



NINA LUJAN
Psychology

WHAT IS THE IMPORTANCE OF CIVIL DISCOURSE AND FREE SPEECH?

As being a citizen of the United States of America we the civilians of this country have the privilege of having freedom. With America being the land of the free there are various amounts of assets we tend to forget that we have and with one of them being freedom of speech. It is everyone's reality who lives here to be able to participate in free speech, however most are unaware of civil discourse which is a function very closely linked to this reality. Understanding both is a necessity in order to underly the true importance of each. Being able to have a conversation in a respectful manner where there are multiple points of views demonstrates civil discourse. While different, complex and even in some cases indifferent perspectives come about during speaking circumstances, it is important to remember to have civil discourse. Encompassing truthfulness, productivity, open mindedness and active listening are vital ingredients for this. Within this day in age there are plenty unfathomable amounts of platforms where polarized opinions lead to uncivil conversation. We have become so numb as a society by this, that it has now become our everyday norm. Due to this, we actively are seeing these

destructive conversations occur on a daily. The media plays a very crucial role on why this has become our new reality and I personally believe there is consistently always so many stimuli, in where we are constantly having to indulge in all the negativity. It is my belief that if everyone had more awareness of our obliviousness in our right to freedom of speech, we would be on a better pathway of having more of civil discourse. We tend to take advantage of everything we are fortunate enough to experience in our country including free speech. With that being said; freedom of speech and civil discourse are not tied to entitlement. The importance of understanding these two notions will decrease our constant intake of negative and corrupt sources we receive, which will lead to less detrimental realities in our daily lives. Having a growth mindset and not a fixed mindset mentality is the recipe in not only understanding the importance of civil discourse and freedom of speech, but it is the ultimate assets for the betterment of our society in the United States of America.