This chapter looks at the Arab uprisings and their outcomes, approaching them from the perspective of the peoples of the region. The Arab uprisings are conceived of as popular uprisings against aged and mostly despotic governments, which have long silenced popular dissent. Ultimately, the Arab uprisings demonstrate the weakness of traditional international relations, with its focus on states and power, by showing how much the people matter. Even if the Arab uprisings have not yet delivered on popular expectations, and the Arab world continues to be subject to external interference and persistent authoritarian rule, they are part of a process of global protest and change, facilitated by new media and technology, which challenges the dominant international relations theories.