

URL: <https://stvp.stanford.edu/clips/building-the-bravery-muscle>

Girls Who Code founder Reshma Saujani advises women to “build their bravery muscle” by practicing standing up for themselves when faced with sexism and microaggressions. It’s fine, she adds, to take time to gather your thoughts, and respond to a troubling incident on your own timeline.



Transcript

- What often normally happens is you're 00:00:03,570 in a situation right, where somebody may say something to you and you're like, and you may laugh it off, which I've done and still probably have done last week.. And then I'll go home and I'll be like, I cannot believe, you know what I mean, they said that.. And I will just simmer about it.. Why didn't I respond? Why didn't I respond? And then I'll just keep saying to myself, maybe talk to a friend about it and then I'll move on.. But now what I make myself do is go back.. Even if it's a week later and respond and say something.. And so you just gotta practice that.. Like, because I think it's like, if it doesn't come to you in the moment and it comes to you later, that's okay.. You could still go back and say something and say it in a way that you feel comfortable.. I now try, honestly, I try to say something all the time to everything, even if it's like, I'm in like a line at spin class, I mean, I feel like this happens to me as a brown person..

Like people don't see me.. And so they'll just, you know, get in line in front of me.. And normally I'll just be like, you know, but now I'm like, excuse me, I'm here! Like I'm here, see me, right.. And so I just make myself, I don't want to say con, maybe it is confrontational.. I make myself confront all situations...