



Reflection Activity

REFLECTION TOOL: ADULTISM IN YOUR PROGRAM

You have already reflected above on how Adultism shows up at work, at home, in schools, and in community spaces. In the space below, think through how common the different types of Adultism are in your own organization, program, or coalition:

TYPE	DESCRIPTION	HOW COMMON IS THIS TYPE (check one)	NOTES & EXAMPLES
Dysfunctional Rescuing	Helping young people on the assumption that they cannot help themselves, or helping youth in such a way that limits their ability to help themselves.	☐ Never ☐ Sometimes ☐ Often	
Blaming the Victim	Attributing the behavioral problems of young people solely to the youth themselves, without considering the context of young people's lives.	☐ Never ☐ Sometimes ☐ Often	
Avoiding Contact	The lack of regular social or professional contact with young people and the lack of effort to learn about youth and the environments in which they live.	☐ Never ☐ Sometimes ☐ Often	
Denial of Cultural Differences	Motivated by egalitarian ideals, in this case it involves "age-blind" approaches. The result is that youth are forced to adapt to the norms of adult culture because it is the "right culture," and their own cultural practices are seen as inferior or incorrect.	☐ Never ☐ Sometimes ☐ Often	
Denial of the Political Significance of Adultism	A lack of understanding or denial of the social, political, and economic realities of young people. It also involves discounting the fact that young people are often not treated "as equals" and don't have many of the same rights and privileges as adults.	☐ Never ☐ Sometimes ☐ Often	

PLANNING TOOL: IMPLEMENTING CARING BEHAVIORS

From the list above, choose one of the ways that Adultism shows up most often, or most egregiously in your work. Review the list of Caring Behaviors. What are some Caring Behaviors you, and other people who hold power in your organization, can implement to push back against Adultism and create safe, and celebratory spaces for youth participants? Make your notes below:

1 Examples of Adultism in my program:

Caring behaviors we will implement in response:

2 Examples of Adultism in my program:

Caring behaviors we will implement in response:

3 Examples of Adultism in my program:

Caring behaviors we will implement in response: