



Connecting Generations

Tackling Ageism Through ANZAC

Event Guide

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Introduction

Connecting Generations: Tackling Ageism Through ANZAC

This event is part of Global Intergenerational Week (24th – 30th April), an international initiative dedicated to fostering intergenerational connections and breaking down barriers between age groups. During this week, communities around the world come together to celebrate the value of shared experiences, knowledge, and support across generations.

ANZAC Day, observed on April 25th, is an important day of remembrance for those who served in the armed forces in New Zealand and Australia. Over the years, we've seen more young people attending ANZAC Day dawn services, which is a wonderful sign of growing respect for past generations. However, while we honour this significant day, it's equally important to consider how we can foster and maintain connections before and after ANZAC Day itself.

This year, Day 2's theme of Global Intergenerational Week (April 25th) is "Let's Challenge Ageism." What better way to incorporate this theme into ANZAC Day than by creating opportunities for generations to come together, share stories, and engage in meaningful activities? By doing so, we can break down stereotypes, foster a lasting understanding between age groups, and build a society where people of all ages are valued, respected, and celebrated.

This event guide aims to provide a simple, accessible framework for organising intergenerational activities that can connect people of all ages, celebrate ANZAC Day, and challenge ageism. By participating, we hope to foster lasting connections that go beyond this event and continue to build respect and understanding across generations.





Understanding Ageism

Ageism refers to stereotypes, prejudices, and discrimination based on a person's age. It can affect people of all ages—whether it's youth being stereotyped as inexperienced, or older generations being viewed as incapable or out of touch. These attitudes create divisions, limit opportunities, and prevent people from truly connecting and learning from each other.

The focus of this event is to directly challenge ageist stereotypes by bringing people of different generations together in meaningful ways. No better day to do this than ANZAC Day, when we reflect on the sacrifices of those who served and honour the courage and resilience of past generations. By fostering intergenerational connections, we break down preconceived notions and create an environment where people of all ages can learn, share, and grow together. This is the perfect occasion to bridge the gap between age groups, fostering connections that not only honour the past but also build a more inclusive and forward-thinking future.

How This Event Helps Challenge Ageism

By creating opportunities for people from different generations to engage in creative activities and share stories, this event encourages empathy, mutual respect, and understanding. Through this shared experience, participants can see beyond age and recognise the value each generation brings to the table.

The event offers older generations the chance to share their wisdom and experiences, while younger generations contribute fresh perspectives and energy. This reciprocal exchange fosters a culture of respect and understanding, where each generation is valued for what they can offer, and meaningful connections are made across age groups.

The Benefits of Breaking Down Ageism

- **Increased Understanding and Respect:** By participating in intergenerational activities, participants develop a deeper understanding of the challenges, experiences, and perspectives of people from different age groups. This encourages respect and reduces prejudice.
- **Stronger Communities:** When generations come together, they build stronger communities. Intergenerational connections allow for the sharing of resources, ideas, and support, creating more cohesive and supportive environments.
- **Enhanced Mental and Emotional Wellbeing:** Intergenerational interactions help combat feelings of loneliness and isolation, particularly in older adults. It also helps younger generations develop a greater sense of social responsibility and emotional intelligence.
- **Learning and Knowledge Exchange:** Each generation holds unique knowledge, skills, and experiences. By facilitating these connections, participants have the opportunity to share and learn from each other—whether through stories, skills, or traditions. This helps to preserve cultural heritage and provides a deeper understanding of the past.
- **Challenging Stereotypes:** Ageist stereotypes often go unchallenged, leading to misconceptions about what people of different ages can do. By creating opportunities for intergenerational interactions, this event will directly challenge and counter these stereotypes, promoting a more inclusive and accepting society.



Event Overview

This intergenerational event is designed to bring together individuals of all ages to celebrate ANZAC Day while addressing ageism. ANZAC Day represents remembrance, unity, and respect for the sacrifices made by generations before us. By fostering intergenerational connections, we not only honour those who served but also challenge ageist attitudes, allowing for greater understanding and appreciation between generations.

The goal is for participants of all ages—young and old—to engage in meaningful activities that promote the sharing of stories, experiences, and skills. This event encourages communities to connect, collaborate, and build lasting relationships across generations.

Why Participate?

- **For Young People:** ANZAC Day offers the opportunity to connect with older generations, learn about their experiences, and hear firsthand stories from those who lived through pivotal moments in history. This helps youth understand the importance of remembrance and builds empathy by encouraging them to see older generations as valuable sources of wisdom.
- **For Older Generations:** Older adults can share their life experiences, impart wisdom, and be actively engaged with the younger generation. This also helps combat isolation, providing a sense of purpose and value. It offers an opportunity for older adults to feel appreciated and respected.
- **For Youth Organisations (Scouts, Guides, etc.):** This initiative aligns with the core values of many youth organisations, promoting respect, community engagement, and the development of important skills, such as leadership, cooperation, and community service. Youth groups can incorporate this event as part of badge work or other programmes.
- **For Community Groups (RSA, local groups, etc.):** Participating in this event strengthens community ties, reduces stereotypes, and encourages ongoing intergenerational interactions. It also enhances the inclusivity and diversity of the group.



Event Activities

The activities below can be adapted depending on your local community's needs, available resources, and the participants' interests. We've included a variety of ideas that can be tailored to suit your specific group.

On the following page, you'll find linked tutorials and additional information that provide step-by-step guidance and support for each activity. These resources will help you bring the event to life, ensuring that everyone can participate in a meaningful and engaging way.

Creative Activities:

- **Making Poppies or Wreaths:** Work together to make poppies or wreaths that will be used for the ANZAC Day commemorations. These creations represent remembrance and can be shared with the community
- **Baking ANZAC Biscuits:** Invite all generations to bake ANZAC biscuits together, sharing recipes, stories, and techniques across age groups. The biscuits can be distributed as a symbol of unity on ANZAC Day.

Storytelling and Memory Sharing:

- Have older participants share their experiences of ANZAC Day or their personal stories related to family members who served. Younger generations can ask questions and listen to these stories, creating a meaningful exchange of knowledge and experiences.

Collaborative Projects:

- **Community Remembrance Wall:** Create a community remembrance wall where participants of all ages can add photos, messages, or names of people they wish to remember. This can be a powerful way to reflect on the importance of ANZAC Day and the connections between generations.
- **Letter to Future Generations:** Participants can write letters that express their thoughts on ANZAC Day and their hopes for future generations. These can be shared during the event or kept for future reflection.

Intergenerational Discussions:

- Organise a discussion or panel that explores the meaning of ANZAC Day across generations. This can include conversations about how the day has been commemorated in the past and how it can continue to evolve while promoting age inclusion.





ANZAC Day Commemorations

This resource provides a range of tutorials for making poppies, wreaths, and ANZAC biscuits, along with general ANZAC Day information.

Feel free to create or source your own based on the resources you have available.

ANZAC Day Activities – Resource Links

Make Your Own Poppies –

Craft tutorials for different materials

- [How to make an Anzac Day memorial poppy](#)
- [Poppy Flower finger painting](#)
- [Anzac Day poppy craft made from paper plates](#)
- [Poppies to make for Anzac Day](#)



ANZAC Wreath Making –

Step-by-step guides using natural or craft materials

- [Make A Family ANZAC Day Wreath](#)
- [How to make a poppy wreath for Anzac Day](#)
- [Wreaths to make for Anzac Day](#)
- [Make a Wreath from Nature](#)

ANZAC Biscuit Recipes –

Traditional and modern variations

- [Chewy Anzac Biscuits](#)
- [Anzac biscuits](#)
- [15 of our best Anzac biscuit recipes](#)
- [Quick and easy Anzac biscuits recipe](#)



ANZAC Day –

Additional and background information

- [RSA Anzac Day Resources](#)
- [New Zealand History – Anzac Day Resources](#)
- [Te Papa – Anzacs of Aotearoa New Zealand](#)
- [Australian Government – Anzac Portal](#)

 Choose the activity that best suits your group and available materials.



How to Organise

To ensure the success of your intergenerational event, there are a few key steps to consider, no matter who you are, whether part of a local RSA branch, Scouts unit, Guides group, a school, or an individual wanting to host or participate in the event. Here's a simple guide to get started:

1. Reach Out & Engage with Others:

- **Collaborate and Invite:** Start by connecting with local organisations such as RSA branches, Scouts, Guides, schools, or any other community groups. When reaching out, explain the purpose of the event and how their participation will help foster connections and challenge ageism.
- **Start Local, Think National:** While your event may start small, think about how it could expand. If you're part of a larger organisation, consider asking for support to promote and grow the event nationwide.

2. Select and Plan Your Activities:

- **Tailor Activities to Your Group:** Choose activities that will engage both younger and older generations. Whether it's baking ANZAC biscuits, sharing stories, or creating remembrance wreaths, make sure the activities are suited to your group's interests and abilities.
- **Adjust for Accessibility:** Consider any accessibility needs, making sure everyone, regardless of ability or age, can comfortably participate in all activities.

3. Choose the Right Venue and Time:

- **Indoor or Outdoor:** Decide whether your event will be indoors or outdoors based on the activities you've planned. If you're creating a community remembrance wall or doing arts and crafts like wreath-making, an indoor venue may be ideal. Outdoor spaces might work for group activities but consider the weather and accessibility.
- **Location Matters:** Choose a venue that is easily accessible and comfortable for all participants. This could be a community hall, local school, park, or other suitable space that can accommodate your activities.
- **Timing and Flexibility:** The timing of the event is crucial, as it's designed to bring generations together before ANZAC Day. Consider scheduling your event a few days in advance to allow participants time to reflect and connect. Be flexible with the timing and day of the event to ensure as many people as possible can participate. A range of options will help include different schedules and availability.

- **Encourage Post-Event Engagement on ANZAC Day:** After the pre-ANZAC event, encourage participants to join local ANZAC Day services or engage in other commemorative activities to continue the connections made during the event.

4. Assign Roles & Responsibilities

- **Delegate Tasks:** Assign roles to organisers, volunteers, or participants to ensure the event runs smoothly. Roles might include facilitators, activity leaders, speakers, or someone to document the event through photos or notes.
- **Encourage Collaboration:** Consider pairing younger and older participants to co-lead certain activities, fostering deeper intergenerational connections.
- **Ensure Support is Available:** Have designated helpers to assist with accessibility needs, technology (if applicable), or general event coordination.

5. Prepare Materials and Resources

- **Gather Supplies:** Ensure you have all necessary materials for the planned activities, such as craft supplies, storytelling prompts, or printed discussion guides.
- **Use the Resource Links:** The resource links shared earlier include tutorials and additional information to support your event planning. Be sure to refer to these to enhance engagement and ensure accessibility for all participants.
- **Plan for Documentation:** If appropriate, document the event through photos, videos, or written reflections (with participants' permission) to share on social media or with your organisation.

6. Promote Your Event:

- **Spread the Word:** Use social media, community boards, and word-of-mouth to promote the event within your local community. This will help increase participation and create excitement around the initiative.
- **Use Hashtags:** When promoting your event online, remember to use the hashtags *#GIW25* and *#genconnectnz*. This will help us track the events across different platforms and enable us to share and celebrate the stories and connections made through this initiative.
- **Highlight the Intergenerational Aspect:** Emphasise the focus on bringing generations together, breaking down ageist attitudes, and fostering unity. This can be part of your promotional material and messaging.



7. Health and Safety:

- **Consider Accessibility Needs:** Ensure that your venue and activities are accessible to everyone, including those with mobility challenges, visual or hearing impairments, or any other special needs. It's important to provide a welcoming and inclusive environment for all participants, regardless of age or ability.

- **Risk Assessment:** Conduct a risk assessment of your chosen venue and activities, considering factors such as the size of the space, safety of equipment, and any potential hazards. This will help you create a safe environment for everyone involved.
- **First Aid:** Ensure that basic first aid provisions are available, especially if you're involving younger participants in physical activities. Designate a first aid point or person, and make sure everyone knows where it is.

8. Use the Event to Challenge Ageism

- **Promote Respect:** Ensure that all participants feel heard and valued, regardless of age. Encourage younger attendees to listen to the experiences of older generations while also providing space for younger voices to be heard. Mutual respect is key to breaking down stereotypes and fostering meaningful connections.
- **Engage in Dialogue:** Consider hosting a structured discussion or Q&A session that explores ANZAC Day's meaning across generations and addresses ageism. Suggested discussion topics include:
 - How has the commemoration of ANZAC Day changed over time?
 - What lessons can different generations learn from each other about service, resilience, and remembrance?
 - How can we continue to challenge age-related stereotypes in our everyday lives?
- **Encourage Shared Experiences:** Engaging in activities together—whether it's storytelling, creative projects, or community service—helps break down barriers and build mutual understanding. Encourage participants to reflect on what they have learned from one another and highlight the importance of seeing people for their experiences and contributions rather than their age.
- **Make the Theme of Ageism Visible:** Incorporate ageism awareness into your event by sharing facts about age-related stereotypes, common misconceptions, and practical ways to challenge bias. Use posters, social media, or discussion prompts to ensure this remains a key focus of the event.

By actively challenging ageism through intergenerational engagement, this event helps create a society where people of all ages are valued and included.



9. Follow Up and Share Your Story:

- **Document the Event:** Capture the event with photos or video clips and share them on social media or with local media to inspire others and showcase the intergenerational connections made.
- **Report Back:** After the event, let us know how it went! Share your feedback, success stories, and challenges with us, and let us know how we can continue to support future intergenerational initiatives.

Next Steps

Plan Your Event:

- Use the suggestions in this guide to design your local event. Choose activities that best suit your community, and remember that you can name your event in a way that resonates with your group.

Promote Your Event:

- Use social media, community boards, and word-of-mouth to spread the word. Be sure to highlight the intergenerational connection and the significance of ANZAC Day. Don't forget to use the hashtags #GIW25 and #genconnectnz so we can share and celebrate your efforts!

Get Support:

- We're here to help! If you need guidance, resources, or ideas, don't hesitate to reach out. We want to ensure your event is a success and offer any support you need to make it happen.

✉ Contact Us: info@genconnectnz.org

🌐 Website: www.genconnectnz.org

📺 Use the Hashtags: #GIW25 | #genconnectnz

📱 Follow & Tag Us:   



Let Us Know:

If you're planning or hosting an event, please let us know! We'd love to hear about it and celebrate your efforts. Your stories and updates inspire others, and we're excited to support you along the way.

This event is just the beginning! We are committed to fostering more intergenerational connections beyond ANZAC Day and throughout the year. Follow us on social media to stay updated on future initiatives, get inspired by stories from around the country, and discover more ways to connect across generations. Together, we can continue breaking down ageist barriers and strengthening our communities.

Closing Note

This initiative is a meaningful way to honour ANZAC Day while fostering deeper connections between generations. By taking part, you're helping to break down ageist barriers, strengthen community bonds, and create lasting relationships.

Thank you for being part of this important movement—we can't wait to see the impact you make!