



Mental Health Awareness Week

Stressors and Stigma



Grades 9-12

REDUCING STIGMA

Time: 15 -30 minutes

Materials: “Reducing Stigma” YouTube Video: sdsfec.org/MHAW-T3, paper shape cutouts (optional)

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 “Reducing Stigma.”

As a class, in small groups, or individually, make a list of the ways that students can help themselves and help their the school community be more accepting of others, including those who are struggling with mental health. What could they say? What could they do?

Ask students to commit to one thing they can start doing right now. An optional extension is to cut out shapes and ask students to write their commitments on them. Post them somewhere that others can see.

I WILL ASK "ARE YOU OKAY" WHEN I'M WORRIED ABOUT A FRIEND.