





# Activity:

## Recognizing adultism

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**Purpose** To recognize where adults have more power than youth and unpack stories about the resulting experiences.
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**Audience** Teams of students and adults, or teams of adults. Ideal for groups of 15 or fewer or break larger groups into small teams
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**Suggested Time** 20-30 minutes
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**Materials** Sticky notes and markers or electronic equivalent (

| Topic (minutes)                | Details  |
|--------------------------------|--|
| Introduction (1 min)           | Introduce the activity and revisit any group agreements or norms for the space   |
| Brainstorm examples (5-10 min) | <p>Ask the question, “How are adults given more power than young people in ___(our school/district/organization/activity)”</p> <p>Ask for or provide two examples for the whole group.</p> <p>Then, participants individually write down as many ideas as they can in two minutes. If you are using an electronic medium, answers will automatically populate the screen. If you are using sticky notes, ask everyone to post them in a common area.</p>   |
| Sort examples (5-10 min)       | As a group, sort the ideas into categories. Make sure the ideas are read aloud so everyone may hear.   |
| Discuss and reflect            | <p>Ask students to share stories related to a category or sticky note. Use questions such as, “Tell us about an experience you had when adults had the power related to one of these categories. When was it? What happened? What was the impact? How did you feel?” Sharing should be optional.</p> <p>Ask adults to share their reflection on the question: “What beliefs, mindsets or biases do I need to further explore as I consider partnering with students?”</p> <p>Further discuss as appropriate.</p> |

# Brainstorm example (before sorting)

Sample:

