

Frailty, thy name is woman.

Outline:

1- Introduction.

2- Origin of the Statement

3- Reasons why women are considered frail.

3.1: Biological reasons

Lesser Muscular strength compared to Men.

3.2: Social reasons

Patriarchal Society, Pushing women to subservient roles.

3.3: Political reasons.

Less representation of women in parliaments, with only 8% representation as national leaders.

4- Busting the myth - Women are not frail

1- Women in politics are reshaping narratives and have shown that they can lead and administrate.

case in point: Jacinda Ardern - Prime Minister of New Zealand

2- Women have raised their presence in the literary field with their creative thinking

case in point: Helen Keller - A blind writer

3- Women in sports have shattered the notion of women's frailty by displaying physical and mental resilience

case in point: Serena Williams - A tennis player.

4- Women have also become pioneers in the field of Science and technology.

case in point: Ada Lovelace - The World First Computer programmer.

5- Women have built a powerful presence in the media by breaking stereotypes.

case in point: Oprah Winfrey - highest earning woman in media.

5- Ways to counter these hurdles.

1- Provide education and awareness among the masses.

2- Encourage men to support the women around them.

3- Help women to become financially independent.

4- Break silence on harassment and gender basis at work places.

6- Conclusion.