

"Fast-tailed girls": we all knew one, we might have all been one, according to who's assessing. Tell the story of the fast-tailed girl who was part of your upbringing. What was her name; how did she live? Who gave her the label of being "fast-tailed", and what do you think made them think they were qualified to give that assessment?

Do you know what happened to that girl/those girls? How do you think that label affect their journey?

Knowing what you know now, how much different do you think life would be had that girl not received the label that was placed on her? Consider the first story you told and reframe it into one where your protagonist is celebrated for her precocity. What does it look like for her to be affirmed and supported versus demonized or abused? Go back to every single example you have of that girl being disrespected, and re-write it in a way that shifts the narrative. Once you are done, sit with the emotions that come up for you and the new story. Allow yourself to even consider it as the new truth about that young femme's life, using it as a means to release any feelings of resentment about her experience that may remain for you.