

We Are All Aging Let's End Ageism

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thischairrocks.com | [@thischairrocks](https://twitter.com/thischairrocks) | yoisthisageist.com

oldschool.info

OLD

Most of us won't live in nursing homes.

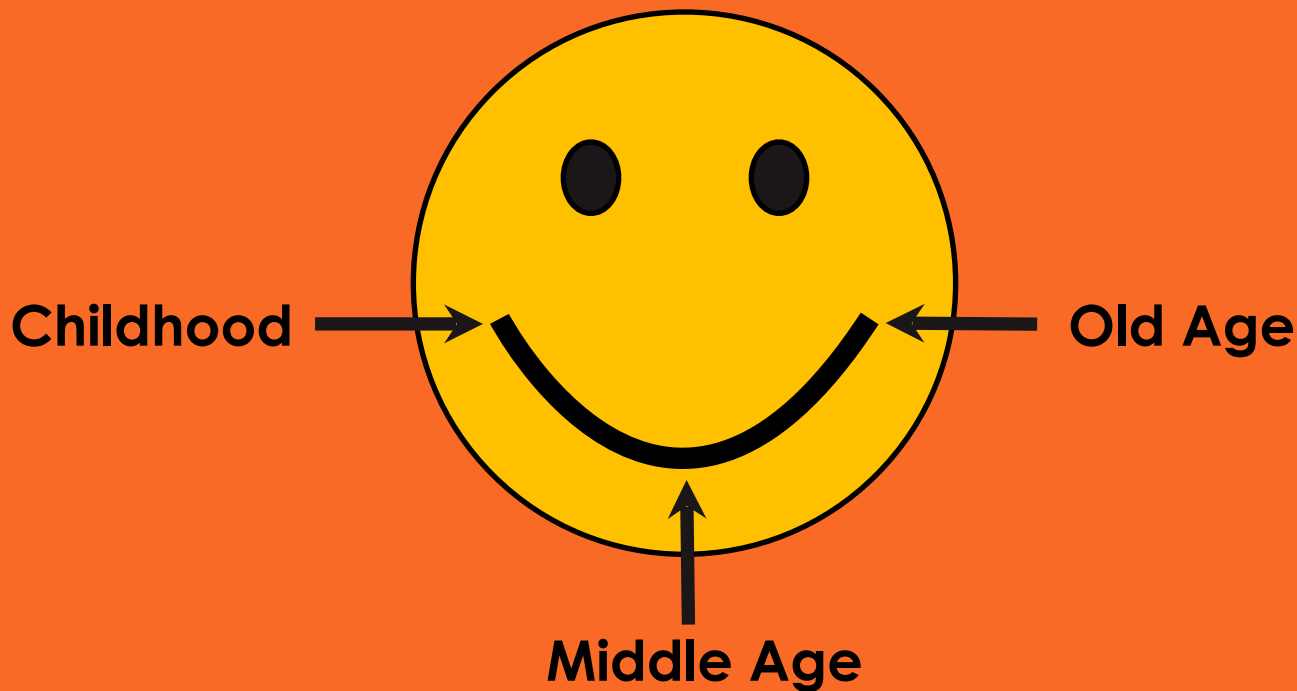


2.5% of the 65+
population

8 out of 9 brains will hang in just fine.

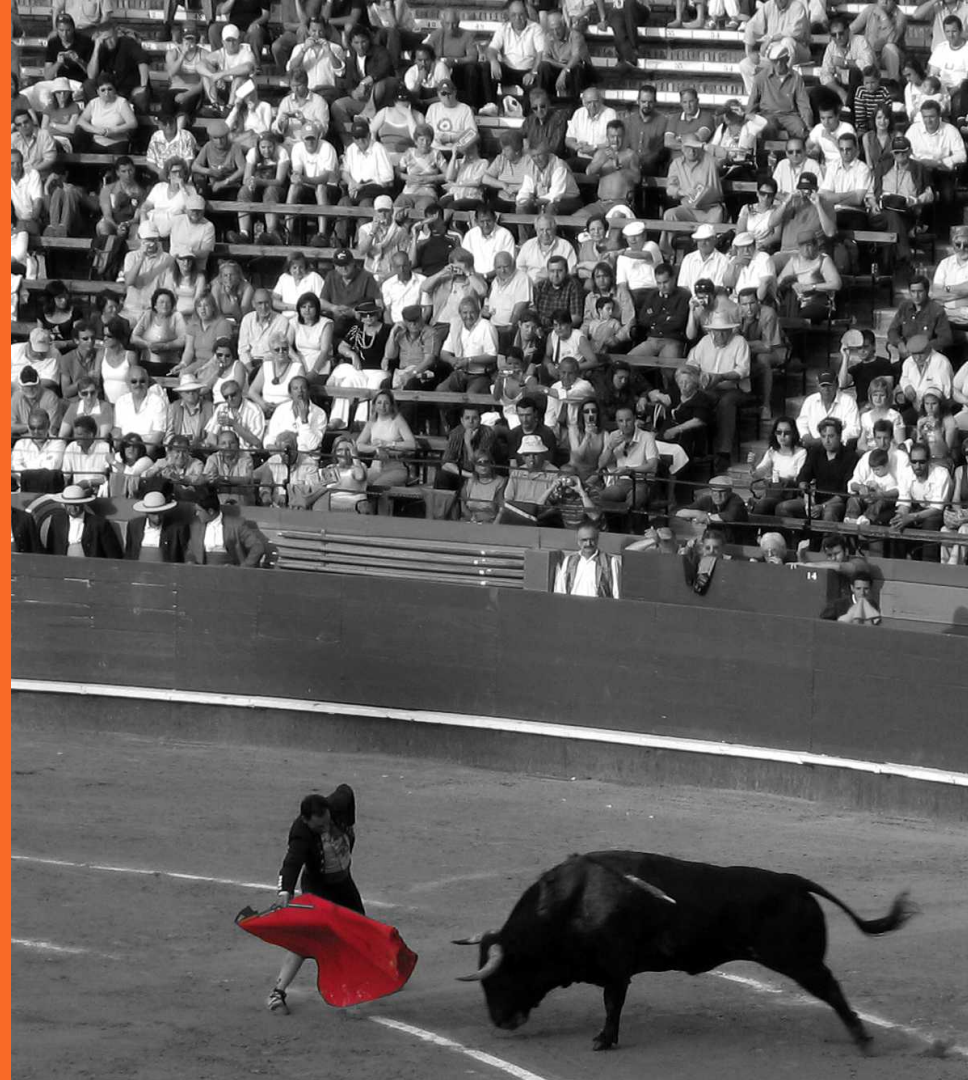


Most of us will be happier.



**The more you know about
growing older, the better it looks.**

The bull looks different.
The bull looks different.



Ageism:

discrimination and stereotyping
on the basis of age

**Prejudice isn't about biology.
It's about power.**

RACISM

HOMOPHOBIA

**Prejudice pits us
against each other.**

NATIONALISM

SEXISM

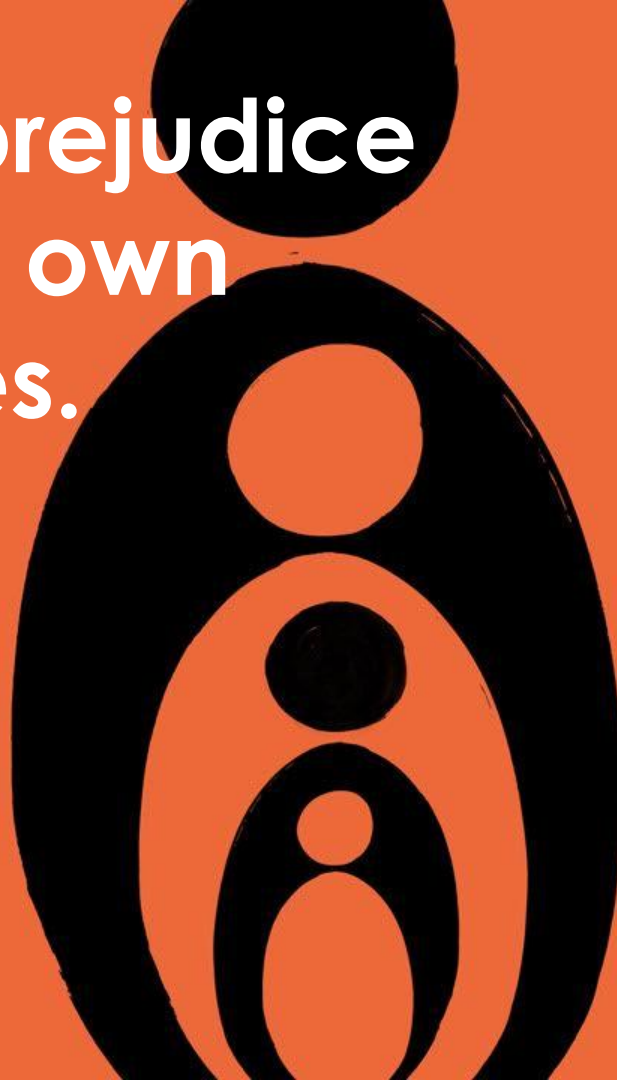
ABLEISM

The background is a solid orange color. It is decorated with several circles of different sizes in two shades of brown: a medium brown and a darker brown. The circles are scattered across the frame, with some partially cut off by the edges. The text "We are all ageist." is centered in a white, sans-serif font.

We are all ageist.

**Unlearning is hard, especially
when it comes to values.**

**Ageism is prejudice
against our own
future selves.**



**Discrimination is the problem.
Not aging.**

**Ageism cuts
work lives short.**





Ageism harms our health.

**Ageist myths and stereotypes
affect cognition.**



**Ageism disproportionately
affects women.**

The image features a Venn diagram with two overlapping circles on an orange background. The left circle is dark brown and empty. The right circle is also dark brown but contains the word 'AGEISM' at the top and 'SEXISM' at the bottom. The text 'Ageism disproportionately affects women.' is centered in the overlapping area of the two circles.

AGEISM

SEXISM

Ageism feeds ableism
(prejudice against
people with disabilities),
and vice versa.



**Ageism
legitimizes
abuse.**



**Ageism makes it harder to make
good end-of-life decisions.**

A black and white photograph showing the profiles of an elderly woman on the left and a young woman on the right. They are facing each other very closely, with their foreheads nearly touching. The elderly woman has short, light-colored hair and visible wrinkles. The young woman has long, dark hair tied back. Both are shirtless. The background is a plain, light-colored wall.

Ageism segregates us.

**We have an
extraordinary opportunity.**

How do we get there?

- Tap into what we know: aging enriches us.
- Look more generously at each other, and at ourselves.
- Ask for help.
- Make friends of all ages.
- Join forces.



Old School

A hub for age
equity + ageism
awareness



[About](#) [Projects](#) [Learn](#) [Events](#) [School supplies](#) [Hire us](#) [Donate](#) [Contact](#)

- **About** - a small but mighty grassroots organization created to raise awareness of ageism and how to undo it
- **Projects** - a place to find and support anti-ageist initiatives
- **Learn** - the place to find all the best resources about ageism
- **Events** - a calendar of free, pro-age events
- Plus merch, testimonials, where to find us, and how to hire and donate to the Old School Hub

**Dismantling ageism
means supporting every
struggle for equal rights.**

**The movement to end ageism
must represent us all.**