

# THE MANCHESTER BOMBING

Maintaining a sense of perspective

On the evening of the 22nd of May, a young man blew himself up in the foyer of the Manchester Arena, killing 22 people and injuring many more.

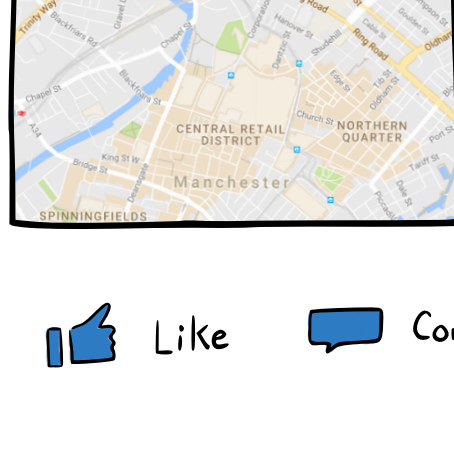
What stood out for many people about this attack was the target; the audience attending a performance by Ariana Grande, an American singer popular with teenage girls.

If I'm honest, I have been expecting a terrorist attack in Manchester, but the target was particularly galling.



**JOE BLOGGS** marked himself as safe in Manchester, United Kingdom

46 mins



## The Explosion in Manchester, United Kingdom

You can check on friends in the area and mark yourself as safe using Safety Check.

I only learned of the attack on the morning of the 23rd, when I turned on my phone to see a Facebook notification that a friend had marked themselves as safe following the Manchester bombing.

Like Comment Share

My stomach dropped through my feet and I immediately opened the BBC news app to be confronted by the horror in its entirety. Practically every article in the top stories section was related to the attack and there was a live feed from various scenes around Manchester.

I struggled to process the event, something so huge in my own adopted home city.



I obsessed over it for two days. I had the BBC live web feed open all day and checked it for every update, every police raid, every arrest, every new victim identified. It was heartbreaking to see such young lives being cut short.

At the same time I was incredibly proud of the response from the people of Manchester to the tragedy.

Taxi companies offered free rides, locals offered beds for the night, cafes and restaurants stayed open to offer hot drinks and food, and so many NHS staff turned up at the local hospitals that many had to be turned away.



Zero @GamerGateAntiFa

My son was in the Manchester Arena today. He's not picking up my call! Please help me.



Though, sadly, the uglier side of human nature didn't take long to emerge either.

The more I read, the more I started drowning in a sea of raw emotion and news clips.

By the end of Thursday the 24th, I realised that this was probably not healthy.



Because this attack seemed to be targeting children, there was a focus in the media on how to discuss the event with children. This was something I hadn't seen before.



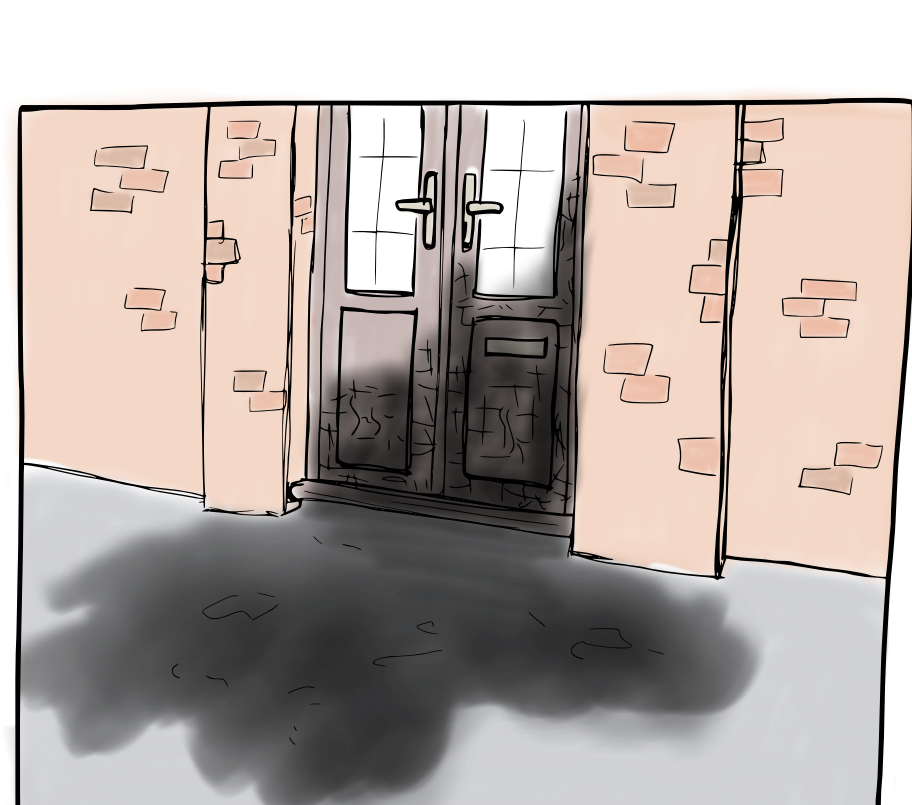
I watched the coverage of the event from the BBC children's news show Newsround, which delivered all the facts but also stressed ways to cope with the situation.

"What's important to remember, is that although events like this are very sad, they are also very rare. Worrying stories are often in the news because they don't happen very often."

Events like this are very rare



"Remember, when things like this happen, most people are there to help."



This was a tonic, and I couldn't help but think that many adults should be reminded of this too. Not least those who then went out to take "revenge" on innocent Muslim communities.

I am incredibly fortunate to live in a country where such events are so rare that the killing of 22 innocent people causes uproar not only across the country but around the world.

Unfortunately there are many places where they are much more common.

Indeed, after such extensive coverage of the Manchester bombing in the UK press, it seemed frankly insulting that the same degree of media interest and outrage was not given to the deaths of 28 Christians, gunned down in Egypt only days later.



I like staying up to date, but for my own mental wellbeing I realised that I had to maintain a better sense of perspective.

Watching Newsround seems like a good place to start.



DR JONES