

# Autumn Directive 2022

## Part: 1 Forgiveness

In this Directive, we would like you to think about forgiveness in personal relationships. We are keen to hear about the role that forgiveness plays in maintaining and repairing any kind of personal relationship (long or short term).

We welcome your thoughts and experiences on meaningful occasions of forgiveness, for example when a significant rift may or may not have been overcome. But we are also interested to hear about more 'everyday' instances of forgiveness that might help maintain relationships.

### The last time you forgave

Please tell us about the last time you forgave somebody (it could be for a minor or a major issue, or something in between). What type of relationship do you have with that person (e.g. spouse, partner, friend, colleague, family member)? How did this feel? If you still have a relationship, has there been a lasting impact?

### Forgiveness across different types of relationships

Please briefly indicate if you have ever forgiven somebody or been forgiven by somebody in the following types of relationship and describe briefly what happened. We will be asking for more detail in the next section.

Have you ever forgiven or been forgiven:

- by a friend?
- by a romantic partner or spouse?
- by a direct family member (e.g. parent, child, sibling)?
- by an extended family member (e.g. in-laws, an aunt or an uncle, a grandparent)?

Have you ever been involved in seeking or mediating forgiveness for other people? Please share your experience of this.

Please start each part of your Directive reply on a new sheet of paper with your MO number, gender identity, age, marital status, the town or village where you live and your occupation or former occupation.

Remember *not to identify yourself or other people inadvertently within your reply*. It is best to use initials instead of real names.

**When you have *forgiven* somebody in your personal relationships**

Are you able to describe in more detail the *most significant* occasion or occasions where you have forgiven somebody you are close with? What was your relationship with that person?

What led you to forgive them? Would you describe the decision as difficult? Did any circumstances affect your decision to forgive them?

Did the person ask or in some way show that they wanted to be forgiven? Did you do anything to show or tell the person they were forgiven (e.g. saying 'I forgive you', 'don't worry about it', or just letting things return to 'normal'). Did things get 'back to normal' or did tension remain? Did it help to keep the relationship going?

**When you have *been forgiven by* somebody in your personal relationships**

- Please share a significant occasion where you have been forgiven or where you wanted to be forgiven by somebody you are close with? What was your relationship with that person?
- Did you directly ask the person to forgive you and do you feel that person forgave you? Did they do anything to show or tell you that you were forgiven?

If you wanted to be forgiven, why was it important to you to be forgiven?

**When forgiveness has not occurred**

Has there been an occasion or a relationship where you have decided to not forgive somebody or where you do not feel that you have been forgiven by somebody you have been close with?

Why do you think that forgiveness was not possible or able to be achieved in this instance(s)?

Have you ever regretted forgiving somebody you have been close with?

Please share any other thoughts or experiences about the act of forgiveness

# Part 2: Ageism

The UK population is growing older and, although there is no one definition of older age, later life is generally considered to begin at age 50.

Alongside a number of other categories, age is a protected characteristic under the Equality Act 2010. In 2018, the Government's Women and Equalities Committee stated: "The Government needs to be clearer that prejudice, unconscious bias and casual ageism in the workplace are all unlawful under the Equality Act 2010". Nonetheless, there is evidence

stereotypes of older adults are more likely to be negative than positive (Centre for Ageing Better, 2020).

We are interested in hearing your opinions about and experience of ageism.

## A task to get you started

Please write down the five words that come to mind when you think of the word 'ageism'?

Please share your thoughts on why you chose these words.

## Language

Language and words about ageing have changed over time and continue to develop along with our understanding and awareness. Are there any words that you think we should or should not use concerning ageing, or to refer to older adults?

## Understanding and perceptions

According to SunLife (2019) 40% of British people over 50 regularly experience ageism, with one in three commonly experiencing it at work, one in 10 on public transport, and one in seven while shopping.

Recently, the global company IBM, has been accused of forcing older workers out and faces being sued by hundreds of employees over the age of 40. Bloomberg reported, "*Executives discussed in emails how to force out older workers and derided them as "dinobabies" who should be made an "extinct species."*"

What are your thoughts on the general public's perception of ageing and their understanding of ageism?

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Has your understanding and perception of ageing and older adults changed as you have got older? If so, why is this? Did anything specific change this?

### **Awareness and experience**

Are you aware of, or have you experienced instances of older adults being treated differently because of their age? Such as:

- in employment,
- by health and social care providers,
- in the media
- in everyday life, such as when shopping, using public transport, being able to access places and buildings

Please share your thoughts on this. We welcome examples.

### **Your own experience of ageism**

Do you consider or identify yourself as an older adult? If so, what are your everyday experiences? Do you encounter ageism in your everyday life? What about the experiences of friends or family members?

If you do not consider yourself an older adult, what have been your experiences of family, friends or colleagues who are of an older age? Have you seen any challenges they've experienced? How did this affect them? Please share your thoughts and opinions.

Looking back are you aware of your parents or grandparents experiencing any forms of ageism?

### **Inclusion**

How can service providers be more inclusive of older adults? This may include public services such as the NHS, local authorities and transport, and the private sector, for example shops and entertainment venues.

Do you have any thoughts about older adults in the workplace?

### **Observation task**

For a week, we would welcome a record of anything ageist that you see, hear about, or read - on TV, in the press, or in conversation with others. Please give details and your reaction to it. We would welcome any further thoughts or experiences you would like to share about ageism.

# Part: 3 Current events in 2022

In Part.3 we would like you to share your thoughts and opinions on a recent current event.

As we write, political events are fast changing. We have highlighted a few but feel free to write about what is important to you as we near the end of 2022

- Liz Truss and then Rishi Sunak as Prime Minister
- Rising cost of living
- Migrant crisis and conditions at Kent centre
- COP27 Climate summit

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