



2017 Dr. Martin Luther King, Jr. Art, Writing, & Multimedia Contest

Dr. Martin Luther King Jr. once said, "Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that." Is there a time in your life when you were struggling to drive out hate? There are many ways to drive out hate, but some have proven to be more difficult than they may seem. One way or another, everyone will have to face hate at some point and everyone handles it differently. Some people tend to ignore intolerance all together. Some can bottle up their emotions while others let them out. Some people become stressed due to hate, but others are unaffected. Recently, hate intolerance, and bullying have become major issues for our society. But how can we help? We can commit to stopping hatred by driving it out entirely.

There are many different ways we can all drive out hate. One way can be as small as complimenting someone on their shirt. It may not seem like much, but telling them that, you might have made their day, and because you made their day, they might feel happy and decide to make other people around them feel happy. There are also bigger ways that you and I can drive out hate. You can host and participate in meetings and rallies supporting a hate-free life style. Either way, big or small, anything you can do will help to create a hate-free, happy life.

Hate is an awful, yet powerful thing. It can be harder than you think to entirely drive it out. Terrible things that people say and do can really hurt someone. Most bullies aren't just people walking around trying to tear others down, they are usually people who were bullied themselves. If someone is bullied, they feel bad about themselves and they tear others down to make them feel better. Then they become the bully.

Have you ever witnessed hate yourself? There are also many ways you can drive out hate, not just by standing up for yourself, but for other people as well. I have witnessed hate in many different places. At the park, at restaurants, and mostly at school. There are so many people that tear others down, and most of them are kids. I think that when kids are bullied, they don't handle it as well as adults would. Kids can't always handle the mean comments, so they put it off on other people. But as kids get older, they become more mature, and realize how harmful bullying can be.

Words are some of the most powerful forces in the world. A few rude remarks could hurt someone so much more than a punch or a kick. If you are feeling bad about something, or you just need to get something out, don't take it out on other people. Think before you say anything mean, because it could become more powerful than you think. You should put yourself in someone else's shoes before you say anything. Think to yourself, "What is this person going through? What is happening at home? Do they want to be left alone?" This doesn't just apply to bullying. When you're speaking to anybody at all, you should always ask yourself those questions before talking about any sensitive subject.

As you can see, there are so many ways to drive out hate. Yet there are also so many ways people are tearing others down. But if we fight back, and commit to driving out bullying, we can stop hatred around the world. There is a famous quote that says, "Sticks and stones may break my bones, but words will never bring me down." We should all know by now that that is not true. Words are the most powerful weapons we have. Some people use them for good, and some people use them to tear others down... How will you use your words?

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Driving out Hate

