

Youth Creating a Peaceful Future.

(Original)

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Our planet is full of resources. People have been researching it for many years. We have made tremendous progress. Scientists are learning more about space now. Perhaps, one day humanity will explore other planets, see the stars closer. I often think about where we could have been now if we were striving to unite and develop, and not trying to destroy each other to prove our superiority.

Our society is sick with cruelty. We romanticize rudeness, extol aggression over kindness. Everyone dreams of being "strong". In this matter, "strength" means the opportunity to prove to ourselves and everyone else its importance. "Strong" people do not cry. They can do anything in the world, but they cannot be weak.

I think that in order to create a healthy peaceful society, we should take the topic of psychology more seriously. Despite the propaganda of careful attitude to mental health, many people deliberately do not take it seriously. This is understandable, because at the definite moment, violence may really seem like the best idea. A boss can yell at his employee after a hard day. A parent knows that a child will stop crying after one scream or even a slap. It is easier than spending minutes or even hours to solve a problem peacefully. Many adults who grew up with abusive parents say that their childhood was not so bad and prepared them for real life. They ignore their anxiety and their fears, calling them weakness. Moreover, they seek to kill this weakness in themselves and in their children. Thus, an endless chain of traumatized unhappy people, incapable of either normal relationships or interaction in society is formed. The problem is that this is not a special case. We notice extreme violence in families and at work, but we do not see anything wrong with smaller violations and ignore them until it becomes a problem big enough in our opinion.

People who do not see the problem of violence in their own family will never start thinking about the violence that wars create. They are not afraid of pain, because they are used to causing and receiving it. Human feelings and lives in their worldview are already oppressed, and military actions can bring them material benefits and new territories. There have been many conflicts in history that we consider justified and inevitable. Were they really inevitable? Probably not.

In addition to the development of psychology, I think it is necessary to stop the propaganda of the army and toxic masculinity as soon as possible. The norm should be considered to teach children financial literacy, sciences, the development of their creative potential and the formation of a stable personality. We cannot completely abandon the army and the creation of defensive structures, but we can take a step towards a world in which it will be unnecessary. We must invest in diplomacy and the future, not in weapons and destruction. Men should not feel guilty if they do not see themselves in the stereotypical role of a defender and a warrior. Army and war should not be romanticized and considered something normal. There are no winners in the war. There are only victims.

Now I am seventeen and I can already contribute to our common future. In addition to taking care of my mental health, I take care of the mental health of my loved ones. I monitor my behavior, try not to participate in conflict situations and solve all problems with the help of conversations and reflection. At school, I always speak out against bullying and any kind of violence. My friends hold a similar position.

I think that it is thanks to the desire of each individual to be kind and considerate of others that one day there will be much less violence in the world. The norms of behavior will change, the attitude towards the very idea of causing pain to other people will change. I believe that one day we will overcome our aggression and our instincts. I am absolutely sure that we can build a peaceful future.