

Adultification aware

Adultification is seeing children as adults.

Adultification is most commonly associated with black girls. It happens when a child is given less nurturing, less protection, less support and less comfort by professionals. Some children are forced into being more adult because of their context;

- taking responsibility for siblings
- taking the place of a missing parent
- making decisions for their family
- having life experience way beyond their chronological age
- being exploited by people who play into a desire to be adult by giving them responsibility and jobs.

It may also be that some children are deemed older than they are through unconscious bias. It can also happen with boys and children of any ethnicity.

Please... even if I'm resistant, what I need you to do is...



Recognise that I am a child

Don't treat me as an adult, support me as a child

Speak to me in ways appropriate to my age

Hear my story, give me a voice

See (don't overlook) my vulnerability

Notice if I self-harm

Help me

Change my experience

Examine your own bias, and how you may be projecting onto me

Inform yourself and others to adultification

Call it out if you see adultification and racism from other professionals

Read about Child Q