

## The Day I Stopped Raising My Hand

In third grade, my hand was always in the air. I answered questions before they were finished. I liked being right.

In fifth grade, I stopped.

It happened the day a classmate laughed when I mispronounced a word while reading aloud. It wasn't loud laughter. It was worse quiet, contagious. I corrected myself, but something had already shifted.

After that, I learned to stay silent.

I still knew the answers. I just kept them to myself. My teachers noticed. "You're so quiet now," they said, like it was a compliment. I nodded, relieved that silence was easier than embarrassment.

Years passed. Group discussions became exercises in invisibility. I let others speak for me, even when I disagreed. Especially when I disagreed.

Then, in my senior year, a substitute teacher changed everything.

She asked a question and waited. No one spoke. The silence stretched until it felt uncomfortable.

Finally, she said, "Someone here has an answer they're afraid to say."

My heart raced. My hand lifted before I could stop it.

My voice shook, but I spoke. The room didn't laugh. A few people nodded. The teacher smiled.

"That," she said, "is how learning happens."

It wasn't a dramatic transformation. I didn't become outspoken overnight. But that moment reminded me that silence wasn't humility, it was fear.

Now, when I hesitate, I think of that pause. Of being seen without being mocked. Of the cost of staying quiet.

I still get nervous. But I raise my hand anyway.