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Peace and Freedom in Today's World

What do peace and freedom mean in today's world? In America we hear a lot about freedom of speech and where the line is drawn in the first amendment. Recently, citizens have been experiencing some changes and disagreements in the country. While exercising the first amendment is important, the line between freedom of speech and violation should always be carefully watched so it is not breached. Freedom and peace work hand in hand. Without freedom, having peace is very difficult. People value freedom. Peace should be a constant goal for every country and individual person. In today's world peace and freedom is a goal.

Freedom is a state of independence where you are able to think for yourself. Freedom is the ability to believe what you want, marry who you want, and do what you want with your body. The past few years have been difficult for freedom. People are fighting over whether or not wearing masks or getting vaccines is considered part of our freedoms. The freedom to go where we pleased was taken away temporarily due to covid restrictions. The effects of Covid-19 are still felt to this day. Losing freedoms caused a sense of restlessness within the citizens. While the majority of covid restrictions have been taken away, the restlessness still lingers. Freedom is very important to people. Freedom is expression, and freedom creates peace of mind.

In recent years there have been Black Lives Matter protests happening throughout the United States. The BLM protests are perfect examples of freedom of speech. Without the

citizens' right to speech, peace could be overturned by a single person taking too much power and taking that right away. BLM protests weren't the only protests happening. Protests about women's rights have been taking place all over the country. Women felt as if part of their freedoms were taken away when the Supreme Court repealed Roe vs Wade. Part of that freedom of choosing to have a child was taken away. Women used the first amendment to retaliate against the loss of that freedom, making their voices heard over miles. Freedom means being able to voice your opinions about what matters to you.

What is peace? The dictionary definition of peace is “freedom from disturbance; tranquility.” Peace is listed as a noun; a person, place, or thing. But is peace also an emotion? You can feel peace, you can see it, but you can't touch it. Peace is something people dream about. People want peace of mind, they want peace with their friends and family, and they want peace between countries and the world. World peace is important because without it people couldn't travel to see other cultures, and important inventions would not be shared. Without peace so many people would be focusing on the violence happening in this world that there would be little thought about how it is hurting the planet and youth.

Every person has to strive to keep peace with each other for the goal of peace to be accomplished on a world wide scale. With the rise of social media and young people being exposed to the internet, a lot of negative things have been a result of that. Cyber bullying has taken place all over the nation. Cyber bullying is making an individual feel sad, scared, or mad by using digital communication. Harvard Medical School is researching children that play violent video games having more violent tendencies. If parents and schools focused more on teaching kids coping mechanisms and peaceful alternatives, it could alter the future of the world

as we know it. Peace is keeping the future of the world healthy. If we raise kids with healthy bodies and minds we create the opportunity for a more peaceful place for them to live.

Peace and freedom are many things. Freedom is one of the biggest things the United States is known for. Keeping freedom is very important to the citizens, but for freedom to stay, we also have to keep peace. With freedom being a right, peace is oftentimes not kept because everyone is allowed to have their own opinion and voice them. Balance between freedom of voicing your opinion and keeping peace is essential. People can have different opinions and that is ok. We should not shame someone for exercising a right we all have in the U.S.. George W. Bush once said “The greatest power of freedom is to overcome hatred and violence, and turn the creative gifts of men and women to the pursuits of peace.” Peace and freedom in today's world are goals. A goal every person, no matter what color, gender, or political view should aspire to accomplish.