

# Information About the Virtual Stigma-Free Presentations

## 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 programming based on education, support and leadership. This programming cultivates, encourages and educates diverse communities on how 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 are the Virtual Stigma-Free School Presentations?

This **NEW Virtual Stigma-Free Presentations 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 45-minute to 1-hour Virtual School Presentations where presenters share their personal stories through an online platform, offer knowledge on the topic of mental health and stigma and conduct a Q&A session with students.

## The Virtual Stigma-Free Presentations program includes:

- **Pre-Presentation Lesson Plans** that educators or school counsellors can use before the day of the presentation to introduce students to the concepts being discussed;
- **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;
- **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](mailto:info@stigmafreesociety.com)** to book your presentation.

