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In 500 words or less, answer the following prompt: "What can I do now, and what would I like to do in the future, to promote a Culture of Life in our Country?"

Life is a fragile thing that we all need to respect. It comes and goes in a flash and is a precious gift from God. The respect for all lives is important and needs to be cherished by everyone. People can do a lot of things to show their respect for life everyday. One way that people can respect life is to be involved in the cause of anti bullying. Bullying makes people feel like they are not important and sad. This sadness is often too much for a young person like myself to handle, and they feel like the world would be better off if they were not here. It is important to speak to your parents, teachers, school counselors, and other adults that you trust if you see bullying happen or if you hear someone say that they would like to hurt themselves. There is also a National Suicide Prevention hotline number that you can call to talk to someone. The number is 1-800-273-8255, and you can speak to someone any time of day to help you understand the feelings that you are having and work through them.

Another example of respect for life is choosing to raise awareness for causes that are important to you. Every year I raise money and do a walk for Autism Awareness with my hockey team. I know from speaking with the people at the walk and my parents that the money we raise goes to programs to help families with children with Autism. I have another friend who raises money for One Mission a program that helps families that have children going through cancer treatments. The money funds programs for the kids and their families during their time battling this difficult disease. This sacrifice of time and money is one way that we can show how we respect life.

Another important way that we can show respect for life is to respect each other. Take the time to listen to each other. We do not have to agree on everything, but just listening to someone's opinions and sharing our own in a quiet and calm way is a sign of respect. We should continue to strengthen our relationship with God, and our community every day. We only get one life on Earth, and we should live it to the fullest as you never know when God will call upon you. If everyone just took the time to share a random act of kindness this world would be a better place.