

Step-by-Step Educator's Guide for the Virtual Presentation

Overview and Purpose of the Guide

This step-by-step, comprehensive Educator Guide makes the process for the Virtual Stigma-Free Presentations EASY for educators and school counsellors. Simply follow each step provided below. You will learn how to book your presentation and what you can do to prepare for your presentation by introducing students to the concepts of mental health and stigma. You will also receive instruction on how you can use the Stories of Stigma Documentary Videos and what to expect on the day that Stigma-Free Presenters visit your school or classroom.

Step-by-Step Process

1) Book Your Presentation: Before beginning this sequence of activities with your class, make sure to book a time for the presentation with your classroom or school. Email info@stigmafreesociety.com to book today! Find information about the presenters [HERE](#).

2) Preparation for the Virtual Stigma-Free Presentations Program: To make sure students are informed on the topics of mental health and stigma prior to the presentation, we recommend watching the Stories of Stigma Documentaries featured on the Virtual Stigma-Free Presentation section of the Student Mental Health Toolkit. If you only pick 2 videos to watch with your class, we recommend Introduction/Mental Health and Celebrities' Mental Health (4:01) and Mental Health Education with Dr. Dana (5:56).

All videos can be found on [THIS PAGE](#).

You can also find guiding questions to accompany the videos at these links:

- a. [4-7 Guiding Questions for Stories of Stigma Documentaries](#)
- b. [8-12 Guiding Questions for Stories of Stigma Documentaries](#)

3) Preparation for the Virtual Stigma-Free Presentation: Before the day of your presentation, we suggest completing the "Pre-Presentation Lesson Plan." This can be found on the Virtual Stigma-Free Presentations Program section of the Student Mental Health Toolkit, or [HERE](#). This will help you introduce the concepts of mental health and stigma to your students.

Accommodations:

- o For students who are hard of hearing, you can turn the subtitles on during the videos and also during the presentation.



- **4) Virtual Stigma-Free Presentation:** Following the showing of the Documentary Videos and the completion of the lesson plan, your class or school will participate in a Live Stigma-Free Presentation with Stigma-Free Society Presenters. One presenter will provide education around mental health, mental illness and stigma and the other presenter will share their personal story. Presenters will also facilitate the Live Q&A at the end of the presentation to answer any questions that students may have. If you haven't already, email info@stigmafreesociety.com to book a session!

Presentations are 45-minutes and will follow this general outline:

- a. Introductions
- b. Education piece around mental health and mental illness using cartoon booklet
- c. Questions
- d. Personal story from a presenter sharing their experiences with mental health and stigma
- e. Questions & Conclusion

5) Information about becoming a Stigma-Free Zone: If you would like to continue working with the Stigma-Free Society, you can ask your students if they would like to take the steps to become a Stigma-Free Zone. You can find more information about this [HERE](#). Another great idea would be to encourage a group of passionate students to create a Stigma-Free Champion Club that holds events and fundraisers to support the Stigma-Free Society. Finally, if any students would like to share their personal story in a 2-3 minute video, whether it be about mental health and stigma, or not, encourage them to email info@stigmafreesociety.com for more information.

Find **additional activities** to complete with students at school about mental health, mental illness, and stigma [HERE](#).

