

By Charles Wendel

The concept of "We Matter" is closely tied to suicide prevention, particularly among young people who often feel disconnected and unloved. Research by *Teen Health* shows that a "lack of a support network, poor relationships with parents or peers, and feelings of social isolation" significantly increase the risk of suicide (Cammarata 1). This indicates that the feeling of being invisible and insignificant can be a major factor in pushing people to harm themselves. The "We Matter" concept can make a real difference in this context. By recognizing the inherent value of every individual, while ignoring differences, the "We Matter" message emphasizes the importance of human connection. It reminds people that they are not alone, invisible, or forgotten, but rather valued. This message is particularly important in suicide prevention, by providing hope to those who may feel disconnected from the world. Even a simple gesture, like a stranger sharing the "We Matter" message, can be enough to save someone's life. In short, the "We Matter" concept is a necessary tool in suicide prevention efforts, showing the value of every individual and offering a sense of community and belonging to those who need it most.

To me, the statement "I matter, you matter, we matter" is a movement of inclusion and harmony. I believe that suicide prevention is one of many great side effects that this movement has, but the movement itself can have a larger reach. The idea "I matter, you matter, we matter" gets rid of any negative biases towards other people groups. In America, the population has a hard time accepting others that are different from themselves. Many conflicts are started because of differences such as religion, race, ethnicity, gender, politics, etc. While these differences can build barriers, "I matter, you matter, we matter" tears them all down. This statement works to open the heart and mind of the reader to see that although there may be differences between people, they all matter. By renewing your thought process, "we matter" creates a sense of

community and belonging. This statement has the potential reach of creating a more supportive and accepting society that celebrates its differences. It reminds us that every human being has great value, and this movement serves as a tool for promoting acceptance of all people. "I matter, you matter, we matter" represents the ultimate expression of harmony.

The concept of "I matter, you matter, we matter" promotes the idea that everyone matters. However, before I can help others realize their worth, I must first believe in my own value. I apply this principle to myself by analyzing the people and situations around me. I see that the people in my life love and care for me, and I notice how they trust and rely on me for help. By recognizing these things in my life, I can understand that my life has value and that I matter. Now that I understand how others show me that I matter, I can reciprocate and demonstrate to others that they matter, too. This moves me into the next part of the statement, "I matter, you matter, we matter." I can use my life to show others that they matter by doing things that demonstrate my appreciation for them, such as supporting their extracurricular activities, calling them regularly, and scheduling times to hang out. By doing these things, I can help the people around me recognize their worth. This chain of support leads to the idea that "we matter." When many people learn how to support someone properly, it creates a chain reaction that branches out into many different chains of support that never end. I can apply the concept of "I matter, you matter, we matter" by joining this chain and ensuring that more branches of support begin to form.

While the statement "we matter" is very influential, promoting its concept requires more than just plastering "we matter" signs on every wall. To truly promote the idea that "we matter," the community must demonstrate it through their actions. In a school, the best promotion would be to engage with people who are different from you. This shows that you care enough to put

yourself in a potentially uncomfortable position. For the school administration, the best way to promote "we matter" would be to encourage many people to show up and support extracurricular activities. This would then bleed into the community. Even small acts, such as having a conversation with your neighbor, could show them and the people around you that "we matter." The best way to promote the concept of "we matter" is to live it out every day of your life.

Works Cited

“About Teen Suicide (for Parents) - Nemours Kidshealth.” Edited by Christina M. Cammarata, *KidsHealth*, The Nemours Foundation, Oct. 2020, <https://kidshealth.org/en/parents/suicide.html>.