

*By Riley Walker*

## It Stops With Us

Everybody has a purpose in life. Life is a very precious thing. So many people have their lives shortened due to unforeseen circumstances that cause so much grief in other's lives. Suicide has become very popular amongst people lately, but it is time to put an end to that. So many people lose loved ones to this disease that is spreading. It is finally time to put an end to this epidemic and it starts with us.

### **“We Matter” as suicide prevention**

Suicide has increased drastically in popularity in the recent years according to American Psychological Association. The leading cause of suicide is depression. The phrase “We Matter” has come along recently specifically to help those who are depressed and are contemplating suicide. Everyone has a purpose in life. The great thing about it is how everyone is different and not every person lives the same. We are all unique in our own ways and that is what makes each individual person who they are. Life is a precious gift that has been given to us and we should not take that for granted. “We Matter” has been trying to push that concept of how each person is loved and cared for in their own unique way by the people around them. We all have family and friends. Even when you think you don't, there is always someone who cares for you and loves you. They would never want anyone or anything to harm you including yourself. We all matter and our lives matter. When someone commits suicide, it is something very tragic. They will never truly get to live and become who they were meant to become. We will never know what kind of life they will live, who they might marry, what profession they may choose, or anything

else that is so exciting in life. “We Matter” pushes that slogan and it really says a lot more than just the two words it contains.

### **What it means to me**

Personally, “I matter, we matter, you matter” means a lot to me. It tells me that my life is worth something. It makes me feel better about myself and makes me feel like I have a purpose in life. I’m not someone that no one cares about but rather my life is worth something. In life, there is more than people think. The world always tells us that we are worthless and when something bad happens that we should feel bad for ourselves and have self-pity. I personally get offended when I feel that way. I know that my life matters and when something does go wrong and I feel that way I stand back up against the world. The world is a brutal place. We can’t just sit and take the punches but instead we have to stand up and fight back. As humans we are fighters. We don’t just roll over. The same can be said when it comes to suicide. So many times, people take the easy way out because the world has told them so many lies. It is time for us to stand up against the world and hit back. We no longer will be the ones cornered. Suicide ends with us. It won’t be easy, but people have to be together and help those in need. Strength in numbers is the key. Everyone has to be together otherwise nothing will change. Although we can’t do it alone, we have to be the ones to start the change. Be bold to stand up against what the world says and be the change the world needs.

**“We Matter” can be promoted effectively at school.** Suicide prevention starts with us. That includes school and promoting it within. We should build each other up instead of tearing others down. We are all in this together so we might as well be thankful for each other and make sure everyone knows that they matter. “We Matter” is a concept we can all promote, and it is something that is simple for all to understand. At school, everyone has a bad day or two. As

fellow classmates, we should make sure to help pick those up that are feeling down. So much negativity goes around at school because most of the time people are weighed down by stress. Stress from tests, homework, or just silly drama that goes on. We all deal with it and no one is immune to it. Why not be different? Be the one who changes the norm and instead of tearing others down, build them up. Be encouraging and go outside of your comfort zone. Because of this, we could even go meet new friends or develop relationships we never thought of. Be the change that we all need. It starts with us.

### **Conclusion**

In conclusion, we all matter. We are all loved, and suicide is never the way to go. That being said, so many choose that path. It is our job to end that right in its tracks. We need to stand up together and be unified to end this epidemic of suicide. We all have a purpose in life. That is what makes it so great. Everyone is different and has their own life to live. We are all unique and we all matter to those around us. That is why we need to stand up and be the change necessary. It stops with us.

## Works Cited

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