



LESSON # 2- STIGMA

MATERIALS:

- Projector or smart board to display PowerPoint
- Stigma Survey
- Work sheet and Information sheet for 'How to Help a Friend Experiencing Overwhelming Feelings'

**** Background information on the following lessons and other mental health information can be found here:

<https://mhlcurriculum.org/wp-content/uploads/2018/11/final-teacher-knowledge-update.pdf>

1. STIGMA SURVEY

- Begin lesson by having students complete the Stigma Survey – they should complete the survey and then leave it to discuss later in the lesson
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2. POWER POINT

- have students refer to their responses from lesson #1 on what comes to mind when they think of someone with a mental illness
- ask students if there are any points that they wrote about people with a mental illness that they would **not** write now?
- show short video on slide #2 – some guiding questions could be:
 - a. What stands out in this short video?
 - b. What is the message from this video?



- define Stigma – try to produce the definition as a class and then show the definition
 - discuss how stigma most likely contributed to the ideas they wrote about someone with a mental illness
- show stigma video on slide #4 and then put into partners to answer questions about stigma (questions are on slide #5).
 - return as a large group and have partners share their answers

3. DISCUSS SURVEYS FROM BEGINNING OF LESSON

1. People should **not** get help for mental illness. **Answer: the sooner someone gets help, the better the outcomes typically will be (like physical illness)**
2. When you have a mental illness, you will never get better. **Answer: You cannot cure most mental illnesses, but if the person follows their treatment plan, they can have good mental health (even though they have a mental illness)**
3. Medicine should not be used to treat mental illness. **Answer: This can be a personal/family decision. Sometimes it depends on the type of mental illness. illnesses like anxiety and depression can be managed without medication (and yet some people do much better with medication). Some of the other mental illnesses such as bipolar disorder or Schizophrenia may need medication to manage properly.**
4. You can tell that someone has a mental illness by looking them. **Answer: People must share that they have a mental illness for other people to know (especially if they are managing their illness well). Sometimes due to signs you may think something doesn't seem right, but you won't know for sure that the person has a mental illness unless they tell you.**
5. Researching symptoms on the internet is a good way to determine a diagnosis. **Answer: People should not diagnose themselves or others – only doctors, psychiatrists and psychologists can diagnose.**
6. Mental illness usually only happens to bad people. **Answer: Mental illness does not discriminate. It can happen to anyone regardless of income or socioeconomic status.**



7. People with a mental illness are usually violent or dangerous. **Answer: People with mental illness can be violent or dangerous, just like people without mental illness can be violent or dangerous. People with mental illness are much more likely to be victims of violence than they are to be the perpetrators – including bullying.**
 8. You would be friends with a person mental illness
 9. People with mental illness should just get over it. **Answer: People need help to manage their mental illness and it is not something someone can just get over. It's like telling someone to just get over their asthma.**
 10. People with mental illness cannot be successful. **Answer: Some of the greatest achievers in our society have mental illness. Mental illness does not have to hold you back. You could even make an assignment out of this question and have students research and report back on a famous person who had/has mental illness.**
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4. VIDEO

- Show video ***We All Have Mental Health*** slide #6 and then hand out work sheet and Information sheet for *How to Help a Friend Experiencing Overwhelming Feelings*
 - students will complete handout and if time, discuss as a class. If not, discuss at the beginning of next lesson. **IT IS REALLY IMPORTANT THAT STUDENTS KNOW WHEN TO ASK AN ADULT FOR HELP!!**

