

Debrief Package for Stigma-Free Presentations Program

The presentations delivered by the Stigma-Free presenters cover a range of topics from mental health and mental illness, to stigmas of all kinds. These topics might be new to your students or might elicit strong emotional responses and reactions. After the presentation has concluded, you may choose to take some time to debrief about these emotions or learnings with your students. In this document, you will find some activities you can implement and questions you can ask your students as they reflect on what they have learned about and how they feel.

Activity 1: Discuss Your Feelings.

Materials: Pencils and Post it Notes

Handout pieces of paper and on a flipchart write out: What feelings are coming up for you? Allow students to write out their emotions (can have emotions chart up). Collect the post it notes and then read them out with the group anonymously.

Activity 2: Brainstorm as a Group.

What is one thing that you can do when you feel ____? Normalize the feelings and explain how talking about emotions can be hard at first, but easier once you start to pay attention to how they are affecting you.

Activity 3: Trusted Adults.

Materials: Flipchart/Whiteboard

Pair students in groups have them come up with a list of “trusted adults”. Allow students to write out their answers and place them on a flipchart/whiteboard to review as a group.

Activity 4: Ways to Cope.

Allow students to draw/write or demonstrate a coping tool. Perhaps have a list of coping tools already handed out and ask students to pick one if they are comfortable doing so.

Activity 5: My Mental Health Collage.

Have a bunch of magazines on health and wellness and have students make a collage on their mental health and what they do to stay healthy.

Activity 6: Reflective Questions (done individually and then handed in with name):

- When talking about mental health what words come to mind?
- How would you access mental health services in your community?
- What would stop you from asking for help?
- Was there anything in that presentation that made you feel a certain challenging emotion? If so, what did you feel and why?
- Who do you feel safe talking to when you're having a hard time?

