

Guiding Questions for Stories of Stigma Documentaries

Grades 4-7

Use the guiding questions below as you watch each Documentary Video found [HERE](#). After each video, take a break and discuss what you have just watched with the class. These videos can be watched all in one day, or we recommend spreading them out over a few classes.

For the **Full Length Stigma-Free Documentary Video** that is not divided into parts, go [HERE](#).

Introduction/Mental Health and Celebrities' Mental Health

- What is stigma?
- What are some examples of stigmatized groups?
- What kind of stigma do you notice in your daily life? At school, for example.

Mental Health Education with Dr. Dana Wasserman

- What is Bipolar Disorder?
- What is Psychosis?
- What is Obsessive Compulsive Disorder?
- What is Generalized Anxiety Disorder?
- What stigma did Dr. Dana face?

Taking Care of Your Mental Health

- What can you do to take care of your mental health?
- What did you learn about quality sleep in this video?
- Why is there stigma around taking medication for mental health? How is it different from taking medication for a physical illness?

Maddie's Story

- Have you ever had any conflicts with your friends?
- How did these conflicts affect your emotions?

Kamal's Story

- What do you know about addiction?
- Are your ideas about addiction facts or stereotypes?

Mack's Story

- How was identity important in Mack's story?
- What message does Mack has for other transgender youth?
- What is a "chosen family" and why is it important?

Dave Richardson's Story

- What type of stigma did Dave face?
- How did Dave use the bad times he faced to improve himself and his life?



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Lucas' Story

- What did you learn about Autism Spectrum Disorder from Lucas?
- What strategy did Lucas use to help with his outbursts of anger?
- What has Lucas accomplished and what has he overcome?

Mac's Story

- What does non-binary mean?
- What is self-awareness? How can we develop this skill?
- What stigma did Mac face?
- What does Mac teach us about living Stigma-Free?

Living Stigma-Free

- How can you promote living Stigma-Free at school? How about in the community?
- What are some examples of stigmatizing language that you hear?
- What part of this series of videos stood out to you the most? What message was the most inspiring? Why?

Andrea's Story Part 1

- What barriers did Andrea have to overcome in order to graduate Grade 12?
- What was Andrea's experience of Bipolar Disorder?
- What could have happened if Andrea's friends did not tell the doctors to keep her at the hospital?

Andrea's Story Part 2

- How did Andrea's new roommate demonstrate compassion?
- What experience of depression does Andrea share?
- Why is it important to reach out for help? Who can you reach out to?
- How did Andrea's self-identity and self-awareness transform throughout her mental health journey?
- What does Andrea's story show about resilience and courage?

Living Stigma-Free

- How can you promote living Stigma-Free at school? How about in the community?
- What are some examples of stigmatizing language that we use and observe others using daily?
- What part of this series of videos stood out to you the most? What message was the most inspiring? Why?

