

Honorable Mention (tied) Junior Essay  
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## **How Young Adults Can Make a Change**

As we know, there have always been problems and issues that need to be solved in this world. Some of the more recent ones that have sprung up are problems about discrimination, injustice, and hatred. Now, we have had this kind of problem for years upon years, but it is only recently that it has taken a turn for the worst. Young adults all over the world have tried to take on responsibility of resolving these issues, but they need others' support and help. What can we do to help support those fighting for equality and peace among young adults? By pursuing awareness of social issues and practicing the courage to take action to improve the lives of others, I can help combat modern day issues.

As a concerned citizen in this global society, I must use resources available to me to seek out information about injustice, discrimination, and hatred. The resources available to most young adults are news and online content, youth organizations, and print media. As for some people, they need more than just listening to others talk about this issue and reading books or articles about these issues, but they might listen and spark an interest if they hear people of higher importance talk about these problems. I heavily encourage leaders to speak out about issues and share examples of responsible action in the news, with groups of young adults, and in books and newspapers. Now that there are ways that I can retrieve this information, I will need a way to share my thoughts about this.

Although I am young and don't have many resources, I can still voice my concerns and take action against injustice when I see it. For example, although I may not be able to be present at distant protests or rallies, I can fundraise locally to support those events. These are some of the easy ways that young adults can support their causes, especially young

teens. Also, young adults can take action by joining support groups, as this can serve as a great way to fight against injustice, discrimination, and hatred. You can also help just by your actions around people and be a role model for others to follow.

My words and actions can directly influence people not to be hateful or cruel. By sharing what I have learned about these issues with friends, I can help shape their thoughts and actions. When my actions demonstrate acceptance and positivity, it emboldens those around me to act the same. For example, when I avoid using hateful language, talk to someone who seems lonely, or am polite to strangers, I set an example for others to follow. This will show others how to act and show that it is easy to treat others without the intention of anger. Also, you may be affecting more people than you think just by doing nice and kind things.

My actions can directly and indirectly deliver positive change in society when volunteering in community efforts, such as raking leaves for elderly citizens, as it directly improves their lives. My participation in that service also inspires my peers to participate in similar efforts. Through their participation, I have increased the overall change in my society. You can give more support by doing nice actions than you may think. It really never goes through young adults' minds that when you do something nice for people, they are going to want to pass it on to others, and it creates a huge train of actions. This is a great way to spark this change without even knowing it.

The world today faces many issues of injustice, discrimination, hate, and similar issues. For young adults, it is not always clear how to understand those issues or contribute to solutions. This is why people who have similar thoughts have to share them and let others know that they are not the only ones with this opinion. Also, people should always use their resources to see what is going on around the world and problems that can be fixed. I can use the resources available to most young people to educate myself on issues and

take locally available actions to improve the lives of others, and inspire friends to do the same.