



Bustle Reveals Its 2019 Rule Breakers Celebrating This Year's Biggest Trailblazers

*Featuring Busy Philipps, Jameela Jamil, Stacey Abrams,
Katelyn Ohashi & Valorie Kondos Field, and Charlotte Cho*

NEW YORK CITY, August 27, 2019 — *Bustle*, the leading digital destination for young women, today announces its [2019 class of Rule Breakers](#): best-selling author, actor, talk show host, and activist **Busy Philipps**; actor and body image crusader **Jameela Jamil**; national voting rights leader **Stacey Abrams**; NCAA gymnastics champion and viral sensation **Katelyn Ohashi** & legendary UCLA gymnastics coach **Valorie Kondos Field**; and beauty industry innovator **Charlotte Cho**.

The second annual Rule Breakers initiative honors women and non-binary individuals who are breaking barriers, shaping today's culture, and defying expectations and the status quo.

"I am so thrilled to honor *Bustle's* 2019 Rule Breakers," Emma Rosenblum, Editor-in-Chief, BDG Lifestyle. "They've all had different, and sometimes unconventional, paths that have led them to break barriers and leave a lasting mark. I look forward to celebrating their achievements at *Bustle's* Rule Breakers event next month."

The Rule Breakers will be celebrated at *Bustle's* Rule Breakers festival taking place September 21 in at The LeFrak Center at Lakeside, Prospect Park, Brooklyn. The festival will feature a headlining performance by Lizzo and sets by Jesse Jo Stark and ABIR. For more on the event, [click here](#).

Profiles of each honoree are featured in [Bustle's Rule Breakers digital issue](#).

To download *Bustle's Rule Breakers* cover photos of Jameela Jamil and portraits of each of the honorees, visit:

Jameela Jamil: <https://www.dropbox.com/sh/jyhabcj3s7kvgj7/AACY8RBuRKh1c7W8r21VzC3Aa?dl=0>
(Photo Credit: Emily Shur/Bustle)

Rule Breakers:

https://www.dropbox.com/sh/19534vuq8qw3hiq/AAB8Mfi9mo0zwiq_joKeOPcLa/PR?dl=0&subfolder_nav_tracking=1 (Photo Credit: Brooke Nipar/Bustle)

To watch *Bustle's Rule Breakers* video, click here:

<https://www.youtube.com/watch?v=2XBARzP3RmY>

BUSTLE RULE BREAKER COVER STAR: JAMEELA JAMIL

On July 19, a woman in California tweeted a picture of an Atkins diet bar she received along with her online order of plus size jeans from Forever 21. Tweets from other, similarly outraged customers soon followed, and more and more of the photos dotted social media, until on July 24, one user wondered, "Has Jameela Jamil come down like the wrath of god?" The distress call worked. The following day, The Good Place star swooped in and asked for an update on the controversy from her nearly 900,000 followers. She issued a warning to the fast-fashion behemoth: "Don't make me come over there." The company had already apologized, noting that the bars were sent with all online orders, not just plus-size clothes: "This was an oversight on our part and we sincerely apologize for any offense this may have caused to our customers, as this was not our intention in any way." But Jamil's willingness to heed a stranger's call is all part of the actress's other gig — as guardian of our self-worth. "I'm not a superhero," she says, "but I would like to try and help people." - [READ MORE](#)

On wanting the Kardashians to use their platform for good...

"I'm not trying to cancel anyone. I don't want to beef with the Kardashians. They have a huge amount of influence. I just want them to use that for more good. I think what Kim does with the prison system is really cool. Stop selling laxatives and I'll get off your d*ck."

On unrealistic beauty ideals...

"The beauty ideals of our generation are still stemmed in white supremacy... I'm using all the different privileges I have to try to kick the door open and let everyone else in. I'm the Trojan horse."

BUSTLE RULE BREAKER: BUSY PHILIPPS

*Busy Philipps pulls up in her car and tells me to get in. She wants to go for pizza, and on the way we're going to talk about abortion. In general, but also hers, which she first discussed publicly in *This Will Only Hurt a Little*, the memoir she published last fall. She had the abortion at 15, after the mom of the kid who impregnated her — the kid who had gotten another girl pregnant just months before — told her she was going to hell. The hero of the story is Philipps' Catholic mother, Barbara Philipps, who supported her instantly and without question, scheduling a private abortion that would be much harder to get now in Philipps' home state of Arizona. -*

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On publicly speaking out about having an abortion...

"Talking about my abortion on my show was a decision that I made because I'm aware of how people think of me. I'm just a normal woman — I'm their best friend! — and I wanted to say: Like one in four American women, I had an abortion. And I'm so over holding all of the shame."

On her vibrant personality...

"I've always been too much. I've always been too big, too much, too loud, too ... something."

BUSTLE RULE BREAKER: STACEY ABRAMS

Stacey Abrams doesn't think you should wait. Whatever it is that you know you were called to do, you should start. That's what she did. It didn't matter that an African American woman had never before been governor in any one of these 50 states. It didn't matter that she wasn't to the manor born and had the debt to prove it. It didn't matter that she was not a size 4 or 6 or 10. "You don't have to be born wealthy, you don't have to be born beautiful, you don't have to be born white, you don't have to be born into a family of brilliant people, you just have to be. By being, you're already started," Abrams says. Before a single vote was cast in one of the most contested elections of 2018, she raised her hand and said, effectively, "I vote for me" — and then on Nov. 6, she voted for herself. - [**READ MORE**](#)

On the pressure to conform to the traditional standards of what a candidate should look like...

"I'm not going to change my hair, which a consultant suggested I do. I was not going to fake a boyfriend. If I find him, great, but I wasn't going to pretend that he existed or create some notion of relationship. I wasn't going to wait until there was a more opportune moment for someone with my complexion, which was also a suggestion."

On hope and what it takes to keep going...

"Hope hurts. When you're facing a xenophobic, homophobic, misogynistic, racist leader, hope means that you have to consistently push against the comfort of cynicism. Hope says, 'I'm going to weather this difficulty because I know something else can be out there.' Hope isn't when things are right; hope is when things are wrong. It's the only possible remedy to that darkness. Our mission [as leaders] is to make certain we push toward the light."

**BUSTLE RULE BREAKER: KATELYN OHASHI & VALORIE KONDOS FIELD,
INTERVIEWED BY OLYMPIC GOLD MEDALIST, NASSAR SURVIVOR, FORMER UCLA
ASSISTANT COACH, AND YOUNGEST EVER NCAA HEAD COACH JORDYN WIEBER**

You probably remember the video that went viral in January: a gymnast in a bedazzled navy leotard executing a floor routine more fun than any you'd ever seen at the Olympics. That's because it was performed by Katelyn Ohashi, then a senior at UCLA, at a college gymnastics meet. At the time, I was an assistant coach at UCLA, where I had earned my bachelor's degree after retiring from elite competition following the 2012 Olympics. While I was a student, I worked with legendary UCLA head coach Valorie Kondos Field — affectionately known as Miss Val — as the team manager. When Katelyn, Valorie, and I met, it was 2015, and we didn't know what would transpire in gymnastics shortly after. Just a year later, USA national team physician Larry Nassar was accused, indicted, and convicted on multiple counts of sexual abuse after more than 300 gymnasts at the club and elite level came forward. - [READ MORE](#)

Katelyn on the abuse she experienced in gymnastics...

"I wasn't ever like, 'Oh that's abusive,' because we didn't know what abuse was. Everything was so normalized. I was slapped when I was 4 in gymnastics."

Katelyn on what she learned at UCLA...

"UCLA taught me to use my voice. We'd become so voiceless as gymnasts. No one wanted to hear what we had to say. But we are more than gymnasts, and I feel like I've been a pretty good example of that."

Valorie on Jordyn Wieber coming forward about being abused by Larry Nassar...

"It was overwhelmingly shocking, but at the same time, I was so proud that they — you [Jordyn] — were able to take everything that you learned in this beautiful sport and put it to good use in the most terrifying moment of your life thus far, and stand up there and speak with confidence, and grit, and poise. You were able to look at this monster, in his eyes and tell your stories."

Valorie on breaking the rules...

"We didn't break the rules to be defiant. We celebrated breaking out of the box that people try to put you in, to show the world, 'I don't need to stay in this little box to be great.'"

BUSTLE RULE BREAKER: CHARLOTTE CHO

To watch Charlotte Cho in action now, it's hard to imagine someone more at home in her own luminous skin. Speaking to an audience of beauty executives about how she shifted a \$532 billion industry, opening the first brick-and-mortar outpost of her uber-successful e-commerce company Soko Glam, twirling in front of a camera in a Danielle Frankel dress, Cho appears not only beautiful but competent, cosmopolitan, and rooted in the Korean American identity from which her burgeoning beauty empire stems. Growing up in suburban Los Angeles, Cho was the picture of first-generation success: co-captain of the cheerleading squad, the lead in school

plays. Internally, though, she struggled to locate herself. When people asked what she wanted to be when she grew up, she drew a blank. - [READ MORE](#)

On struggling to find her place growing up...

"I didn't have any direction as a kid, because I felt I wasn't particularly good at anything."

On beauty standards in Korea...

"I loved how the beauty standard was about skin, which everyone has, versus features like round eyes or a really high nose. It was just 'skin is skin' — it doesn't matter what color or what age."

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About Bustle

Bustle is the premier digital destination for young women, reaching an audience of 50 million unique readers a month. Since launching in 2013, Bustle has been creating relatable and impactful dialogue through content from a diverse set of voices. Covering politics, sex and relationships, fashion, beauty, entertainment, and more, Bustle empowers women to be curious, to be themselves, and to be excited about owning their place in the world. Bustle is a part of Bustle Digital Group, publisher of Elite Daily, Flavorpill Media, Gawker, Inverse, Mic, Nylon, Romper, The Outline, and The Zoe Report. www.Bustle.com

About Rule Breakers

Rule Breakers is Bustle's marquee initiative that celebrates female and non-binary innovators and newsmakers who are breaking boundaries and defying the status quo across the worlds of entertainment, fashion, politics and more. This year's Rule Breakers will be honored at a day-long event on Saturday, September 21 in Prospect Park that will feature musical performances from the world's top female artists and immersive, cultural experiences. <http://rulebreakers.bustle.com/>