

Information About the Virtual Stigma-Free School Program

What is the Stigma-Free Society?

The **Stigma-Free Society** is a Vancouver-based Registered Charity committed to combating stigma of all kinds, with a focus on the stigma around mental health. The Society fosters programs based on education, support and leadership that cultivates, encourages and educates diverse communities to be more inclusive and compassionate through awareness and understanding.

The Society's goal is to create **AWARENESS** of the various stigmas that exist in the world, develop an **UNDERSTANDING** of the challenges that numerous people face, and encourage all people to foster **ACCEPTANCE** of themselves and others.

What is the Virtual Stigma-Free School Program?

This **NEW Virtual Stigma-Free School program** is an adapted version of our well-known in-person program that has been running for **10+ years** and has reached **50,000+ students** across British Columbia, Canada. In our virtual version, educators and school counsellors receive access to our documentary-style videos about mental health and the elimination of stigma, a complete how-to guide, and lesson plans for educators. Classrooms and schools can then invite Stigma-Free Society Staff to conduct Virtual Q&A Session Presentations where Presenters discuss their own story briefly and conduct a Q&A with students about mental health and documentary learnings for up to 30 minutes.

The Virtual Stigma-Free School Program includes:

- **Pre-Lesson Planning** that educators or school counsellors can use before the day of the Interactive Q&A session;
- **Documentary-style videos** that show personal stories, educate about stigma and mental health, and offer inspiration to students.
- **A Step-by-Step Guide for Educators** that includes guiding questions about each documentary-style video to help them with ideas on how to best discuss the videos and prepare for the Interactive Q&A session;
- **A document containing Stigma-Free Activities** that will help students continue the conversation on stigma and mental health throughout the year.
- **Information about our amazing Stigma-Free Presenters.** All of our presenters have personal experience with mental health.

Please go [HERE](#) for more information or email info@stigmafreesociety.com to book your presentation.

