

A Sermon on Social Anxiety Disorder

Sermon by Rev. Minister Angela Smith of COPE for May 22nd, 2022 (and beyond)

I do sermons in dialogue format quite often for many reasons. This sermon is also in dialogue format in hopes to help those who were not properly socialized, because their parents are lazy morons who prefer to let technology do all the work so they can do their own thing and still feel like their kids have potential, see what conversations look like and how social situations require one to be patient, willing to listen in a manner that shows comprehension and reception, and able to recognize the value of human communication and social cohesion. In some ways it is a sequel to the sermon delivered on 4/24/22 available now at <https://www.cope.church/identitysermon.pdf>.

DIALOGUE:

Teacher: How often do you socialize with your child? Do you play board games, read to, or teach any skills to them?

Parent: I don't know what you mean by socialize. We live in the same house, but all do our own thing. My toddler has a touch-screen tablet with educational games and e-books. My older kids have their own devices and get what they need or want mostly online. All they have to do is put something on their Amazon wish list to get it almost immediately. As long as they don't make trouble and quietly do their own thing, I'm happy if they are happy.

Child: All I have to do is look at a screen, pick out what I want, click to add to wish list and then I get it. I just have to mind my own affairs and stay out of the way. That's my job. As long as I'm quiet, I get whatever I want. Wait? I don't know how to have a 2 or more-way conversation where I actively listen patiently and then respond as if I understand what was said with my own reply as the other party/parties patiently listen. Social situations give me anxiety. I want my Mommy. I have social anxiety disorder. I looked it up online. That's what I have, I need to be medicated just like Mommy.

Parent: See, my child is special needs. I'm taking my child to my therapist. And, sure enough the therapist agrees that it sounds like Social Anxiety Disorder. Sertraline (Zoloft), paroxetine (Paxil), and extended-release venlafaxine (Effexor XR) are FDA-approved medications for social anxiety disorder. Source: <https://www.goodrx.com/conditions/social-anxiety-disorder/medications-for-social-anxiety-disorder>

Teacher: Are you aware of the side effects? "ZOLOFT and other antidepressant medicines may increase suicidal thoughts or actions in some people 24 years of age and younger, especially within the first few months of treatment or when the dose is changed. Watch for these changes and call your healthcare provider right away if you notice new or sudden changes in mood, behavior, actions, thoughts, or feelings, especially if severe. Pay particular attention to such changes when ZOLOFT is started or when the dose is changed." Source: <https://www.zoloft.com/faqs> Paxil is not approved nor recommended

for children, but doctor's can still prescribe it off-label. Also, the side effects read like the symptoms of anxiety including agitation, racing thoughts, heart palpitations, dizziness, faintness, difficulty breathing, seizures and paralysis (intermittent). Source: <https://www.mayoclinic.org/drugs-supplements/paroxetine-oral-route/side-effects/drg-20067632?p=1> Children may be more sensitive to the side effects of Effexor, especially loss of appetite and weight loss. Monitor weight and height in children who are taking this drug. It could stunt their growth. Source: <https://www.webmd.com/drugs/2/drug-1836/effexor-oral/details>

Parent: You are not a doctor and that is inappropriate. My doctor has advised Zoloft and my child needs it. You have no idea how modern life impacts children nor their mental health.

Teacher: Your child needs more activities such as clubs, team sports, or interacting with people in person rather than under the mistaken belief that any real conversations are occurring of any value on social media where they can just block anyone or anything they wish didn't exist or that they find challenging. Your child's social anxiety disorder is simply extreme immaturity that may indicate developmental disability unless proper steps are taken now so they are socialized effectively and can function in life if they will need to communicate effectively and sociably with other humans in person for any reason at any time like at school. I recommend testing for developmental disability and possible change of class schedule to remedial.

Child: You are not a doctor. My mother is right. My therapist is right. I'm right. I don't need you nor your stupid school.

Parent: That's funny, I thought the uncontrolled outbursts were only a side effect on the Paxil. Did you get in Mommy's purse? Kids say the darndest things, right? But, still true. You are not a doctor and you are overstepping with your suggestions. I need to find a school for a child with social anxiety disorder. Dr. Phil recommends Provo Canyon School. Paris Hilton went there, it has to be good.

Child: Do you think I'll become rich and famous like Paris Hilton? I want to go to Provo Canyon School.

Teacher: If you feel that's right for you and you can afford it, I suggest you enroll. You may want to apply for an Individualized Education Plan so money that would be spent on your child in public school can go towards tuition at Provo Canyon. You should speak to the school director and/or psychologist about the right paperwork. Are you sure you want to be that far away from your mommy? What if there is an emergency and you or a family member need a blood transfusion but no one can get to the hospital quickly because you are in different states and getting approval for medical procedures beyond the scope of the contract may put your child's life in jeopardy?

Parent: I don't know what kind of game you are playing, but you can stop right now. I appreciate the information on the IEP, I was already aware of that because my therapist

said the same thing when asked. Don't speak to my child again. Your questions are insulting and inappropriate. Are you trying to cause both of us anxiety or an Anxiety attack? I should sue you. I'm going to complain when I go get the paperwork on the IEP transfer. I can't believe you are a teacher nor that they allow you near children. You are a bully and have an antisocial sense of humor. I'm telling your superiors.

Child: Bullying isn't allowed in school. You are going to get SO FIRED. My Mom told you!

Parent: That's enough. We're leaving. You'll be lucky if all you lose is your job over this. Let's go see the director.

Teacher: Good luck with the transfer, I seriously mean that. I recommend you look further into Paris Hilton's time at Provo Canyon School and the fact that she's an heiress so was born rich and famous.

Parent: You are unbelievable. Now you are insulting the fact that I'm not a Hilton as if it is fact that my child couldn't achieve what Paris Hilton has achieved without her inheritance. You are SO FIRED!

END DIALOGUE

For those interested in starting #TaoFu Self-Defense Exercises, please see <https://www.cope.church/taofu.htm> and begin at any time.

There are opportunities to send messages, receive mystery bonus blessings, and more with or without donating available now on our "Pass the Basket" page at <https://www.cope.church/basket.htm> . Thank You.

"And ye shall know the truth, and the truth shall make you free." John 8:32 KJV Willful blindness is an abomination.

COPE accepts Feedback, critical and complimentary. Learn more at <https://www.cope.church/feedback.htm> . For the sake of keeping myself and others humble, a sense of humor is welcome on all sides.

For More About COPE and the HEAL Mission, see:

<https://www.cope.church> and <https://www.heal-online.org>