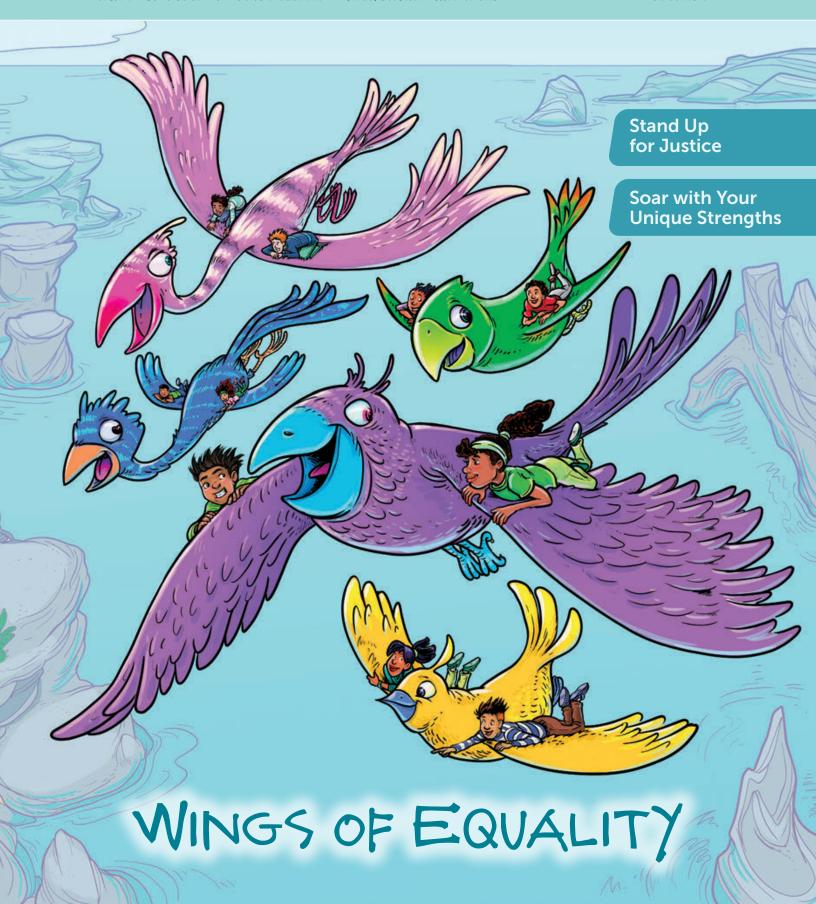
Brilliant Star

A BAHÁ'Í COMPANION FOR YOUNG EXPLORERS

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Brilliant Star empowers kids to explore their roles as world citizens. Inspired by the principles of peace and unity in the Bahá'í Faith, we encourage readers to use their virtues to make the world a better place.

The Bahá'í Faith is the second most widespread religion in the world, with over five million Bahá'ís. It was founded by the Prophet Bahá'u'lláh ("Glory of God" in Arabic) in 1863. Bahá'u'lláh taught that all people are part of one human family, and all religions come from one God. Bahá'u'lláh's eldest son, 'Abdu'l-Bahá, interpreted His teachings and led the Bahá'í community after Bahá'u'lláh's passing.

Today, Bahá'ís work to bring love and justice to the world, and end prejudice and discrimination of all kinds.

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FAVORITE FEATURES



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Do women and men already have equal rights?



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He championed the equality of women and men.



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A crossword and more from our favorite chameleon



A-MAZE-ing ADVENTURE

Navigate cloudy skies to an equal future.



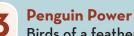
WINGS OF EQUALITY VOL.53 NO.1





NEW DESTINATIONS





Birds of a feather raise babies together.



Monumental Ideas

Draw a statue to honor gender equality.



Uplift Equality

You can be a justice superhero!



Struggling with Stereotypes Stuart & Gabriella tackle math together.



Tools for Equality

Stay positive and smash stereotypes.



Outside the Box

Choose toys and games that bring you joy.



Soar with Pterosaurs

Travel back in time to study strong wings.



Space Ace

A scientist answers your cosmic questions.



Lunar Learning

Cooperation can launch innovation.



Quiz: Grow a Positive Body Image

Do you appreciate your body and all it does?







DEAR FRIENDS,

Have you ever felt like you shouldn't do something because people said it was too "girly" or too "boyish"? From TV shows to movies and ads, stereotypes about gender are everywhere. Girls are often encouraged to be helpful and quiet.

Boys are usually told to be confident and daring and not to share their feelings.

Fven if we don't. believe these outdated ideas, they can influence how we think and feel. They can prevent us from being comfortable

with ourselves and launching our true goals and dreams.

In this issue, explore gender equality and social justice. Take a quiz to boost your body image. Get tips about pursuing interests that make you feel curious and joyful. Soar with Nur and create a fun bird puppet. Unlock your superpowers and defeat prejudice. And interview a woman you admire about her strengths.

We all have unique skills and ideas to share. By standing up to stereotypes and appreciating people for who they are, we can wing our way toward equality.

LOVE, BRILLIANT STAR A



WE STAND UP FOR EQUALITY!

"Until the reality of equality between man and woman is fully established and attained, the highest social development of mankind is not possible." —'Abdu'l-Bahá

EMPOWERING WOMEN

I was surprised when my friend Jacob asked, "But men and women are equal now, right?

Women started voting around the U.S. in 1920.

Doesn't that mean they can do anything men can do?"

Mrs. Sophia said women's rights have improved, and asked us to think about what's needed to achieve true equality. Did you know it's actually dangerous for girls to go to school in some places? It makes me

grateful for school! It also makes me want to stand up for women's rights. We have a *long* way to go. My friend Andrea feels the same, so we teamed up on our class project. Jacob even asked to join us.

Equality won't just help women—it will benefit everyone. In countries where women are treated more fairly, people are healthier and earn more money. Check out this quiz we created for our project, and try it with your friends!

GENDER EQUALITY QUIZ

Test your knowledge about the struggle for equality between women and men.

 When women are educated, they earn more money and can help families escape poverty.

TRUE • FALSE

In Afghanistan, it's illegal for girls to go to high school or college.

TRUE • FALSE

 Women and men do an equal amount of domestic work—such as cooking, cleaning, and caring for kids—even if they have jobs.

TRUE • FALSE

4. 104 countries prohibit women from working in certain jobs—affecting almost 3 billion women.

TRUE • FALSE

5. About 60% of U.S. women think that women in this country are treated with respect and dignity.

TRUE • FALSE

6. Globally, women earn about 77 cents for every dollar that men earn. That's almost 25% less.

TRUE • FALSE

It's against the law everywhere to force girls to get married.

TRUE • FALSE

8. Nearly half of women in the U.S. frequently or sometimes feel unsafe *because* they are women.

TRUE • FALSE

9. Over 50% of landowners in the world are women, giving them power and resources.

TRUE • FALSE

10. In 15 countries, women can't leave their homes without their husband's permission.

TRUE • FALSE

11. Gender inequality increases hunger and poverty. 60% of starving people are women and girls.

TRUE • FALSE

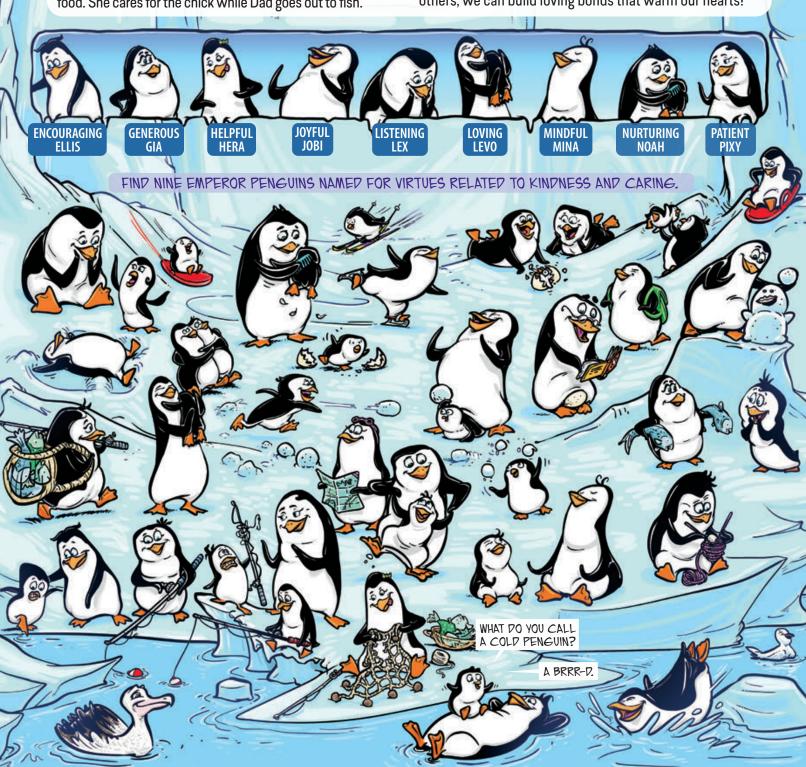
12. More women than men in the U.S. earn college degrees.

TRUE • FALSE

Penguin Power

mperor penguins make a powerful parenting team! The mother lays one egg and turns it over to her mate. Then she takes off on a *long* fishing trip. Dad balances the egg on his feet and keeps it safe in his **brood pouch**—a layer of warm, feathered skin. He faces freezing blizzards without food until the egg hatches—in about 65 days! Then Mom returns with food. She cares for the chick while Dad goes out to fish.

Like emperor penguins, both women and men can be nurturing. It's easier to weather life's storms when the whole family works as a team. No matter what females and males are expected to do, we can choose which strengths to develop. Maybe Mom is a terrific mechanic and Dad is a fabulous baker. When we use our gifts to help others, we can build loving bonds that warm our hearts!



A Brief <u>Timeline</u>

The Life of Bahá'u'lláh

The highlighted area marks the time in which this story takes place.

1817 November 12

Birth of Bahá'u'lláh in Tihrán, Iran

1844

Recognizes the Báb as a new Messenger of God

1852

Imprisonment in the "Black Pit" of Tihrán

1853 - 1863

Exile in Baghdád, Iraq. From 1854—1856, He goes into the mountains to pray in solitude.

1863 April

Declares Divine Mission as Prophet-Founder of the Bahá'í Faith

1863 - 1868

Exile in Constantinople (Istanbul), then Adrianople (Edirne), Turkey. Begins writing letters to kings and rulers in 1867, urging world unity

1868

Last exile, to prison-city of 'Akká, Israel

1877

Finally free to live in countryside homes of Mazra'ih and then Bahjí, outside 'Akká

1892 May 29 Bahá'u'lláh passes away at Bahjí.

Bahá'u'lláh's Life: Mission of Peace Empowering Women

hat if you never had a chance to achieve your goals? You couldn't go to school, travel, or even show your face in public. That was life for many women in Persia (now Iran) in the 1800s. They were treated as men's property and deprived of human rights.

Bahá'u'lláh stood up to these injustices. He said, "Women and men have been and will always be equal in the sight of God." The Bahá'í Faith is the only religion in recorded history that holds the equality of women and men as a central teaching. Bahá'ís believe gender equality is essential in order for humanity to live in peace.

At a time when it was rare for women to be able to read and write, Bahá'u'lláh said parents should educate daughters and sons in the same subjects. In His sacred writings, He "lifted distinctions" between men and women and "conferred upon all a station and rank of the same plane." This was a unique and groundbreaking statement for His time.

To Bahá'u'lláh's wife, Ásíyih Khánum, He gave the honored titles Navváb, meaning "Highness," and the "Most Exalted Leaf." He helped her with the cooking, a task typically done by women. He was saddened by the hardships she faced during their exiles. When she passed away, He revealed a prayer in her honor, saying, "Woe betide him that denieth thy exalted station . . ."

When their daughter, Bahíyyih Khánum, was in her teens, Bahá'u'lláh entrusted her with "missions that no girl of her age could, or would be willing to, perform." She eagerly achieved them with "spontaneous joy." Bahá'u'lláh called



Bahá'u'lláh entrusted His daughter Bahíyyih <u>Kh</u>ánum with important work for the Faith and gave her a station "such as none other woman hath surpassed."

her the "Greatest Holy Leaf" and told her, "We have elevated thee to the rank of one of the most distinguished among thy sex, and granted thee . . . a station such as none other woman hath surpassed."

Bahá'u'lláh encouraged His female followers and revealed tablets for them. In Baghdád, He showed extreme kindness to an elderly woman that He often met on His route to the coffee house. He asked about her health, and when she wanted to kiss His cheeks, He would bend down so she could do so. He often said, "Because I love this old woman so much, she also loves Me." When He left Baghdád, He arranged for her to have financial support for the rest of her life.

"Unto every father hath been enjoined the instruction of his son and daughter in the art of reading and writing and in all that hath been laid down in the Holy Tablet." — Bahá'u'lláh

After Bahá'u'lláh's passing, His eldest son, 'Abdu'l-Bahá, continued to promote justice for women. He spoke in favor of their voting rights and gave them significant roles in the Faith. He explained that if a family doesn't have enough money to educate both a girl and a boy, the girl's education must be the priority, because she is a potential mother. She will share her knowledge with her children and uplift society.

Today, Bahá'ís and Bahá'í-inspired groups around the globe stand at the forefront of efforts to establish justice for all women and share the importance of true equality worldwide.



Resting place of the Greatest Holy Leaf, Bahíyyih <u>Kh</u>ánum, the daughter of Bahá'u'lláh, in the Monument Gardens at the Bahá'í World Center in Haifa, Israel.

Find words related to the story. Look up, down, backward, forward, and diagonally.

	U	Α	Χ	M	٧	Α	Н	0	N	0	R	W	M	В	R	
Brave	Ε	Е	U	٧	R	Ι	0	Ε	Α	S	J	Е	Ι	G	Е	Honor
-4 4.	C	Q	Χ	V	S	N	U	Т	R	Р	L	C	L	N	S	,
Education	J	W	K	Т	Ι	Υ	D	٧	F	0	Α	Ι	U	Ε	Р	Justice
Encourage	Z	L	0	W	Р	F	Q	W	Q	L	Ι	Τ	0	٧	Е	Kindness
Equality	Т	R	Е	Q	U	Α	L	Ι	Τ	Υ	N	S	Τ	Α	С	Loftiness
, ,	Υ	S	G	R	Α	C	Е	Е	V	0	Н	U	M	R	Т	потеппова
Exalted	Т	S	Α	Ε	Е	F	F	Χ	Ι	С	L	J	Н	В	N	Голе
Goals	L	Е	R	R	٧	K	Q	Т	D	Е	Т	L	Α	X	Е	Peace
Grace	М	N	U	L	Т	0	Α	S	U	Р	P	0	R	Т	С	Drojudico
OI ace	В	Ι	0	V	Ι	C	L	S	S	Е	N	D	Ν	Ι	K	Prejudice
Heroism	I	Т	С	S	U	Α	K	Χ	В	С	С	Ι	Р	W	R	Respect
History	U	F	N	D	0	Т	W	U	U	Z	С	Α	L	F	Q	Support
	X	0	Е	G	Α	R	Α	0	C	Т	Ι	F	Е	R	М	11

COLOR & DRAW

MONUMENTAL IDEAS

tatues and monuments tell us powerful stories of people and events that helped shape our world. But there's a problem: sometimes, they give us a skewed view of history. Most U.S. monuments represent white males who were in power, focusing on war and conflict. Very few celebrate women and people of color. In fact, out of all the outdoor statues honoring historical figures in the U.S., fewer than 8% are women. There are actually 22 monuments to women who are not

even real-they're mermaids!

It's crucial to explore the heroes who break down barriers but get little acclaim. For instance, Patsy Mink was the first Asian-American woman elected to the U.S. Congress. Dr. Mae Jemison was the first Black woman in space. Honoring the achievements of people from all races and backgrounds, of any gender, helps build unity and opportunity for everyone. If *you* created a monument, who or what would it be about?

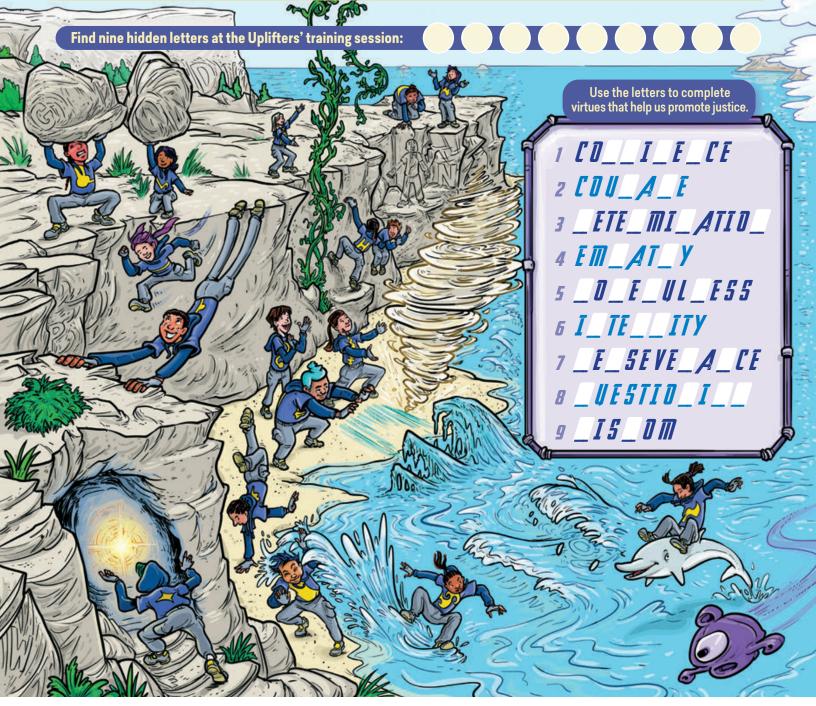
Draw a monument that celebrates women or expresses gender equality.

UPLIFT EQUALITY

s Uplifters, Lightning and Luna are stronger, faster, and more powerful than most people. They can shatter stereotypes and explode expectations. Their amazing abilities are fueled by virtues. So they can only fly, turn invisible, or use other special powers when they're helping people or battling the Erasers, who plot to wipe out humanity's positive qualities.

In a similar way, we strengthen our virtues when

we stand up for justice. It's not always easy to be your true self and share your beliefs. Negative forces like prejudice, ignorance, and greed are just as devious as any villain. When fairness and peace are under attack, investigate the truth and leap into action. Whether you stick up for a kid who gets teased, help the hungry in your community, or make progress on your goals, you have the power to change the world!



Fly with Equality: Make a Bird Puppet

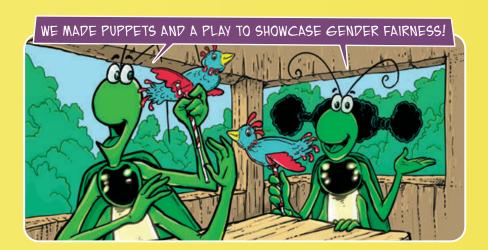
"Until womankind reaches the same degree as man, until she enjoys the same arena of activity . . . humanity cannot wing its way to heights of real attainment." — 'Abdu'l-Bahá

y sister, Shiny, asked to join a flying game with some bugs on our block. They told her, "No way—girls can't keep up." She said, "That's a stereotype, and it's not cool!" Then she flew away.

When Shiny got home, she told me about it. I was glowing with appreciation that she stood up for herself. Those guys weren't fair. When Shiny's excited about something, she's great at using determination and creativity to figure it out.

Later, we practiced flying together. I showed her some tips for flying faster with air currents. Pretty soon she was teaching me tricks. When she saw the guys, Shiny flew circles around them! They changed their tune about what girls can do and learned some new moves. When females and males are equally strong, we *all* fly higher.

Check out this cool craft Shiny and I made. We created a puppet show to remind us to fly with equality!



1 Cut pattern shapes out. Fold colorful paper in half so short ends touch.



2 (a) Place wing pattern on paper so its short end touches fold. Trace with pencil. (b) Cut out wing to make a pair of wings attached at central crease.





You'll Need

- printed PDF pattern*
- 4½" x 11" (11.4 x 28 cm) colorful paper
- 4½" x 11" (11.4 x 28 cm) card stock
- two drinking straws of different widths
- clear tape
- white glue
- pencil
- scissors
- colorful paper and markers for decorating
- · optional: craft eyes
- 3 Place body pattern on card stock.
 Trace and cut out.



4 (a) With wings closed and pointing up, fold top wing down to make a crease 1½" (3.2 cm) from wing pair's central crease. (b) Flip wings over and repeat step (a)'s fold for other wing.





5 Center edge of body's belly along central crease so wing feathers point toward tail. Glue short portions of wings tightly around belly.



6 (a) On one end of thin straw, make a ½" (1.3 cm) cut through each side, to make two even tabs. (b) Center bird's belly inside straw's slits. Use tape to secure one tab to each side of belly.





7 Cut off 1/3 of thick straw's length. On one end of remainder of thick straw, cut a 33/4" (9.5 cm) sliver out of each side, to make two even flaps.





8 (a) Thread thin straw through thick straw—with flaps facing up. Push thick straw up to bottom of slivers. Fold straw flap backward to form a crease that's even with wing's upper crease. Fold half of top section forward. Fold half of new top section back. (b) Use tape to secure only shortest end of straw's flap to wing, so it's 1" (2.5 cm) above crease. Make sure flap's second fold bends outward. Flip bird over and repeat (a)'s folds and step (b) for other flap.



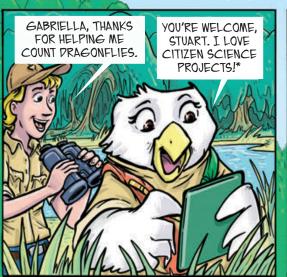


9 Use colorful paper, markers, and craft eyes (optional) to decorate bird. Include designs or words about equality. Hold thin straw at its base. Push thick straw up and down to watch the wings go!



Stuart & Gabriella:

Struggling with Stereotypes



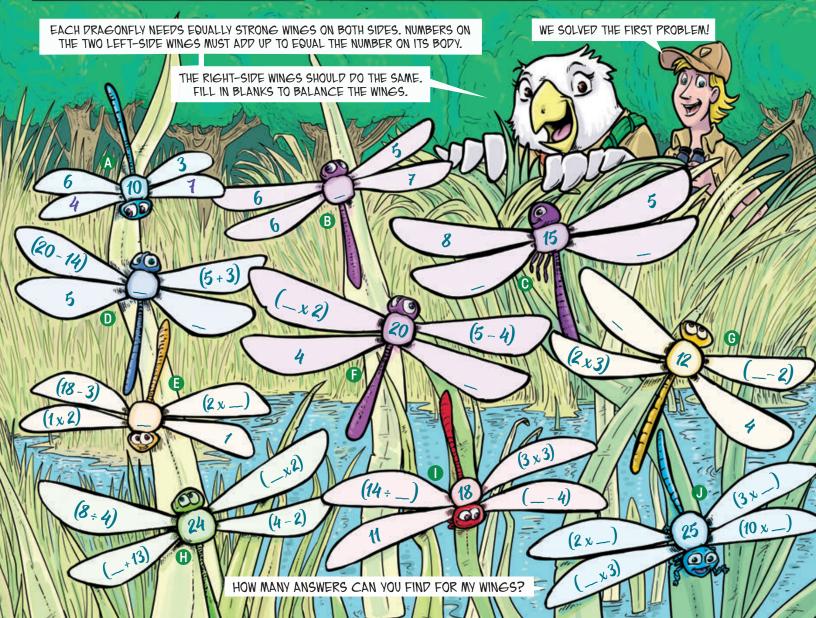
BECAUSE OF THE STEREOTYPE THAT BOYS ARE GOOD AT MATH, I GET EMBARRASSED WHEN I HAVE TROUBLE.



YOU'RE GREAT AT IT! WHEN I GET FRUSTRATED, I TAKE IT SLOW. OR I ASK FOR HELP FROM FRIENDS LIKE YOU.

FOR HELP FROM FRIENDS LIKE YOU.

YOU CAN COUNT ON ME, STUART!





EXPLORE AND PROTECT THE EARTH AND ITS CREATURES

"All the members of this endless universe are linked one to another." —Bahá'í Writings

EARTH-SAVING TIP

Glitter Is Litter

Glitter, found on cards, crafts, and more, is made of plastic and aluminum. It breaks into microplastic and contributes to pollution. Try sand, salt, or other Earthfriendly ways to sparkle!

WOW, REALLY?

The diet of an endangered giant panda is almost all bamboo, which they eat for up to 16 hours every day!



Did you know almost 700 million people worldwide have no electricity? Lack of access to safe, reliable, affordable energy is called

energy poverty. Not having heating, cooling, lights, ways to cook, refrigeration, and phones can impact people's health, safety, education, and job opportunities. We can help by sharing news about the problem. We can also reduce our energy use and avoid waste. All people need fair access to electricity in order to thrive.

PROTECTING OUR PLANET

Dr. Rose Mutiso, a Kenyan scientist, is Research Director of the Energy for Growth Hub. She works to bring modern electricity to energy-poor regions. She's passionate about women in science and says, "Women are 50% of the potential talent pool. We need to be part of science as this crucial driver for change."





Jasper National Park is in the world's second-largest country, which has more lake area than any other nation. The park includes mountains, glaciers, waterfalls, canyons, and diverse wildlife. *Unscramble the letters to find its location:*

BERATAL, DAACAN

AMAZING ANIMALS



Koala babies are called "joeys." They're born early and finish growing in their mother's pouch. They're endangered because the eucalyptus trees that provide their homes and food are being cut down. Fill in the letters to find this type of mammal:

M RSU I LS

Tools for Equality

hen you're doing something you love, do you ever get so absorbed you lose track of time? Those activities may give you clues about careers to explore. But when you don't see role models or people of your gender or background doing these activities, do you get discouraged? For example, robotics engineers, pilots, and carpenters are often men. Teachers, nurses, and hairstylists are often women. But we

all deserve the chance to follow our curiosity and develop our God-given talents. Narrow gender roles aren't fair. They limit people and slow the progress of society. That can change if men and women work together for equality.

You can make a difference by challenging stereotypes, thinking positively, and pursuing your dreams. Then everyone can find their own path to joy!

In this makerspace, match each negative thought to a positive one that can replace it.

THIS IS KIND OF COOL, BUT I BET I COULDN'T GET A JOB DOING IT. I'LL TRY THE ROBOTICS CLUB! IT'S OKAY IF I'M THE ONLY GIRL AT FIRST. I STINK AT SEWING. THOSE GIRLS MUST THINK I'M STRANGE. B) **EVERYONE** MAKES MISTAKES. I'LL LEARN FROM THEM! I'VE NEVER BEEN GOOD AT SCIENCE, AND I NEVER WILL BE. I HOPE I GET A JOB DOING THIS SOMEDAY. THIS PLACE IS WEIRD. BOYS DON'T KNIT! THIS IS TOUGH, BUT I CAN GET IT! I WANT TO JOIN THE ROBOTICS CLUB, E CAN'T WAIT TO SHOW MY BROTHER THAT GIRLS CAN BUILD ROBOTS TOO! BUT I'D HATE TO BE THE ONLY GIRL. I LOVE HOW THIS PLACE BREAKS GENDER STEREOTYPES! 6 THIS IS SO HARD—I'LL NEVER FIGURE IT OUT. G I'VE ALWAYS STRUGGLED WITH SCIENCE, BUT THIS IS FUN. IF I MESS THIS UP, THEY'LL THINK IT'S BECAUSE I'M A GIRL. I'M GLAD I TRIED THIS, SINCE I DON'T LIKE SEWING. THIS ROBOT IS A DISASTER. I SHOULD GIVE UP! I THOUGHT THIS ROBOT WOULD LOOK DIFFERENT, MY BROTHER DIDN'T THINK I COULD BUT IT'S MY FIRST TRY, I'LL GET BETTER. DO THIS, MAYBE HE WAS RIGHT.

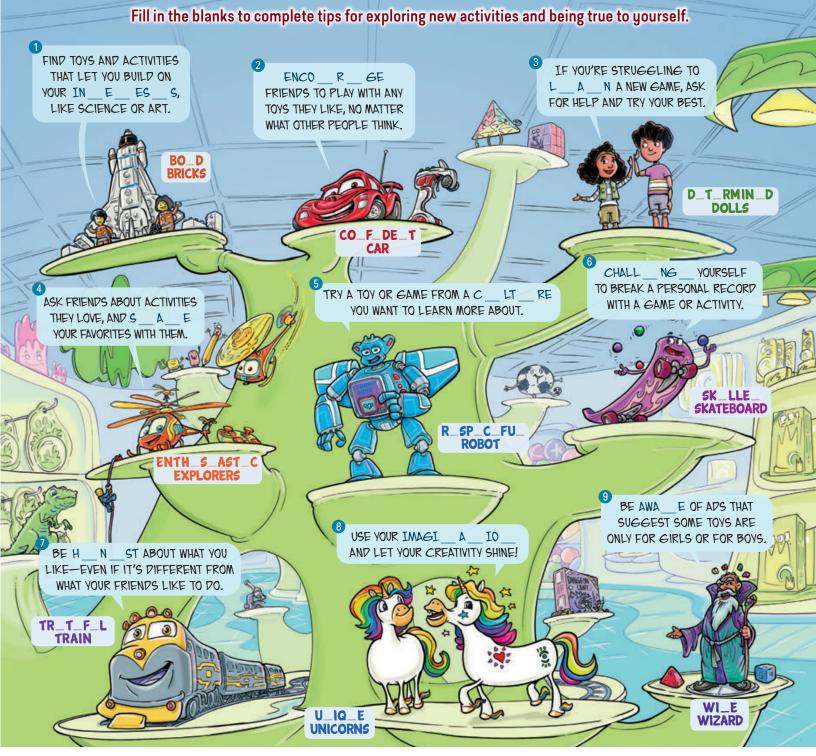
OUTSIDE THE BOX

oys open the door to whimsical worlds! But did you ever wonder why some are labeled for girls or for boys? Toys marked for girls are often pink, pretty, and passive. Toys tagged for boys are often blue and focus on action and adventure.

Around the 1940s, toy makers began creating more gender-based toys so they could sell more products.

But marketing toys based on stereotypes is harmful. It implies we should only play with certain toys and games. That can limit how we think, feel, and grow.

So think outside the box. Choose diverse toys and games that fill you with joy and curiosity. Learn new skills, explore interests, and even envision future careers. Stay true to yourself and let your imagination run free!





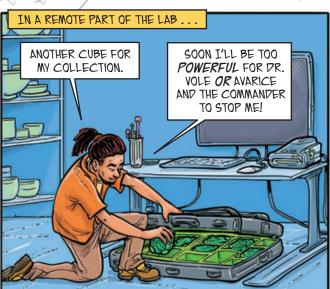
LIGHTNING & LUNA

COMBINED FORCES









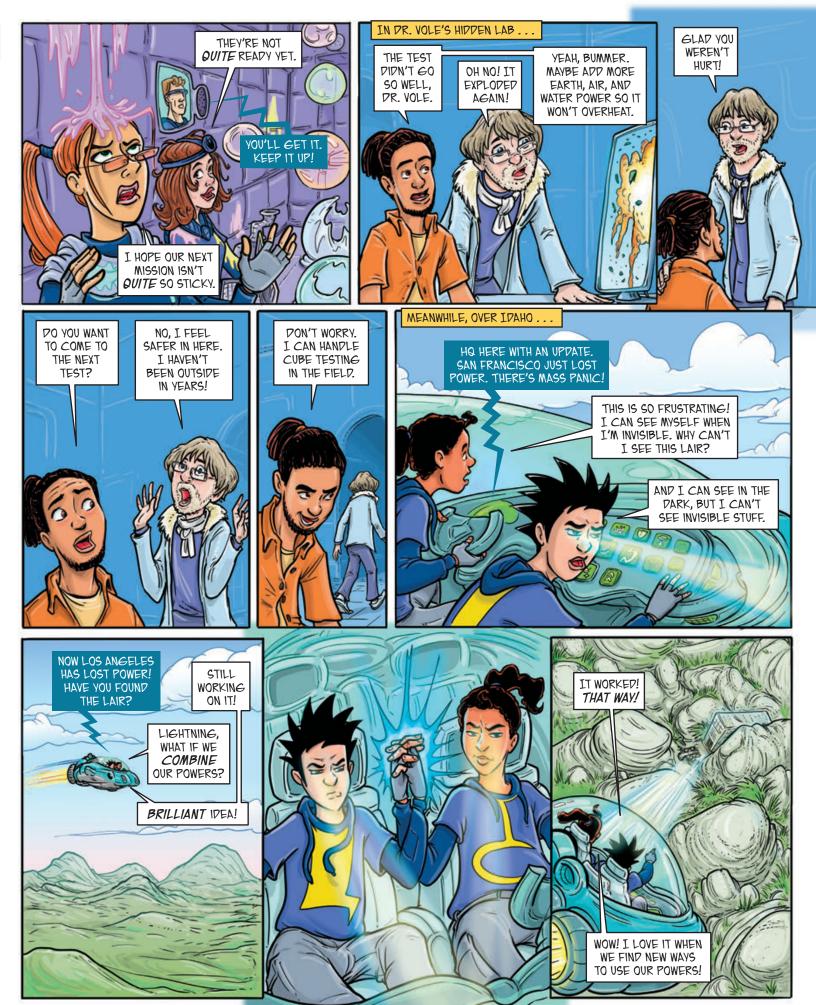














Getting to know kids who shine

Connect with kids around the world! How are they like you? How are they different? Each of us has a unique story to tell. What's yours?

Kamren J.

Age: 11

I live in: Michigan, U.S.

I want to be: Either an NHL hockey player or a lawyer

This career interests me because:

I like playing hockey. I also like that if I were a lawyer I would help people by standing up for what's right.

Virtues I admire most: Kindness and loyalty

Favorite Bahá'í activity: Junior youth group



A place I'd love to visit: **Hawaii**

My favorite female hero: [Tennis pro] Serena Williams, because she is a Black woman who grew up without a lot of money and fought through racism

As a world leader, I'd boost gender equality by: Making it so women get paid as equally as men

A stereotype I've noticed about girls or women:
In some movies, women were always doing the chores and men did other things. That's negative because they make it seem like women are weak and can't do other types of work.

To make everyone feel welcome, I can:

Be nice to them and offer to help them if they need it

Samantha E.

Age: 14

I live in: Connecticut, U.S.

I want to be: A zoologist or professional Irish dancer

This career interests me because:

I have always loved animals ... I've been Irish dancing for six years now. I went to see [the show] Riverdance, and it would be so cool to be in that lead role.

Virtues I admire most: **Honesty, compassion**

Favorite Bahá'í activity: Being at Green Acre [Bahá'í School in Maine]

My favorite female hero: Elizabeth Kenny, an Australian nurse who developed the first effective treatment for polio before the vaccine



A stereotype I've noticed about girls or women:
Things like being skinny enough and being seen and not heard. I think generally it is negative, but it has been normalized in society so people don't ... think about it.

My favorite example of female empowerment: Hidden Figures, a movie about three brilliant African American women mathematicians who overcame gender and racial discrimination to become important influences at NASA



Sanam T.

Age: 12

I live in: Virginia, U.S.

I want to be: A chef and restaurant owner

This career interests me because:

I have always loved to cook and have people taste my dishes and enjoy them.

Favorite Bahá'í activities: Junior youth group, Dayspring Bahá'í School [in Maryland]

A favorite food: **Pasta Bolognese**



If someone tried to limit me because of gender:
I wouldn't listen to them, because only you get to decide what you can and cannot do, not your gender or anything around you.

If women and men had equal opportunities:
[The world] would be a much happier place and there would be little to no conflict.

A stereotype I've noticed about girls or women: In older movies, girls and women are always damsels in distress with a male character saving the day. This is a negative stereotype because it is saying females are not as capable as males, and that is not true at all.

Arjun M.

Age: 9

I live in: Illinois, U.S.

I want to be: A CFO (chief financial officer)

This career interests me because:

My dad works in finance, and I like finance and math.

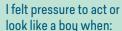
Virtue I admire most: Humor

Favorite Bahá'í activity: **Ayyám-i-Há* celebrations**

My favorite female hero: My sister Diya, who was also a Radiant Star,** because she is so kind and loyal

My favorite example of female empowerment:

She Persisted [by Chelsea Clinton] is a great book about female people who were in power and did great things.



The stereotypical boy is tough and good at sports. Before I got better at sports, I didn't get treated as well. I dealt with it by not caring and hanging out with girls who liked doing activities I like, including gymnastics and games where you act out a story.

To make everyone feel welcome, I can:
Let non-athletic kids play sports and get rid of gender stereotypes





Mikayla H.

Age: 10

I live in: Arizona, U.S.

I want to be:

A history teacher

This career interests me because:

I love reading about history, and I think teaching people about our history is very important.

Virtues I admire most: Truthfulness, patience, and kindness

Hobbies or sports: Reading, art, soccer, playing bass and piano

Favorite Bahá'í activities: Feast, children's class

As a world leader, I'd boost gender equality by:
Making sure that every boy and girl could get a college education

I felt pressure to act or look like a girl when:

Sometimes at recess I get strange looks because I am playing sports that only boys are playing. But it doesn't bother me too much because I'm having fun . . . and sometimes other girls will join me.

If women and men had equal opportunities:

We could achieve more if we work together, it would be more peaceful, and society would be happier.



"God has crowned you with honor and in your hearts has He set a radiant star; verily the light thereof shall brighten the whole world!"

- 'Abdu'l-Bahá

Lua R.

Age: 13

I live in: Ohio, U.S.

I want to be: I think being a teacher would be cool.

This career interests me because:

I would be able to share a concept I love with others and help them understand it. I would be opening up new vistas for them.

Virtues I admire most:

Tact, kindness, humor,
selflessness, confidence

Favorite Bahá'í activities: Service projects, junior youth group, and junior youth camps

My favorite female hero:
My mom. She is super
patient and virtuous. She
is the calm in the storm.
She always sees the best in
people and loves them for
who they are.



If someone tried to limit me because of gender: I would say, "Being a girl doesn't define my strengths or weaknesses."

I felt pressure to act or look like a girl when:
I've been expected to wear dresses and makeup. I don't feel all that comfortable in dresses, and I've never felt moved to wear makeup.
I... dressed in what I felt comfortable and pretty in. I acted...true to myself, instead of true to a stereotype.

If women and men had equal opportunities:
Society would THRIVE.

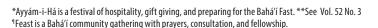
How to be a Radiant Star

1. If you're aged 7-14, scan the QR code with a smart phone's camera. Or go to brilliantstarmagazine.org and from the top menu, choose "Discover." Click "Become a Radiant Star or Trailblazer." Or email us at brilliant@usbnc.org. Include your name, age, birthdate, mailing address, and phone number.



- 2. When it's your turn to shine, we'll ask for at least two good-quality, close-up photographs of your smiling face. Photos should be in sharp focus and show your eyes clearly. Please don't send color copies, low-resolution digital images, or copyright-protected images (like school portraits).
- 3. We'll send you questions and a form for you and your parents to sign. Answer the questions and send them to us with the signed form, and you'll be in our next issue!





Lucas M.

Age: 9

I live in: Michigan, U.S.

I want to be: Mycologist [scientist studying fungi]

This career interests me because:

When I saw a mushroom destroyed by a lawn mower, I felt sad . . . it was a living organism. It sparked my interest in learning more about mushrooms.

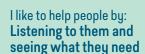
Virtue I admire most: Integrity

Hobbies or sports:

Tennis, volleyball, drawing

Favorite Bahá'í activity: 19-Day Feast

My favorite female hero: My mom... she takes care of me and she helps a lot of people as a psychotherapist



If women and men had equal opportunities:
It would be fantastic...
like a home where Mom (women) and Dad (men) share responsibilities.

A stereotype I've noticed about girls or women: In books, the friendly characters are mostly girls or women. [But] in real life, guys are friendly too.



Bahar A.

Age: 10

I live in: California, U.S.

I want to be: A YouTuber

This career interests me because:

It is entertaining for me and other people.

Favorite Bahá'í activity: **Junior youth program**

My favorite female hero: [Civil rights activist] Rosa Parks, because she persevered for rights

If someone tried to limit me because of gender: [I'd say,] "What's the difference? Does it matter?"

As a world leader, I'd boost gender equality by:
Giving women more opportunities to do what they love



Virtues I admire most: Honesty, trustworthiness, and kindness

I like to help people by: Helping with math... I am very good at math.

A place I'd love to visit: **New York**

If women and men had equal opportunities:
The world would probably be more peaceful.

To make everyone feel welcome, I can:
Treat them like they are my good friend

Lua S.

Age: 9

I live in: Ohio, U.S.

I want to be:

Architect or astronomer

This career interests me because:

I'm really interested in architecture. And the stars are really cool.

Virtues I admire most: Kindness, friendliness

Favorite Bahá'í activity: Children's class



I like to help people by:

This summer, I backpacked with my mom and brother, and I helped by cooking, blowing up sleeping mats, and getting water.

My favorite female hero: Mama, because she's wonderful

As a world leader, I'd boost gender equality by:
Digging wells, because [in some places] girls walk for hours to get water, but if they have a well nearby, they can go to school

My favorite example of female empowerment:
In the book Dealing with Dragons [by Patricia C. Wrede], the girl runs away from being a princess because she doesn't want to marry a prince. She just wants to have an adventure.

Nasuh E.

Age: **8**

I live in: Arizona, U.S.

I want to be:

A children's doctor

This career interests me because:

Children are so sweet! I love seeing children's faces from all around the world. And I want to help them!

Virtue I admire most: **Love**

Hobbies or sports:
Playing piano, [martial art]
capoeira, learning Turkish
with my Baba (Dad), singing
prayers, sleeping (haha!)

Favorite Bahá'í activity: **Ayyám-i-Há**

A place I'd love to visit: Israel, the Holy Land

I like to help people by: **Being kind**



As a world leader, I'd boost gender equality by:
Making big speeches about humanity and teaching people to work for equality. I would make laws that every single person has to be allowed to learn and everybody has to treat each other equally.

My favorite examples of female empowerment:
[Fictional nanny] Mary Poppins...She's mighty!
And in a book on [author] Helen Keller, she stands up for herself...[Friends] cheer her on.



Soar with Pterosaurs

"As thoughts widen and become illumined, they acquire the power of flight . . ." - 'Abdu'l-Bahá

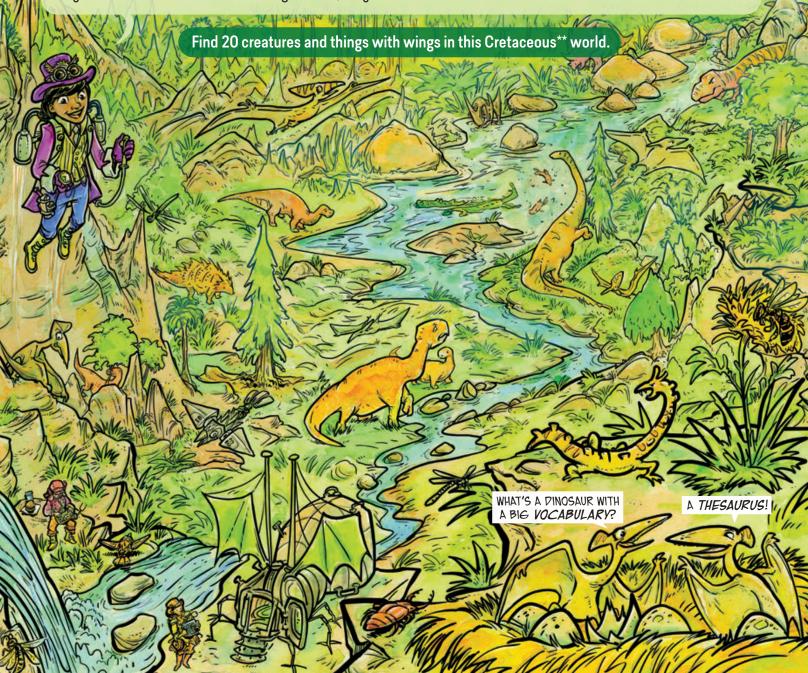
ow, what an earth-shaking trip! We've traveled 67 million years back in time to learn about Earth's history. Check out these extinct flying reptiles called pterosaurs!* There were over 120 species—some sparrow-sized, others the size of a small airplane!

These creatures ruled the skies for 150 million years. The biggest pterosaurs were the largest animals ever to fly. They reached speeds of over 65 mph (105 kph). Since they covered massive distances hunting for food, they

needed powerful wings. If one wing had been weaker than the other, they wouldn't have survived.

Although humans never met pterosaurs, other flying creatures inspired a longing for freedom and adventure. In the 1480s, artist Leonardo da Vinci drew *hundreds* of flying machines with flapping wings. Over 400 years later, inventors propelled people into the sky in airplanes.

When we take flight together, we can help everyone reach their dreams—now and into the future.



SPACE ACE



ASH A SPACE SCIENTIST

Our universe is full of mysteries, and some of the most mind-boggling are in space. Curious kids asked questions, and we sent them to a space scientist. Have questions about space? Send them to brilliant@usbnc.org (with your name and age).

Which virtues did you have to practice the most during your education to become a NASA scientist? Corinne, age 10

Hi, Corinne,

The top three virtues I relied on in pursuit of my goal to be a NASA scientist were patience, perseverance, and graciousness. I was in middle school when I decided that I wanted to work for NASA. I spent 15 years going to university and at other jobs before I was hired at NASA, so it was very important for me to be patient with the process and work hard along the way.

Along that journey, things didn't always go as I planned. I experienced failure, setbacks, and times when I just wanted to quit. I persevered through the hard times and tried to focus on the lessons I was learning. I gave myself grace by letting myself learn and grow, instead of feeling inadequate because I wasn't great at something when I first tried it. I let myself be a beginner and learn. - Julia



Julia Cline leads a team creating software for robotic space cranes like the one in this illustration. The software will enable the crane to investigate surfaces and move objects without a human operator.



The Moon missions of the 1960s and 1970s were named for the Greek god Apollo. The new Moon missions planned by NASA are named for his twin sister:

A) Apple

C) Artemis

B) Amazon

D) Atlantis





What inspired you to be a NASA scientist? What do you love about your job? - Rose, age 11

Hi, Rose,

When I was a little girl, my Dad would take me outside at night, and we would stargaze. He taught me about the stars, planets, and science. I knew that people who studied space worked at NASA, so that became my goal: work at NASA. I studied astrophysics and aerospace engineering in college, and a few years after graduating, I started my job at NASA.

I love that I get to spend every day thinking and talking about how humans will live

The Lunar Gateway illustrated here will be an outpost orbiting the Moon. Astronauts will live and work there while preparing for missions to the Moon and Mars.

and work on the Moon and Mars one day. We get to work on really cool projects. I also love the people that I am fortunate enough to work with they are the best! Everyone brings enthusiasm and creativity to work every day, and that creates an energetic atmosphere in our laboratory that we use to solve challenging problems. - Julia



JULIA CLINE is a Research Aerospace **Engineer at NASA Langley Research Center** in Virginia, U.S. She works on autonomous lunar surface construction and space nuclear propulsion for the Mars transit vehicle. She is a STEM outreach enthusiast and enjoys sharing her love of space with kids of all ages.

ON THE WER

In our Space Ace video interviews, meet two amazing astronauts at Dr. Scotti's STEAMS Station.



LELAND MELVIN

was a pro football player and a NASA astronaut. When he went to space, it changed his perspective forever.



In 1908. American astronomer Henrietta Swan Leavitt used the changing brightness of some stars to calculate the distances to other galaxies. A star's brightness is called:

A) Glimmer B) Luminosity C) Starshine D) Twinkle



PEGGY WHITSON

was a NASA astronaut and the first female commander of the International Space Station. She broke other records, too.





Scan the QR code with a smart phone or go to: brilliantstarmagazine.org/ themes/DrScotti

Interview a Hero



ho is a woman you really admire? She might be a relative, a family friend, or someone in your community. Maybe she works in a career that you dream of having one day. Can you imagine what she was like at your age? Have you ever asked about the challenges and triumphs she's had? How did they help her grow? Choose a woman you look up to and ask if you can interview her. Let her know you'd like to find out more about her experiences. Use these questions to get started. Put away devices or other distractions and give her your full attention. Then have fun listening and learning! With her okay, share your interview with us at brilliant@usbnc.org. We'd love to see it!



Draw her with family or friends, or attach a photo.
Have you ever faced a challenge because of your gender? If so, what was it, and how did you deal with it?
What are the biggest challenges that girls and women face today?
What would the world be like if all women and men had truly equal rights and opportunities?
How do you encourage other women?
How can men and boys be supportive of women and girls?
Who is your favorite female role model or hero, and why?

Reflections

/irtues	s I see in this woman:
Things	we have in common:
Somet	hing interesting I learned:

How can we support women and girls?

- ◆ Praise their accomplishments and virtues instead of their appearance.
- At family or community gatherings, or at school, make sure they have equal chances to share ideas.
- Cheer when they explore subjects, sports, and hobbies they're passionate about. Give extra cheers if the activities are less common for girls or women.
- Speak up about challenges—such as poverty or lack of access to education faced by girls and women worldwide.
- Challenge your own prejudices. Do you expect girls and women to look or act in certain ways or take on certain tasks?
- ◆ Thank them for the work they do in your family, at school, and in your community.

Images: DaryaGribovskaya/Getty, bgblue/Getty √53 N1 ★ Brilliant Star 23



"Send down...from the clouds of Thy mercy the rains of Thy healing..." -Bahá'u'lláh

EXPLORE & SOAR: ENCOURAGE EQUALITY

Here are some ways to challenge unfair ideas about girls and boys.

- Look for role models who stand up to stereotypes.
- Avoid thinking that some things are for girls and some for boys-we're all individuals.



- Don't judge others based on their clothing or appearance.
- Watch for stereotypes in TV shows, video games, books, or songs. Are boys or girls only shown in certain roles? How would you rewrite them?
- If you hear someone make an unkind joke about boys or girls, let them know it's disrespectful.
- It's okay to cry if you're hurt, sad, or even happy. It's not weakness; it's a healthy way to express feelings.
- Think about your own beliefs. Do you keep an open mind about girls and boys?

STOP STEREOTYPES

've wanted to try ballet dancing ever since I was a fledgling. It looks awesome, and it really strengthens your wings, too! But when I told some of my friends, they laughed and said ballet is for girls. It really hurt my feelings. I even started tearing up-but I didn't want to cru in front of them.

I talked about it with Piper, my parakeet friend. She's the only girl on the wingball team. She knows how I feel. because some birds tell her wingball is only for boys! She said there are lots of strange ideas about how some things are only for girls or only for boys. An unfair idea about everyone in a certain group is a stereotype.

Stereotypes can harm our health and happiness. For example, boys hear we should be "tough" and never cry. Girls are told to be gentle and meek. When any of us hide our true feelings, it can lead to stress, anxiety, and depression.

> We can also miss out on fun opportunities to develop our amazing skills.

Sometimes we aren't even aware of how gender stereotypes affect us. When I thought about it, I realized part of me believed boys shouldn't cry. That's not true! And it's

not true that boys can't dance ballet, either. Piper said I should go for it, and I'm going to. Every action we take can stop stereotypes and help each of us soar with justice and respect.

CURIOSITY CANOPY



ave you heard a lion called "king of the jungle"? Well, lionesses are amazing "queens," too! In lion groups, called **prides**, the females work as a team, cooperating to hunt for food and protect their young. Males often guard the pride's territory.

Lunar Learning

"Science is praiseworthy—whether investigated by the intellect of man or woman." —'Abdu'l-Bahá

ould you ever want to live on the Moon? Humans have dreamed of it for centuries, and we're moving closer to reaching it.

If you go to the Moon, you'll be about 240,000 miles (386,000 km) away from Earth, with no breathable air or liquid water. You can't bring *all* your supplies from Earth—they're too heavy. You'll need to produce oxygen, melt lunar ice

for water, and grow food. Homes will be built with materials like **regolith**—bits of rock that cover the Moon's surface.

Using creativity and perseverance, teams of women and men with different skills and knowledge will solve challenges by crafting new solutions. Whether you explore your dreams in space or on Earth, look for ways to learn from diverse people. You may reach goals that are out of this world!





SHINING LAMP

A Bahá'í who served humanity with radiance

Leonora Stirling Holsapple Armstrong

(1895–1980) By Susan Engle

eonora Stirling Holsapple loved words. Starting at age two in New York, she astonished her parents, Grace and Samuel, by reading words formed by her alphabet blocks! It wasn't surprising that Leonora would grow up to be a translator.

Tragedy struck when Leonora was five years old, and her mother died. Her father was so saddened that he left Leonora and her younger sister, Alethe, in the care of others. Leonora wrote, "How we could endure through those years of our childhood and adolescence, such loneliness, such suffering, even cruelty, I do not know..."

Finding Faith

Assistance came from her Grandmother Stirling. When Leonora was in her early teens, her grandmother found the Bahá'í Faith. She gave books to Leonora and Alethe, teaching them prayers and hymns to sing around the piano. Her grandmother shared the Faith with everyone she met. Soon, Leonora did the same.

Leonora graduated from high school at age 15, then attended Cornell University in New York. After college, she taught Latin in high schools and did social work, helping girls cope with challenges in their lives.

At age 24, a Bahá'í convention in New York City changed her life. She read words of 'Abdu'l-Bahá that inspired her to want to travel to share the Faith. She wrote to him, offering her services. He wrote back, "My hope is that thou mayest become a spiritual physician." His hope became her dearest wish.

Off to a New Life

Leonora planned a trip to Brazil. Her friends and family had tried to discourage her, telling her that traveling alone was dangerous. After all, she didn't speak a word of Portuguese and only had enough money to last about two weeks. With her eagerness to teach, she was unstoppable. She went to Rio de Janeiro on a ship in 1921.

Within a few months, after some lessons from a woman she met on the boat, Leonora began translating Bahá'í books from English to Portuguese. Though she didn't have strong self-confidence, she also gave hundreds of talks about the Faith. She often had little food and became ill, but still, that didn't stop her.

She traveled to every place she could in South America and the Caribbean islands. She said, "I was able to offer my services in carrying medicine, food, and clothing to many of the sick. It was a thrilling experience to visit them ... and to try to prove to them by deeds" that Bahá'ís have faith "in the oneness of humanity." Thousands were attracted to her talks over her lifetime.

In 1941, Leonora married an Englishman named Harold Armstrong. He supported her unceasing work for the Faith. Together, they lived in various places in Brazil and adopted several children.

For 60 years, Leonora translated books and spread the word about this new religion. At the time of her death in Brazil in 1980, she was named a "HERALD OF THE KINGDOM," 'Abdu'l-Bahá's "BELOVED HANDMAIDEN" and the "SPIRITUAL MOTHER" of South America by the Universal House of Justice. Her wish had come true.

Grow a Positive Body Image

"True life is not the life of the flesh but the life of the spirit." -Bahá'u'lláh

ave you ever wished you could change something about your body? Maybe you'd like to be taller, shorter, bigger, or smaller. Pictures of people who appear "flawless" get planted in our minds. But images in the media are often edited to look different from real life.

You can weed out narrow ideas about beauty by strengthening your **body image**. When you have a positive body image, you're comfortable with your appearance.

You make choices that show you value your health, energy, and happiness more than looking a certain way. This lets you focus on things that nurture your soul—like enjoying nature, being creative, hanging out with friends and family, or being prayerful.

Like diverse flowers in a garden, we come in all shapes and sizes. When we accept ourselves with joy, we let our true beauty blossom—inside and out.

Do you appreciate your body? Circle your answers, then add up your points.



- 1. I keep in mind that my *true* self is my soul.
 - Often = 3 Sometimes = 2 Rarely = 1
- 2. I feel grateful for my body and happy about what I'm able to do.

Often = 3 • Sometimes = 2 • Rarely = 1

I take care of my body with healthy habits, such as taking time to be physically active every day.

Often = 3 • Sometimes = 2 • Rarely = 1

My Score

36-28 POINTS Your body image is blooming! Keep cultivating your confidence and healthy habits.

- 4. I focus on people's strengths and virtues instead of their appearance.
 - Often = $3 \cdot \text{Sometimes} = 2 \cdot \text{Rarely} = 1$
- 5. I question ideas about beauty that I see on TV and in other media.

Often = 3 • Sometimes = 2 • Rarely = 1

I try to stop myself if I have negative thoughts about my body.

Often = 3 • Sometimes = 2 • Rarely = 1

 I eat healthy meals and snacks that include vegetables, fruit, and protein.
 Often=3 • Sometimes=2 • Rarely=1

27–20 POINTS You're learning to appreciate your beauty. Try a tip from the quiz to nurture your body image.

8. I see the beauty in all body types and skin colors.

Often = 3 • Sometimes = 2 • Rarely = 1

I speak up if I hear a disrespectful joke about someone's appearance.

Often = 3 • Sometimes = 2 • Rarely = 1

10. I try not to compare myself to other people or images in the media.

Often = 3 • Sometimes = 2 • Rarely = 1

11. I remember that being as healthy as I can be is more important than how I look.

Often = 3 • Sometimes = 2 • Rarely = 1

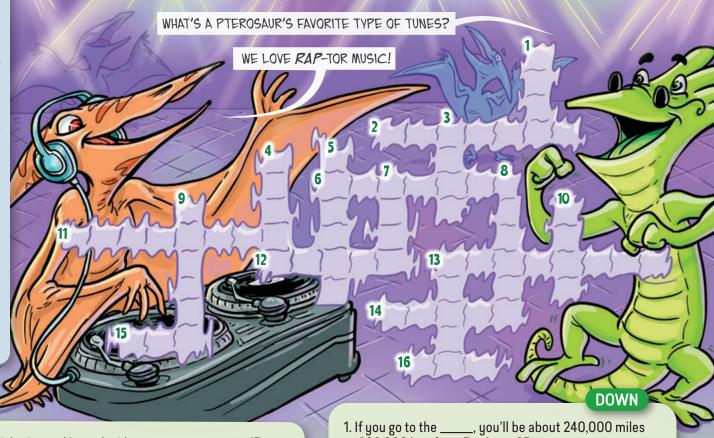
12. I talk to family and friends if I'm struggling with my body image.

Often = 3 • Sometimes = 2 • Rarely = 1



19–12 POINTS You can grow your body image. Try a few tips from the quiz to harvest healthy habits.





- 2. Lightning and Luna decide to _____ powers. (p. 15)
- 6. NASA's Julia Cline leads a team creating software for _____space cranes. (p. 20)
- 11. We can think of _____ as a bird, with women and men as the wings. (p. 29)
- 12. Nur's sister. ____, is great at using determination and creativity. (p. 8)
- 13. Emperor _____ make a powerful parenting team. (p. 3)
- 14. Gender equality is essential for humanity to live in
- 15. Pterosaurs were the largest animals ever to _____. (p. 19)
- 16. Choose diverse toys and games that fill you with _____ and curiosity. (p. 13)

- (386,000 km) from Earth. (p. 25)
- 3. Bahar and Arjun both like doing _____. (pp. 17-18)
- 4. What koala babies are called (p. 11)
- 5. Leonora Stirling Holsapple traveled to _____as a young woman. (p. 26)
- 7. A positive _____ image means you're comfortable with your appearance. (p. 27)
- 8. When you use virtues to stand up for justice, you have the power to _____ the world. (p. 7)
- 9. All people need fair access to _____ in order to thrive. (p. 11)
- 10. When you value health and happiness more than looking a certain way, you can nurture your _____. (p. 27)
- 13. Nasuh and Mikayla both like playing this. (pp. 17-18)

FROM OUR MAILBOX



Brilliant Star makes me feel excited, because I'm always interested to see what happened next in the comics. [For an issue theme, I'd choose] gender equality, because in school and in life, I notice unfairness, and it'd be nice to see different perspectives about it.

 Iulia S., age 13, Michigan, U.S.

ANSWERS

KEY: T=Top, C=Center, B=Bottom, L=Left, R=Right

Page 2: 1) True, 2) True, 3) False: Women do three times the domestic work that men do. 4) True, 5) False: Only 48% of U.S. women think women in this country are treated with respect and dignity. 6) True, 7) False: Every year, 12 million girls are married before age 18. 8) True, 9) False: Less than 20% of landowners are women. 10) True, 11) True, 12) True

Page 3: Ellis at BL, Gia at CR, Hera at BC, Jobi at C, Lex at TL, Levo at CL, Mina at CR, Noah at TC, Pixy at C

Page 7: Letters found: D, F, G, H, N, P, Q, R, W. 1) confidence, 2) courage, 3) determination, 4) empathy, 5) hopefulness, 6) integrity, 7) perseverance, 8) questioning, 9) wisdom

Page 10: A) 4, 7; B) 12; C) 7, 10; D) 11, 3; E) 17, 8; F) 8, 19; G) 6, 10; H) 9, 11; I) 2, 13; J) 8, 3, 5, 1 or 5, 5, 5, 1 or 2, 7, 5, 1 or 11, 1, 5, 1

Page 11: Alberta, Canada; Marsupials

Page 12: A) 5, B) 7, C) 1, D) 6, E) 9, F) 4, G) 3, H) 2, I) 8

Page 13: 1) interests, bold; 2) encourage, confident; 3) learn, determined; 4) share, enthusiastic; 5) culture, respectful; 6) challenge, skilled; 7) honest, truthful; 8) imagination, unique; 9) aware, wise

Page 19: 1 at far TL, 1 at far TR, 2 at TL, 3 at TC, 2 at TR, 2 at CL, 1 at C, 2 at CR, 2 at BL, 2 at BC, 2 at BR

Page 20-21: C) Artemis, B) Luminosity

Page 25: Camera at CL, cubesat at BC, fish at TC, light at BR, plant at BR, radio at BC, rake at C, tongs at CL, wire at C

A-MAZE-ING ADVENTURE

WINGS OF ONENESS

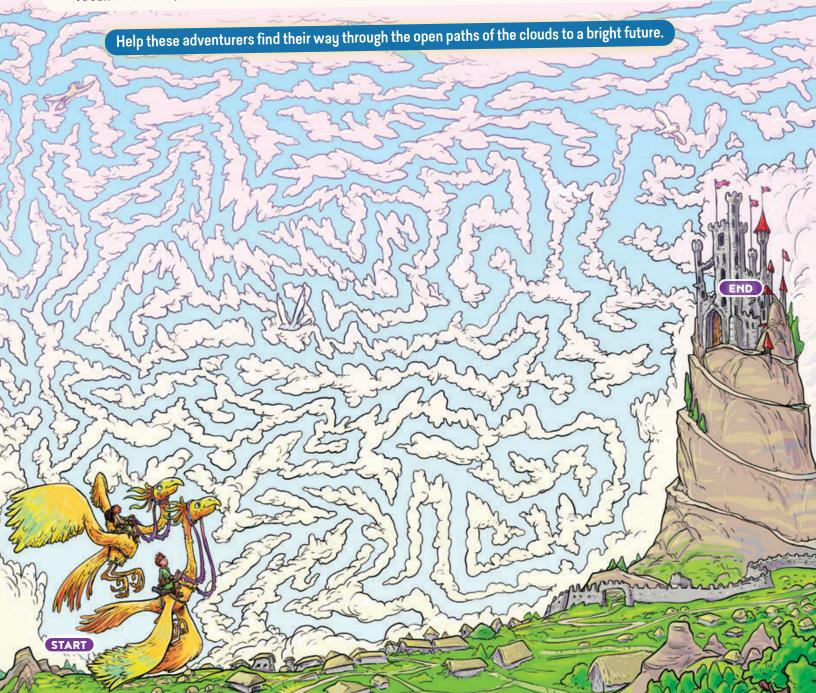
"The world of humanity possesses two wings: man and woman . . . the completeness and perfection of the human world are dependent upon the equal development of these two wings." —'Abdu'l-Bahá

t's amazing to watch birds swoop and swirl in the sky. But if one wing isn't as strong as the other, a bird can't fly well. We can think of humanity as a bird, with women and men as the wings. When women don't have the same opportunities as men, or if they're not treated equally, the female "wing" is weaker. This makes birds—and humanity—unstable.

Around the world, more women than men live in poverty

and go hungry. Fewer girls can go to school. More men than women are leaders in business, science, and government. Even boys' sports teams get more support than girls' teams.

You can help build fairness and stability. Watch out for prejudice, injustice, and stereotypes. Stand up against them. We all can support girls and women everywhere to break free of inequality and soar toward their goals.



"The world of humanity has two wings—one is women and the other men.

Not until both wings are equally developed can the bird fly." —'Abdu'l-Bahá

