

My name is Ainsley Parish. I was a member of the 2016-17 Houston Texans Cheerleaders.

In my interview process with the Houston Texans, I was asked what I would do with my platform if I became a cheerleader. I responded "I would use it to become a role model." My experience was extremely disappointing.

We were harassed, bullied, and body shamed for \$7.25 an hour. We were told what to wear, how to wear our hair, what we could post, who we could follow on personal social media, who we could hang out with, where we could go, who we could talk to, and what we could say.

I was not compensated for all my time—but that is not why I am here. However, when I brought the pay issue to the Houston Texans' attention, I was ignored. We were all just pretty little pawns in the game that the Houston Texans were cashing in on. We were treated with no respect while they expected the upmost respect from us.

The Houston Texans created a hostile and unfair workplace. They instilled fear and anxiety in me and my teammates—anxiety that we struggle with even today. We were told we were replaceable—told to keep our mouths shut. The Houston Texans should not have given us a uniform if they didn't want us to become an army.