

## Choosing to Change

Nearly everyone on Earth is capable of doing good. This could mean something different for everyone, and there are many ways to accomplish this task. However, people are unable to do good in the easiest way possible. This is to just be kind to others, regardless of race, religion, gender, disability, or anything that makes us different from one another. We as high schoolers can start small, and spread goodness within the community by advocating for those around us. However, we can certainly be over achievers and spread goodness all around the world by advertising all things good. Finally, I will talk about the small actions I take to change the world.

Being high schoolers, we already feel insignificant enough, so to think that we have a voice is hard to grasp. In reality, we can simply say thank you to those that help us. We can hold the door for someone who is a few feet behind us. We can compliment someone for a quality that we find admirable. By complimenting others, aside from making their day, we are spreading kindness and joy and when we make others happy, we are making ourselves happy. It has been scientifically proven that by doing good things for others, we are making ourselves happier. Additionally, we can hold back on offensive jokes, no matter how funny they might be. This is especially true because we never know what the people around us are going through and when we say something offensive we don't realize how it might negatively impact them. We can encourage someone having a bad day. We can be empathetic and really put ourselves in someone else's shoes. Because, again, we never know what they might be going through. Last but not least, we can talk to people with respect. It is so simple, yet not enough of us do it. These small acts of kindness are capable of changing the world one step at a time.

To change the world, we can also recycle. We can abstain from littering and not waste food. This certainly sounds small, but by preserving the earth, we are changing the world. By not littering we are keeping the grounds clean and also keeping animals safe because they can't mistake our trash for food. We shouldn't waste food for multiple reasons. Starting with the fact that there are so many people in this world that are facing starvation, so we shouldn't take the food in front of us for granted. Also, wasting

food is preventable and we shouldn't waste food because in the end we are wasting money. We could save the food for later or give it to someone who needs it more than us. Furthermore, with all the social media we have, we can create accounts that spread a good message. For instance, there are multiple Instagram or Twitter accounts that solely throw out compliments multiple times a day. There are also many accounts that advocate a certain cause, such as racism, homophobia, or ableism. These accounts often times have millions of followers and spread awareness on the topic. This gives people the opportunity to understand that all people, no matter their differences, should be treated with respect. Making a social media account is incredibly easy and everyone is capable of making one, and the positive impact it makes is amazing. Therefore, it is one easy way of doing a lot of good. In the end, this makes people more aware and makes them kinder towards others which certainly makes the world a better place.

I take small actions to change the world, and I would definitely like to do more than I already do. These things may not seem like a lot, however, they are slowly but surely helping. I recycle and encourage my whole family and friends to do so as well. I try to compliment as many people as I can regularly. I keep food waste at a minimum, and I never litter. I thank people whenever it seems fit, and also hold back on anything that might seem even the slightest bit offensive. I encourage my classmates if they look like they need it, and always remind myself to put myself in other people's shoes. A cause that I advocate for is ableism, specifically I advocate for adults and kids with autism. I have a brother with severe autism which is why it hurts me so much when I see someone with it being bullied. It shocks me how someone can bring someone down that often times can't even stick up for themselves. I've volunteered as an aide and plan to volunteer for many organizations that help kids with autism over the summer. I also advocate about this topic on my Instagram account and encourage other accounts that do so. I hope that by doing this, I am making someone aware and kinder, which in turn would be making the world a better place.

As you can see, there are many things that teenagers, such as myself, can do to make the world a better place. Many times we don't realize it, but we are already contributing to making the world a better place. For instance, many of us already say thank you when someone helps us. We already compliment

one another. We already open the door for others. We already recycle, and don't litter. However, we can improve on being less offensive, and not wasting food. By advocating the things I do, I hope I can change the habit of one person and help them make the world a better place. I also hope to change a few habits of my own, so that I can contribute more. Everyone is capable of doing their little bits of good.