

FOCUS

Family

Are we beginning to ENJOY being 'Offended?'

"I'm not talking to you because you didn't message me back!"

"I'm not going to be friends with that person anymore because they don't agree with me!"

"The school won't do what I want them to do"

"The treatment that I received was terrible!"

"I'm snubbing her because she didn't talk to me at the last meeting"

I'm sure we have all noticed how in society the safe topics for conversation are getting fewer and fewer. Conversations in culture, religion, sexuality, parenting, politics and education all require you to tread carefully lest you offend someone. In fact, the good old weather conversation is looking better and better!

Why is this so? Is it really that we are so easily offended or is it something more?

Society has seemingly discovered that being offended offers them one thing- attention.

When people rant and rave in public, they get attention.

When they complain and cry on social media, they get attention.

When they gossip and say negative things in a small group of friends or neighbours- they get attention.

Now don't get me wrong, sometimes it is entirely justified for people to be offended, but 99% of the time there is more to it, than just 'being offended'.

At school we teach children that if someone's comments or actions offend them to the point of making them angry or upset, then there's probably something else going on underneath and the offense is a **TRIGGER**. It's called the anger iceberg. Symptoms on the top (out of the water) often hide what's really going on in the hidden iceberg underneath.

So let's continue to teach and demonstrate to our kids the effectiveness of **letting things roll off our backs and instead deal with the real issues underneath**. Then to teach them how to wisely pick causes/experiences to be offended about.

Because I don't know about you, but I hope the kids of today grow up to be strong, resilient and not easily offended!

-Shelley Davis *Chaplain*

