

Female role models – why are they so important?

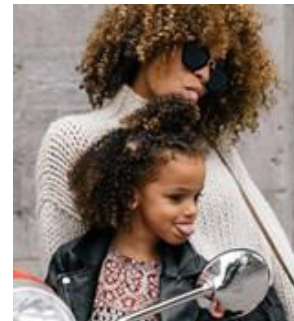
Beyoncé, Michelle Obama, Emma Watson, Alexandria Ocasio-Cortez, your favourite character in a movie, your favourite teacher or your own mother.... the list can go on endlessly.

Female role models exist in various ways, real or fictional, but what is it that makes them a role model for people - no matter what age or gender – and why are they so important?

A role model is someone you can look up to. Someone you admire or whose action and what they achieved inspire you. Someone who motivates you and pushes you to the best version of yourself.

A role model doesn't have to exist in real life. It can be just as good a fictional character from a book or movie. Maybe these are even more powerful sometimes, because they have to face even bigger challenges and someone who reads about them or watches them in a movie comes back to their reality and feels encouraged and is convinced that they can be just as strong as the character and be able to face their own challenge.

Michelle Obama



In a world where women and girls are still told that they are worth less than a man or can't do something because they are female, it's very important, especially for young girls, to have someone who shows them that they can do anything they want and that they should go chase their dreams – and never listen to anybody who tells them that they are worth less.

I think we are lucky enough to say that Germany is more emancipated in that aspect, but in Nigeria a lot of girls and women are still oppressed. They don't always have the opportunities to do the job they want or to show their talents, just because they are women. But also people with other sexualities are often not accepted by their fellow human beings.

For people in these or similar situations it is particularly important to see that they are strong enough to get out of this. And that kind of support often comes from role models. Especially when you feel not accepted or are told that you're worth less than other people, in your own family, it's necessary to get that needed support and love from outside. Someone who shows you how to improve yourself, how to believe in yourself and how to ignore voices that'll bring you down.

So, considering everything you have read, I think it's clear to say that role models – no matter what kind – are very important, especially for people who don't get the needed support from their own family or friends.

What do you think about it? And who is your role model? Let us know!!