



DAY #2 – STIGMA AND HOW IT AFFECTS MENTAL HEALTH

MATERIALS:

- Projector to play videos
- Poster board, markers, or magazines (for posters or collages)

Access the link below for information on Mental Disorders:

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

1. WHAT IS STIGMA?

- Begin lesson by brainstorming what Stigma is.
- Show Video: Stop the Stigma
<https://www.youtube.com/watch?v=DWaOsPiv-gw> 3:20
- Teacher can say: “Now that we know that stigma can come in very different forms and

creates hate, builds barriers, breaks hearts, bullies, condemns, judges and shames, write down or tell a classmate one thing that you can do in your life to help prevent stigma.”

2. HOW STIGMA AFFECTS MENTAL HEALTH

- Show video: <https://www.youtube.com/watch?v=49mfPFTZsHs> 2:16
- Discussion questions:
 - What do you think created stigma around mental health?
 - Fear
 - Lack of understanding about mental illness was/is
 - What did they used to do with people who were showing symptoms of mental illness?



- Sent them away, usually to Asylums
- What are some of the changes the video suggested we could do in order to help stop stigma?
 - Stop labelling people
 - Have constructive conversations around mental health
 - Using empowering words instead of negative ones like “crazy” or “nuts”

SUGGESTED END ACTIVITY:

Have students design STOP stigma posters, collages or wordle using the information they have learned. Put posters/collages up around the classroom or school.

Teacher Knowledge

It is important that students understand that stigma is the biggest reason why people do not reach out for help. It has been reported that the stigma around mental illness can be worse than the illness itself.

Referring back to the second video, our goal as a society is to have everyone understand that Health is an umbrella term in which both mental and physical health fall under. Therefore, just like we can get physically ill, we can also become mentally ill and there are treatments available for both.

Optional Activity:

Watch a video or two about a lived experience with mental illness and stigma. You can find the videos here: <https://stigmafreesociety.com/stories-of-stigma/>

