

NEW & IMPROVED + **AARP** PRESENT

Age-inclusion in action guide



**#AWorld4AllAges Global
Campaign to Combat Ageism**

collab between the WHO and the UN *(Run time 1:43)*



Learning from each other to overcome ageism

(Run time 3:14)



Read



**Initiating a Conversation About Ageism: A
Conversation with your Employer and Colleagues**

Pay special attention to pages 7-10



Write down your honest answers to these questions (no judgment!):

Have you ever been judged negatively because of your age?

If so, in what situation?








How did it make you feel?

Have you ever judged someone negatively because of their age?

If so, what was the situation?

Why do you think you felt that way?

 **Act**

-  **Plan** to start a conversation with your team to dig deeper into this issue.
-  **Prioritize** this discussion. Put it on the agenda right now (we'll wait).
-  **Utilize** the activities and questions on pages 7-10 of Initiating a Conversation About Ageism as your guide.
-  **Challenge** teammates to identify where and how age bias shows up in your org and then take active steps to mitigate it.
-  **Follow-up** to discuss what actions you took, what worked, and what can be improved.
-  **Build** on your efforts.
-  **Keep consciously and actively improving!**