

## Young People Can Impact Their World

Picture this... What if we all contributed to our world? What if you only had to do something easy, like picking up a book? How about we start influencing this small, yet massive world of ours? So let's go and start following our dreams, because I strongly believe that us young people can impact the world.

Firstly, are you feeling happy right now? A lot of you would say yes, but a lot of you would also say no. And sadly, that's way too common. Out of 25.69 million people (the population of Australia), almost 1.16 million people suffer from depression or mental health issues. But on the bright side, YOU may be able to change that number for the better, by just making someone's day! Remember, happiness is contagious, so maybe, just maybe, you could change the world for the better! You could give someone a warm friendly smile, or maybe cheer someone up if they're feeling down! You could ALL of these anywhere and anytime. So come on, get out into the world and change someone's day!

Secondly, how about we focus on our health? A lot of people don't focus on it, but in reality, health is almost everything! And if we focus more on it, we might be able to change the world! We could do some biking, running, hell maybe even some yoga! But we can't forget about mental health either. Almost 46% of the population in the United States has or had a mental illness. I'm part of that population, and it's not as easy to "snap out of" as you think. But for you, try and always remember to always be healthy!

Finally, there might be something we're neglecting here...it's knowledge! Most importantly, how we aren't sharing enough knowledge! As a society, we aren't sharing our wisdom as much, which leads to less intelligent future generations! So if we share just a tiny bit of our wisdom, we could shape and change and impact the world in a HUGE, again HUGE way! Remember; knowledge is power, and power is everything! And you don't have to learn it in conventional ways, like books or teaching, but you can learn it in unconventional ways like gaming, which is also my passion! Surprisingly, you can learn TONS from gaming, like parkour, hand eye coordination, physics, reaction speeds and much much more! And the best part is you can incorporate most of these in the real world! So come on, get on that chair and start learning!

To summarize, we aren't impacting the world enough, but I think that should change! We should stop being shy turtles in a shell, and more like happy butterflies flying around! We should show society who's boss, and impact the world! And we should make a difference in this world! All we need to do is be more happy, healthy, and wise!

Cmon, get out there!

By Jayden