**Let’s Talk About Ageism**

**Ageism affects all of us Ageism takes many forms**

**Ageism is everywhere Ageism is harmful**

**Ageism can be combatted**

Dialogue is an important and powerful way to challenge ageism. Open conservations can help us all acknowledge the existence of ageism and can help us combat myths and stereotypes.

This tool is for everyone. It is designed to help you start a conversation about ageism and to champion positive action.

**Initiate the conversation**

Some questions you may wish to consider to start a group discussion on ageism:

* What does the word “ageism” mean to you?
* Think of a situation in which you wanted to know a person’s age. Why? What changed when you learnt it?
* How do you feel about telling people your age?
* When Do People Start Experiencing Ageism?
* What Forms Can ageism Take?
* How widespread is ageism in our society?
* Can you give an example of how younger and older people are respected in your organisation? Can you give an example of how?
* What legacy has COVID had on ageist attitudes and beliefs?

**Encourage ongoing reflection and action**

It is helpful to end a group discussion by empowering people to act. Provide opportunity for reflection about what each person can do to help create a world for all ages. Consider the following questions:

* What can we do to make our organisation more aware of ageism?
* What one action is each of us willing to take to make a difference?
* What are some of the factors that can help or prevent us from acting to address ageism in our service and community?
* What can we do to prevent benevolent ageism?
* How can we challenge stereotypes, unintentional ageism and institutional ageism in our society?
* How can we connect with others and continue this conversation?