In the chaotic world of mankind, social issues are always a hot topic in every country. They are always the hidden dangers that kill the development of humanity. Therefore, there are many organizations and individuals who have spoken out to talk about pressing issues in society and including athletes. In my opinion, athletes are citizens just like us, so they also have the right to voice their opinion to reduce the imbalance in society and protect themselves. Because they are influential in public, their words are also valued more. Freedom of expression is important, but time and place are also considerations when it comes to sensitive social issues. Therefore, athletes should also consider the right time to give their voice. A good example is that of hockey player Ethan Bear, who had a lot of racist messages and comments directed at him in the media after losing the match to his opponent. the Winnipeg Jets. If he does not speak up to protect himself and those like him, racism will continue. His words were posted on the Oilers social media channel and had a strong impact on everyone, especially his fans. Not only did they come together to support and protect Ethan Bear, but they also came together to denounce racism. From my personal point of view, whether in sports or in any environment, racism should not exist. I fully support Ethan Bear's actions as he bravely stood up to defend himself and other people of colour. Because I am also a person of colour, and an Asian, I cannot avoid discrimination from some people. After reading Ethan Bear's article, I realized that anyone could speak up to change the way society thinks, not just athletes or celebrities are responsible. that duty. Most importantly, everyone needs to work together to create a powerful wave and affect more people. Currently, social problems still occur in many countries, especially racism. According to many surveys, the number of people who have been involved in accidents because of racism has increased in recent years, especially during the COVID-19 epidemic season. And to help solve this problem, many stars of Asian descent like Tzi Ma, Daniel Dae Kim, Henry Golding ... all spoke out to protect their communities. Thanks to their voices, it has greatly influenced the thoughts of many people. All these stars believe that stigma does not help reduce the epidemic, but only standing together can defeat the epidemic. In addition, they also call on everyone to participate in the #WashTheHate campaign to fight racism and overcome the Covid 19 epidemic together.