Sisterhood

Sisterhood to me means standing together, supporting one another and making sure that no girl ever feels alone. It means being there not just for our friends, but for anyone who needs a helping hand, a kind word, or simply someone to listen to. Many take sisterhood as simply making sure everyone is included, but it is much more. It is about unity, respect, and kindness.

However, we cannot talk about sisterhood without recognising the reality of bullying. How can we call ourselves a sisterhood if we allow others to feel excluded, humiliated or unwanted? Bullying isn't always physical; sometimes it's the whispers, the dirty looks, the rumors, the group chats someone is deliberately left out of. These actions may seem small to the person doing them, but to the person experiencing them, it is way more than we think.

Bullying is not a flex! Bullying can harm someone in multiple different ways and many do not realise that what they are doing can lead to dangerous situations. True sisterhood means standing up when something is wrong, even when it's uncomfortable. It means refusing to laugh at someone else's pain and choosing to speak up rather than stay silent. It is all a joke until someone gets hurt. We must stand together, it means refusing to laugh at another woman's pain, refusing to join in with cruelty. It means showing compassion, standing up for what is right, and choosing to support one another even when it is easier to look away.

Many will probably think that they have listened to this message many times before, that it is the same speech repeated over and over again. But what we don't realise is that every time we listen to speeches about bullying, there may be someone in that very room who may be experiencing it silently. And perhaps that is why we must keep talking about it. Because until bullying stops, until cruelty is no longer mistaken for humour, and until standing up for one another becomes normal rather than the exception, this message will never become repetitive or irrelevant.

Silence gives cruelty room to grow, but courage gives kindness a voice.

I just want to leave this quote with you

“There's no limit to what we, as women, can accomplish.” — Michelle Obama.

So let us be women who uplift, not undermine; who empower, not belittle; and who stand together, because there is nothing more powerful than women who refuse to let one another fall. Thank you for listening.

By Mekavi M