

# Let's Dismantle Ageism!

"Until we put a stop to it, ageism will oppress us all."

Ashton Applewhite



- What was the last thing you said or thought you were too old for?
- What is the biggest misconception people have about you based on age?
- What is the biggest misconception people have about you based on age?

Ask:

- "What is the intent of this statement?"
- "What is ageist about this statement?"
- "How can it be reworded so that it is not an ageist statement?"

## **Three ways to respond to ageist "compliments":**

- Respond in kind--repeat the compliment back to them.
- Cheerfully--show your pride about what they are trying to compliment
- Answer with a look of genuine puzzlement, "What do you Mean?"

## **Sample Compliments (feel free to add your own)**

- |  |   |
|--|---|
| • Have a nice day, Young Lady/Man!           | • You look great for your age!            |
| • You're 35? You're a baby.                  | • 80? Oh, that's not old!                 |
| • You can't be 70-you have such smooth skin! | • Oh wow, you still work!                 |
| • She's 53 years young.                      | • Are you really 85? But you're so sharp! |
|  | • 60 is the new 40.                       |

# Let's Dismantle Ageism!



**Two things I will keep doing:**

---

---

**Two things I will start doing:**

---

---

**Two things I will stop doing:**

---

---

“Until we  
put a stop  
to it, ageism  
will oppress  
us all.”

Ashton  
Applewhite

OldSchool.info

**Name:**

**Date:**

---