

2018 International Essay Contest for Young People

[Children's Category – Honorable Mention]

## **The Change I Want to Make – The Idea of Respecting Others Only**

(Original)

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If there was just one thing I would like to change the most to make my school, workplace, community, country or the world a better place, it would be the idea of respecting others only.

Fyodor Dostoevsky said, "If you want to be respected by others, the great thing is to respect yourself. Only by that, only by self-respect will you compel others to respect you." I personally believe in self-respect or respecting oneself. We have often heard our elders and teachers telling us to respect everyone, but never have we cared about respecting ourselves first.

Self-respect, if put into simpler words, means being proud and respecting yourself. But most of the people of today's generation are not worried about their self-respect. In fact, they don't know what respecting oneself is all about? Society think that one way to have self-esteem and self-respect is by being popular. Well, no. What we need to know is that no one can value yourself more than you can. Being a mirror to your mistakes and correcting them is what we should consider nowadays. For example, by being the smartest in school, you can earn respect and likings from fellow students. But, when you make a mistake, say maybe once or twice, the same people start talking behind your back, gossiping, spreading rumors and soon the respect earned is lost. These type of students feel whatever they are accused of is true and they stop believing in themselves. Finally they lose their self-respect. They feel they are good for nothing and are not interested in correcting their mistakes. This is one reason why I want to change the idea of 'no self-respect'. I have noticed that lots of people are very caught up in judging other people's levels of self-respect and they assume that a person's past is co-related with how much they respect themselves. For example, when a girl or a woman wears a short skirt, people (Especially current era) start lambasting her and questioning her self-respect. Criticizing a person and their self-respect is quite impolite and hurting. I believe that as long as we take care of ourselves and like the

person we are, we have got plenty of self-respect. If you cannot love yourself, you cannot love the world and if you cannot respect yourself, you cannot respect the world.

As I have said before, I would like to change the way society think of self-respect and how they take it for granted. And for this it is necessary that I set an example for the people out here. Planting self-respect in one's mind is not an arduous task. There are many ways with which society can change the way they think of self-respect. Waking up every morning, standing before the mirror, recollecting your mistakes and correcting them is a good head-start. To develop self-respect, first be true to yourself. It is very important to know what you are doing and what you are not supposed to do. Don't hurt yourselves for the mistakes you commit; instead, sit and think on ways to not repeat them the next time. Don't dress for others and mainly do not be a slave of fashion. Your dressing sense also tells what you think of yourself and what others think of you. Avoiding criticism and not criticizing others will help in keeping your morale values. Never be greedy or jealous of others as this can make you lose the respect for others as well as yourself. Just as you correct your mistakes, forgive others for their mistakes. This will earn you respect and a good character. We often tend to compare our self with someone who is more successful than us. But this is one thing we should avoid if we are lacking self-respect. Do not compare. Remember that every person is unique in his/her own way. Always have clear and positive thoughts.

There are many ways in which the world can be made a better place. But to do so, each one of us must be an example for each other. After all, I believe that respecting others is not our achievement. One should achieve the self-respect too.