



Mental Health Awareness Week

Stressors and Stigma



Grades 5-8

BREAK THE STIGMA

Time: 15 minutes

Materials: “Break the Stigma” YouTube Video: [sdsfec.org/MHAW-T2](https://www.sdsec.org/MHAW-T2)

Directions:

Ask students if they know the word “stigma.” Chances are, they won’t. Stigma is feeling that a group of people have disapproval or negative thoughts about something. Often there is a stigma around mental health, and because of this, people are uncomfortable talking about it.

Watch the YouTube Video “Break the Stigma.”

As a class or in small groups, brainstorm ways that students can support their friends and others if they are not feeling mentally healthy. What could they say? What could they do?

