

Strength Over Sexism

Roscommon teens launch App aimed at ending gender stereotypes

Two students of Roscommon Community College have created an app, with the aim of breaking 'gender norms' which give the impression to females that some college courses and careers are only for their male friends.

The app, 'Strength Over Sexism' (SOS), also aims to help girls feel confident in their bodies and realise that they don't need to fit the 'one size fits all' image society has for them.

The app, created by Jorja Lyons and Molly Beckett is submitted as part of the annual Technovation Girls competition, includes a section on body positivity.

This page is designed to empower women to accept themselves for who they are and includes all the best tips and tricks for celebrating your best features and how to be happy with how you look



Jorja Lyons is a student at Roscommon Community College.

and feel.

It also includes a comprehensive list of helplines for young girls covering everything from

mental health to the CAO.

Molly and Jorja want to ensure that all young women in Ireland have

access to essential information and support as they navigate the various aspects of their personal and academic lives.

Wanting to break through the jargon of so much of what young women see in business, politics and society, a section aims to help users understand the commonly used words and phrases.

The initiative was brought together as part of the Technovation Girls competition and was supported by Teen-Turn.

Molly and Jorja are participants in Teen-Turn, a mentoring programme for female students supported by Hays Ireland.

The programme strives to provide teen girls across Roscommon with the opportunity to gain hands-on STEM (Science, Technology, Engineering and Mathematics) experience and helps them to



Molly Beckett, who is a student at Roscommon Community College.

prepare for third level education.

Teen-Turn does so by providing pathways and grinds for young girls, teaching them how to create mobile apps and business plans, and linking them with some of Ireland's most innovative companies.

Since its foundation five years ago Teen-Turn has worked with over 700 girls to tackle the low number of women from underserved areas and communities who are attaining third level qualifications in STEM.

Teenagers are given

hands-on experience, they are assigned invested mentors and provided with career development opportunities.

Reflecting on their project, Molly and Jorja said: "We developed our app, 'Strength Over Sexism' to break 'gender norms' which show our female peers that some college courses and careers are only for our male friends and to help girls feel confident in their bodies and like they don't need to fit this 'one size fits all' image society has for them.

In bringing together this project, Teen-Turn helped us develop personal skills like confidence and time management.

The mentors were a great support network and taught us a lot about ourselves and our capabilities as an individual and as part of a team.

"Teen-Turn provided us with the resources needed to make our app concept real.

"From feedback to help from people working in the STEM field, they helped us to get from A-Z with our project."