

# C'est quoi, une Princesse?

Être une Princesse, on doit être parfaite

On doit avoir les cheveux longs qui brillent comme le soleil

Les yeux pétillants et la peau claire et lisse

Elles sourient toujours et ne sont jamais triste

Mince, le corps délicat avec la posture parfaite

Pas de boutons, jamais grasse.

Grande et gracieuse.

Pas de bosses jamais grosse

Imperfections?

Non plus.



N'importe qui peut être une Princesse

Qu'on soit petite ou grande, grosse ou mince

Tu es belle

Tu es une Princesse si on veut être

Personne ne peut dire autrement.

Les Princesses sont partout.

Tout le monde est beau.

# What is a Princess?

*To be a Princess, you must be perfect*

*You must have long hair that shines like the sun*

*Sparkling eyes and clear, smooth skin*

*They are always smiling and are never sad*

*Thin, an elegant figure with perfect posture*

*No spots, never greasy*

*Tall and gracious*

*No bumps, never fat*

*Imperfections?*

*None either*



*Anyone can be a Princess*

*Whether you are small, big, fat or thin*

*You are beautiful*

*You are a Princess if you want to be*

*Let no one tell you otherwise*

*Princesses are everywhere*

*Everyone is beautiful.*

I chose to write my poem about stereotypes and body shaming. I decided on this topic because it is a very important issue in the world today and is one that many young girls and women struggle with. I was inspired by the name "*C'est quoi, une Princesse?*" (*What is a Princess?*) because millions of young girls dream of being Princesses, but are often disappointed by the stereotype of "perfection". This stereotype is unfair, untrue and unrealistic. If there is one thing that I have full confidence in, it is that every girl, or even boy, is a Prince or Princess if he or she truly believe it. I hope my poem encourages that.

*By Emily McNally*