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Martin Luther King Jr. and Respect

Martin Luther King Jr. told us in one of his many powerful speeches that, "Life's most persistent and urgent question is, 'What are you doing for others?'" We all learn very early in our lives that heroes are respected and admired. In the books that we read, the movies we see, and the television shows that we watch super heroes wear capes and save lives in superhuman ways. Our parents and teachers make sure we learn about heroes throughout time and their valiant struggles and exceptional accomplishments. I believe a hero can and should be a genuine person who treats others with kindness and respect every day. All people may not have the ability to tackle huge feats and save the world in heroic ways but all people have the ability to show respect, kindness, and be an everyday hero. All people should ask themselves the question, "What am I doing for others?" every day and take action to be that hero to others in life.

Being the new kid at school can make even the most confident person nervous, worried, and a little uneasy. I know I am funny, smart, and a fantastic friend, but will all of these new kids think so too? I know how important it is to be respectful and sympathetic to people, but do these kids know that? Will someone make fun of me for being new and not knowing where everything is? Will I get lost and confused? I missed my best friend at my old school. Will I ever make good friends here? As these thoughts crossed my mind, I heard my name hollered down the hall. Relief and excitement passed over me. Someone recognized me and wanted to see me! By the second day of school, I had a group of friends to hang out with. At the end of the first week I felt like everyone was my friend. This is what respect feels like to me. Showing respect means you act in a way that shows you care about others feelings and well-being. People that didn't know me took the time to welcome me into their day. I didn't have to go through one second of teasing

or funny looks. Every school or group of people is not so welcoming and open. I felt beyond lucky, happy, and encouraged to be respected and welcomed by the people at my new school.

“If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward.” Martin Luther King Jr. said this in a speech to high school students in Cleveland, Ohio. Respect for yourself is a key part of self-esteem and being a successful person. Martin Luther King Jr. stood up for what he believed in even when it was hard and against other people's opinions. He is best known for being the most important leader for African-Americans during the Civil Rights Movement. African-Americans were absolutely not treated with respect and kindness, but exactly the opposite. MLK Jr. fought for justice even when it seemed like winning was not an option. Self-determination is what he meant to say with his quote. No matter what a person's situation or circumstances are, have as much self-esteem and self-respect as possible to improve your life and the world for others. Forget about what you cannot do and concentrate on what is possible. Living with this idea in mind, a person can accomplish things even when they seem impossible. MLK Jr. was a champion for the people that were least respected and given the least kindness. He taught people to respect themselves and have love, sympathy, and respect for all other human beings.

I believe showing respect and kindness for others means doing my best to understand other people's beliefs and showing appreciation for who they are as human beings. It is so important to others and for yourself to keep encouraging, positive, and thoughtful actions as the main focus in your everyday life. Every person is valuable and worth the time and attention it takes to be a hero in any big or small way possible.