It is difficult to be a young girl in this day and age
There are beauty standards everywhere that keep us in a cage
You've have to be 5’10 with a skinny waist
A polite girl with a pretty face
Why is it so hard to be pleasing to the human race?

We are constantly talked about and stabbed in the back
Yet our perfect life must stay on track
If we cry were too emotional
If we keep it in we are emotionless
What is the meaning of this?

“Skinny” girls need to eat and “Fat” girls need to stay fit
If you wear sweats you’re not trying hard enough
If you wear a dress you’re asking for it
We get shamed for eating too much or not enough
Why do people’s opinions get power over this sort of stuff?
I refuse to let this be

I have a voice, and I will be seen
It is really difficult for a little girl and has to have to grow up in this oppressed world
Body hair is unfeminine even though we’ve had it since the beginning of time
Girls are told to sit quietly and look pretty
Now that’s where I draw the line

I may be young but I still understand how to make the right choices
For example, I believe we must show our voices
There are people who judge us for our gender, sexuality, and race
That is why we need people to speak up
And not just be classified as just a pretty face

Everyday everywhere there are teens who are wondering if they deserve to get older
With the grim reaper constantly looking over their shoulder
They think, “Why am I here, does anyone even want me to be?”
“Am I destined to be here, is this my destiny?”
“Am I supposed to pretend to be happy when I’m really living in misery?”

Well I'm here to say it once and for all
For the first and last time
You have a voice
So please tell your friends or family how you feel
Because they really do want to see you eat your next meal

They want to see you thrive and live your life
They want to once again see that optimistic gleam in your eyes
So whatever you do and whatever you decide, it is your choice
But just remember to show your voice