



Beyond prejudice: what if we were the ones asking the questions?

di Sofia Carosso

Simple ideas to help us all become more aware and less judgmental.

“Young people these days don't want to work.” “Back in my day, we didn't make such a fuss about everything.” Now, I'd like to know how many people between the ages of 15 and 25 have not heard these phrases **at least two hundred times during a single Christmas lunch**. And I'd also like us to think about how many times we've found ourselves saying: “How could they possibly understand me? They're old.”

Without getting lost in endless discussion, I'd like to invite you to look beyond stereotypes and spend just two minutes of your time—no more, I promise—**broadening your perspective**.

I know nobody really uses the word Boomer anymore, except perhaps Boomers themselves, but bear with me. You might discover that there are many different sides to the vast group of people born before 1997, and perhaps they, in turn, might come away understanding a little more about us.

Personal lenses and generational nuances

First of all, it's worth pointing out that before Generation Z there aren't only Boomers. There are also two other generations: **Generation X** and **Millennials**, each with their own defining characteristics.

It's important to remember that **misunderstandings are perfectly normal**. We all view the world through **different internal lenses**, and as a result, our perceptions of reality can never be exactly the same. That doesn't mean, however, that they can't move a little closer together.

A radical shift: from structure to fluidity

The truth is that life has changed dramatically. The journey from adolescence into adulthood has gone from being relatively predictable and secure to becoming a period of **constant transformation and uncertainty**. Today, very little feels stable, and almost everything seems unpredictable.

This shift **from a structured world to a fluid** one has undoubtedly brought many positive changes to society. Yet, as is often the case, the downsides have made themselves felt as well. One of the most significant has been the way we think about life and work.

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Let me explain.

For a long time, a worker's life was clearly divided between the public and private spheres: work and home. Over the years, however, technology has blurred that boundary. **Home has become an office**, and expectations of availability have increased dramatically.

Breaks have gradually shrunk, sometimes disappearing altogether. And it is precisely from this reality that younger generations' **need for personal space has emerged**.

An endless need to breathe

As a result, the need for self-care has grown—the need to nurture something that exists outside of work, to find a moment to breathe amid **the relentless pressure to do more and be better than we already are**.

And how can this race ever be fair when **social class** remains invisible and largely ignored?

I don't know about you, but **I would never challenge someone driving a Ferrari while I'm riding a bicycle**.

Yet that is exactly what happens, and nobody seems particularly concerned about it—or rather, those in the Ferrari usually aren't.

Time to change the rules

Not that the past was some kind of paradise—far from it. We know all too well the countless difficulties people faced: entering the workforce at a very young age, physically demanding jobs, enormous sacrifices, all reinforced by the belief that **hard work in the present would guarantee a better future**.

The point is that turning hardship into a competition serves no purpose.

Every generation has lived through different circumstances, and trying to decide which one had it better—or worse—is ultimately meaningless.

Instead, we should try stepping outside our own bubbles and remember that we were all young once. And perhaps, at next year's Christmas lunch, **we can be the ones asking the questions**:

"So, when are you going to get a real job?" or "Still single?"



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