give in just yet and acquire the best version of yourself. Let me remind you that the people that achieve seemingly impossible goals is because they do not see their incapacibilities as obstacles but opportunities. You can be one of those people and achieve your limitless potential by looking at fear in the eye.*