

What is Ageism?

Ageism is a dislike for, prejudice against, or discrimination towards people due to their age. Ageism can affect people at any age, and both young and old people can experience ageism.

Ageism sometimes intersects with other characteristics such as **misogyny**. For example, making rude remarks about an older woman's appearance would be both ageist and misogynistic.

What can Ageism look like?

Ageism can take many forms. This includes, but is not limited to:

Dismissing ideas: A younger student to a mature student: "No offence, but your ideas are a bit old-fashioned for this project."

Social exclusion: A group of students joking about a mature student needing a "nap" and not inviting them to a social event.

Tech assumptions: A student saying to a mature student, "Do you even know how to use that app?" with a condescending tone.

Underestimating ability: A student to a younger peer: "You're way too young to handle a complex task like this."

Age-based jokes: Students making fun of a mature student for being "slow" or a younger student for being "immature."

Excluding from groups: Younger students forming a group and saying, "We need people who get our references," implying a mature student wouldn't.

Condescending language: A younger student using overly simplistic language when explaining something to a mature student.

Support on Ageism

If you think you have experienced ageism you can get advice from the Equality & Diversity Specialist by contacting equalityanddiversity@cambria.ac.uk

There are organisations and groups that can offer support on ageism:

[Age UK](#)
[Centre for Ageing Better](#)
[Age Without Limits](#)