

Testimonies from women affected by the pandemic

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- ★ My life was good before the pandemic. Afterwards, not so much: My husband started cheating on me after the pandemic started. I've started to feel uneasy and uncertain about my future. - Domestic Helper
- ★ The pandemic made my eating disorder and anxiety worse. I was at home and under constant scrutiny by my parents. - High School Student
- ★ I had to take on a greater role in the caretaking of my siblings, because my parents had full time jobs they still had to continue, as well as deal with not only my mental health issues but my family members as well. I lost a lot of friends, and I definitely do not feel as comfortable around people as I did before. - High School Student
- ★ I feel like COVID made me less productive, but it also allowed me to separate my friends from my acquaintances. - High School Student
- ★ covid quarantine made me more accepting of my sexuality after not being as exposed and pressured in social situations
- ★ made me a lot more quiet, i used to be so much more outgoing but then i reverted back to my originally introverted self.
- ★ The beginning of the pandemic was a break that I think society as a whole needed. Even now, sometimes I miss the peak of covid when we couldn't go anywhere and just had to slow down. That being said, covid made the transition from private to a large public school tougher. I didn't have many friends freshman year. I'm not an outwardly outgoing person so I really had to make a huge effort to get involved. I still really don't feel like I have a solid friend group though I have a lot of friends from different circles.
- ★ It just felt like when Covid hit, every issue I had suppressed was suddenly staring right in front of me. I had all the time in the world to think about my problems and issues and it made me sad.
- ★ About 2 months after COVID started and about 1-2wks after the murder of George Floyd i was i guess hatecrimed for the first?? time. now don't get me wrong i've experienced prejudice, micro aggressions, and what i would call "smaller" degrees of hate crimes but this time i was added to a group chat full of local white people my age called "Klu Klux Klan" and that was like the first actual moment i've ever felt unsafe living in america because words will always be just words but action are much bigger than words in my mind. I wouldn't exactly say it's because of COVID but i feel like the remoteness allowed for these white teens to hide behind their screen and not face any repercussions. I remember reaching out to administration from both my middle and highschool since i was in that weird time between the very end of school and leaving middle school to the high school and only ever heard back from 2 of the 6 people i contacted saying there was

nothing they could do. one administrator said his hands were tied and couldn't help turn it over to local law enforcement and the other just advised me to block them on social media without even giving them any sort of punishment even with their involvement with school sports and codes of conduct that needed to be followed. the post COVID world truly showed me that i'm in this fight of racism and discrimination by myself and that even those in power who vow to fight for you will turn a blind eye to situations that don't affect them directly and isn't inconvenient to them. - High School Student

- ★ COVID made me realize that I need people around me. I used to think that I could be okay with hiding in my room for days on end but now I know that I'm a pretty social person and I need people.
- ★ COVID greatly impacted my mental health. I ended up in hospital on multiple occasions and with multiple diagnosis that I didn't even think possible
- ★ Being stuck at home really impacted my life and particularly, my self-esteem. I started eating more due to having more free time. At the same time, I was going through puberty. My body was changing thanks to both of these factors. I felt fat and insecure, even though I wasn't. When I was able to see my friends, I couldn't help comparing myself to them. I felt as though I would never be thin enough. Due to my insecurities, my anxiety got even worse and now I feel like I don't even know how to interact with my peers.