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Discrimination against women in sport and careers

Throughout history, women have faced discrimination everywhere. This is due to cultural norms and "traditions" that suggest men should come first. However, this isn't just a historical fact; it's a personal story, and for my mom, Chera Rasmussen, things were no different. (Rasmussen). Throughout her journey in athletics and her career, she has experienced discrimination solely based on her gender.

Discrimination against women in sports is a reality that faces athletes, reporters, and others. One example is the story of Lisa Guerrero, a former sideline reporter and cheerleader for the Los Angeles Rams of the NFL. When Guerrero became a sideline reporter for Monday Night Football, she was met with immediate skepticism, with critics focusing more on her background and looks than her actual skills as a professional. (Sobieraj 2). This reflects the broader issue of sexism, where women in sports are being judged on factors unrelated to their abilities. Similarly, my mother's radio and real estate career revealed her battles against discrimination. (Rasmussen). Throughout our

discussion, she mentioned numerous instances where clients assumed she was merely her husband's assistant, even though they were equal business partners. This assumption undermined her professional status and reflected a belief that women are secondary players in professional settings. My mother's experiences echo those of countless women who face similar challenges in male-dominated fields. It's crucial that we, as a society, understand and empathize with these challenges and actively support women in these fields, helping them overcome barriers.

Michelle Obama has spoken openly about discrimination against women, sharing how she often faced doubts and stereotypes based on her gender. (Obama chapter 17). Throughout Michelle's tenure as First Lady, she constantly faced media and political opponents' scrutiny based on her looks, voice, and body language. In Chapter 13 of Michelle's book *Becoming*, she mentions how she was criticized for her fashion choices, her assertiveness was often labeled as aggression, and her intelligence was questioned, even though she was Harvard-educated. (Obama chapter 13). Discrimination against women isn't exclusive to sports or business; it's seen in everyday life, even when it's obvious. From traditional beliefs to expectations about appearance and behaviour, women face barriers that shape their opportunities and experiences. My mother joined the army when she was just 19 years old, striving to make a difference for our country, only to be met with sexist remarks from her male

counterparts. Her and Michelle's experiences serve as a reminder that gender bias is deeply ingrained in society and must be actively challenged to create a more equitable future for us all.

Women face discrimination in every store, in every school, and on every football field. This issue has progressed in the last few years but is still pressing. Stories from Chera Rasmussen, Lisa Guerrero, and Michelle Obama confirm the actual depth of these affairs. If we want the next generation of young girls to feel accepted, we must act now. We must act now if women want to walk home at night to feel safe. It starts with each of us speaking up against sexism, supporting women in male-dominated fields, and pushing for policies that promote true equality. It's a collective responsibility, and we can make a difference together.

Obama, Michelle. *Becoming*. First edition, Crown, 2018.

Guerrero, Lisa. *Warrior: My Path to Being Brave*. Hachette Books, 2023.

Interview with Chera Rasmussen, 2025.