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Although bullying affects millions of kids a day, it is important to stand up and say no! By uniting people around the world, we can put an end to fighting.

A few days ago, I witnessed an act of discrimination at school. Billy* highly disliked Matt* (who is African American) and punched him. Matt angrily grabbed Billy's shirt and pulled on it until it ripped. They started to argue loudly and soon would have started getting physical if a few other students and I hadn't intervened. The few other students and I held them back so they couldn't continue fighting. Another student, while we were trying to calm them down, got a teacher. I think that I did the right thing in attempting to break up the fight. However, it could have been solved earlier. If I could do things different, I would tell a teacher that they were starting to fight right as they started yelling at each other, before Matt ripped Billy's shirt. That way no one would have gotten hurt in the first place.

What I would do to fight discrimination is to stand up to bullies and stick up for others. I would include others—whether they were of color, from a different country, or had a disability—in group activities even if no one else would. Dislike turns to hatred, hatred to loathing, loathing to discrimination, discrimination to persecution. I would fight hatred, racism, and intolerance with love, happiness, and friendship.

To stand up to bullies is the key to destroying hatred once and for all. Bullies, terrorists, criminals, they all do the same thing. They all injure people, whether emotionally or physically. They also batter and break down defenses, but they only can succeed if it is directed towards one person or country, and that person or country is alone. If the person/country is allied with another, they will stand up and defend themselves together. For the most part, the allied group will win.

As Abraham Lincoln (1809-1865) once said, "A house divided against itself cannot stand." The only available solution to the world right now is to unite, and if we do that we are virtually indestructible. Hatred may be powerful, but it is not invincible. There is no reason to hate someone just because they are different or disabled. As Randolph Pausch (1960-2008) once said, "You cannot change the cards you are dealt, only how you play the hand." To stop fights we must become united and stay true to ourselves. While the snowball of hatred has heavily increased in size, we can destroy it with the fire of love and happiness.

*Names have been changed*