



Preparing Youth for Time with Older People

It's a good idea to prepare students before they spend time with older people. Many children (and adults!) have negative images of older adults that result in many fears.

Let young people know that you have invited older adults to participate in a program you are doing.

- Let the students know that they will be working in small groups with pairs of older adults and four to five students.
- Go over any rules and behavior expectations you have for the time together
- On the board make three columns: Mostly Children, Mostly Older People and Both Youth and Older People
- Have each person think back to their earliest memory involving an older adult. Ask the what the activity was. As a class determine if the activity is just for young people, for both young people and older adults, or for only children – and fill in the chart accordingly. See below for some examples...
- Validate anyone who had a negative experience and give them hope that your upcoming time together with older people will be positive. Address any negative stereotypes.
- When the list is finished, children should realize that they have more in common with older adults than they thought.
- Share that you are certain that in the coming program, you will learn so much more together – and have fun while you do it!

Learning about Each Other

| Mostly Children | Both Older Adults and Children | Mostly Older Adults |
|---|--|---------------------|
| Spend all day in school Trick or Treat | Go to the park Learn Fish Cook Read Go to the beach | Drive |