



2020 Dr. Martin Luther King, Jr. Art, Essay, & Multimedia Contest

Dr. King was a 1950's social rights activist and was the leader of the American Civil Rights Movement. He fought constantly for his equal rights, which led to his "I Have a Dream" speech. In the world today, there are numerous problems like bullying, environmental, abuse, and many more that most people don't tend to. I believe disabilities is one of those problems. People with disabilities like Down Syndrome, ADHD, Autism, and many more are constantly being put down instead of being lifted up by individuals who do not experience what they do every day of their lives. Disabled people might feel lonely because they know they are different and when individuals put them down, it reminds them of everything that is tough for them. Nobody should ever feel lonely or bad about their differences, especially adults and kids with special needs. They already have enough they need assistance with, they shouldn't be compared or made fun of by people who don't face their struggles.

People with disabilities should be lifted up by their differences because God made everybody the way he wanted, and just because someone has a different lifestyle that's ok, they shouldn't feel bad about it. God has a plan for their future and even if it consists of special needs and differences, they shouldn't be treated any different than any normal person in the world. People with disabilities don't get to live a normal life, and that shouldn't be used against them. They already live a tough life as it is, and it shouldn't get worse because they are being bullied about it.

Although I haven't experienced the true toughness of disabilities myself, I've encountered the toughness of people with differences in my life from multiple people. My littlest brother was born with left side weakness, so his left side is weaker and less mobile than his right side. It's harder for him to play normal sports and run normally, even though he's young and doesn't experience bullying it's most likely still hard for him because he can't achieve normal day activities as others can. I've also come across these differences from my aunt who's in her late thirties, she has speech issues and has a hearing aid. While at times it might be difficult to understand her, it's most likely difficult for her to have to live where people give up because they don't understand her. I've noticed the true toughness of people with disabilities, and that's why I've tried to stand up for them over the past few years.

Within the past few years, my brothers have played on a Challenger baseball team. The organization is full of baseball teams created for kids and young adults who have disabilities and rarely get to experience playing on a normal baseball team. The first year they joined my dad had been a coach on the team, but after the manager retired, he stepped up to be the manager. Since my brothers started on the team, my sister and I have volunteered on the team to help out, even more since my dad has become the manager. It's been such fun helping the kids because it has been most of the same kids since the beginning, and we've gotten to know them very well over the last few years. I love being able to hang out with them and cheer them up if they're having a bad day. It's been a great experience that I've met so many amazing people through.

Another way I believe I could stand up from experiences is simply just to compliment them. Compliments are something they are most likely not used to because they are always being bullied and put down. A simple compliment could just make their day and make them feel happy. They'll feel that they aren't alone, and when you compliment someone like them it fills you with the warmest feelings. If it makes your heart happy to simply compliment them, think about how it would make them feel! People don't realize how much one little action or word can impact someone, which is why you should take one second out of your day to compliment someone!

Those are just a few things I could do and have done to change the lives of special needs people. People with special needs are just as important and equal as any person, so they should be treated like that. That is why I believe everyone should take action and use one minute of their day to do a kind deed for someone like this. Every action big or small makes a difference. If everyone took part in this, the world of others would be flipped around. People like this would no more feel less than anyone else or different, which is what I believe they should feel like all the time. Their world would be better, and it would be filled with equal treatment. Every time you go to make fun of someone because of their differences remember Martin Luther King's quote, of which he stated on Bloody Sunday, "A man dies when he refuses to stand up for that which is right. A man dies when he refuses to stand up for justice. A man dies when he refuses to take a stand for that which is true."

Julia Biedenbach
8th Grade Essay Winner
St. Michael's School, Canton
Amy Krajeck, Teacher
Claire Gatti, Principal

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