



Dua Lipa's advice to girls - International Women's Day

Video zone

Always be nice to each other, look after each other, take care of each other, support each other and help each other up.

Now whatever you are doing, just know that you are enough. And that's not to say don't work hard, that's not to say don't try, don't rest on your laurels. All I'm saying is that the person who you are is good enough to do whatever you want to do.



Us girls need to stick together and help each other out when we're in need.

Don't let anyone's opinion change how you see yourself.

If someone says that you can't do this and you can't do that, you might be able to do it and you might not know.

Don't look at celebrities and think 'Oh, I really want to look like them.' Because do you know what? They've got a whole team of people that make them look like that, plus they airbrush all the pictures, so it's really not real. So don't try to look like them. Just look like yourself.

Never give up doing anything.

My advice to girls is to always stick together and support each other.

It doesn't matter what other people say. It matters how you feel about it.

Boys can do the same things as girls and have the same jobs.

It gets better and I wish I'd told myself this, or somebody told me this, when I was younger. I used to be very awkward and weird when I was your age. I still am. But that's what makes you special and that's what makes you stand out, so embrace it.

Always be yourself and never, like, change who you are just because other people say that you can't do this or you can't do that.

Be confident and unique and don't be afraid to not stick to the crowd.

If you want to do it, go for it. It's your choice, not theirs.



Don't compare yourself to other people or think that you're not good enough. Celebrate the individual qualities that make you who you are.

Girls, if you think you have talent, go and share it with the world.

Anything is possible.

I think they should do whatever they want.

No one can ever say you can't do this or you can't do that.

I think that girls can do anything that they want to do.

Girls can do anything, absolutely anything that they put their mind to.

Always help a sister out, you know, if they've got anything, like, stuck in their teeth or a little bit of lipstick or maybe, the worst one, if they've got toilet roll stuck to their shoe. Always just give them a shout. It's just the girly thing to do.

Always be nice to your siblings because you never know when you're gonna need them.

Not to wear jeans on a hot day.

If your friend has her skirt tucked in her pants, you should probably tell her.

Always tell your friend if she's got lipstick on her teeth or a bogey up her nose, cos it's just really important that we support each other in that way.

Don't ever eat yellow snow.

If you break up with your friends during an argument, you should always just say sorry.

If you think you're magical, embrace it.

If you have a sister and you like borrowing stuff off her, make sure to put it back in the same place as when your sister left it, because sisters know.

Never regift a gift you've been given, unless you really hate it.

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