

# 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.

If you would like to do some preparation with your class before the presentation, simply follow the steps 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. Click [HERE](#) to book a presentation today!

**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

## Accommodations:

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



**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.

**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, book your presentation [HERE!](#)

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

1. Introductions
2. Education piece around mental health and mental illness using cartoon booklet
3. Questions
4. Personal story from a presenter sharing their experiences with mental health and stigma
5. Questions & Conclusion

**5. Use our debrief package:** Debrief with your students after the presentation to discuss what they’ve learned and to ensure they’re comfortable with the topics covered. Find it [HERE](#).

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

