**END OF THE COLD WAR**

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| TOPIC | DESCRIPTION | HOW DID IT/HE HELP TO END THE COLD WAR? |
| Détente | Détente (a French word meaning release from tension) is the name given to a period of improved relations between the United States and the Soviet Union that began tentatively in 1971 and took decisive form when President Richard M. Nixon visited the secretary-general of the Soviet Communist party, Leonid I. Brezhnev, in Moscow, May 1972. | Détente lead to increased trade and improved relations between the superpowers. President Nixon became the first president to visit Moscow. This was a symbolic gesture to the improved relations between the two countries. During Détente, the U.S. and U.S.S.R. agreed to nuclear arms treaties such as SALT and START. |
| SALT I, SALT II, START | The Strategic Arms Limitations Treaty (SALT I) established limits on anti-ballistic missiles and other nuclear weapons related materials. SALT II sought to further limit these type of weapons, but it was never ratified by either side. However, both countries voluntarily followed most of the provisions in the treaty. The Strategic Arms Reduction Talks (START) were a series of meetings between the U.S. and U.S.S.R. that attempted to get further reduce the amount of nuclear weapons and ICBM’s that each nation had. START began under President Reagan, but it was not ratified and signed until 1991 when President George Bush was in office. | Collectively, these three treaties reduced the threat of nuclear war between the two superpowers and demonstrated that the U.S. and the U.S.S.R. could work together on at least one issue. |
| Ronald Reagan | He cut taxes, increased defense spending, negotiated a nuclear arms reduction agreement with the Soviets and is credited with helping to bring a quicker end to the Cold War. Reagan believed the Soviet Union was weak and that they could not keep up with U.S. defense spending. Reagan instituted what came to be known as the **Reagan Doctrine** which stated that the U.S. must stay committed to the Containment policy and oppose the Soviet Union. The **Reagan Doctrine** was a direct opposite approach to détente and involved the U.S. both overtly (openly) and covertly (secretively) supporting anti-communists movements around the globe. | Reagan’s policies proved correct and the Soviet Union could simply not keep up with U.S. defense spending. Additionally, Reagan worked hard with Soviet leader Mikhail Gorbachev and met with him in Russia and other places in Europe. At these meetings, both sides worked hard to improve U.S.-Soviet relations. In perhaps Reagan’s most famous speech given at the Berlin Wall in 1987, Reagan urged Gorbachev to “tear down this wall.” |
| Mikhail Gorbachev |  |  |
| Glasnost and Perestroika |  |  |
| Fall of the Berlin Wall |  |  |
| Reunification of Germany |  |  |
| Fall of the Soviet Union |  |  |