



# Handout 1.1- Questions on diversity

## Module 1

**When to use it?** You were asked to make some notes ready to bring to the session in Module One, as a warm-up to Ageism.

**Where?** Slide reference- 6

**For-** Participants for preparing for the session

Age discrimination is everywhere. As we grow older we may face stereotyping, prejudice, and discrimination because of our age. This is ageism.

Ageism is in our beliefs, institutions and relationships. There are even laws that discriminate against older people. The COVID-19 pandemic showed us just how deep-rooted ageism is in our societies, and how it is systemic. No one action can address all of it.

Let's take time to think about Ageism!

Please read these questions and think about them and make notes to share in the discussions and do ask others what they think.

Look at the following questions to start to think about issues related to ageing:

- Can you give an example of ageism in your daily life?
- What makes you see someone else as old or young?
- How comfortable do you feel telling people about your age?
- Have you ever been treated differently because of your age?
- Is ageing different for men and women? How? Why? Why not?
- Are you afraid of getting older? Why, why not?

Make some notes ready to bring to the session in Module One

