

Video 2 'Break free from ageism', HelpAge International

[Text on screen]

[1] Ageism is beliefs we have about people because of their age

[2] Change your filters

[3] Ageism is assumptions we make about people because of their age

[4] Take a different view

[5] Ageism is labels we give people because of their age

[6] Break free from prejudice

[7] Ageism is assumptions we make about people because of their age

[8] See the whole picture