

Guiding Questions for Stories of Stigma Documentaries

Grades 8-12

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?
- Have you noticed mental illness being negatively represented in the media? What is an example?
- What is the impact of stigma?

Mental Health Education with Dr. Dana Wasserman

- What is Bipolar Disorder? What are all the elements of this disorder?
- What is Psychosis? Is it a disorder like other mental illnesses?
- What is Obsessive Compulsive Disorder?
- What is Generalized Anxiety Disorder?
- What stigma did Dr. Dana face? How was her self-identity affected?

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? How can you improve your current sleep routine?
- Why is there stigma around taking medication for mental health? How is it different from taking medication for a physical illness?

Maddie's Story

- What experiences have you had entering a new school?
- What can we do to combat loneliness?
- Have you ever experienced a similar conflict with your friends? What can we do to prevent or navigate conflict?

Kamal's Story

- What did you learn about addiction that you didn't know before from Kamal's story?
- Are your ideas about addiction facts or stereotypes?
- What can we do to combat the stigma we may hold about addiction?



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Mia's Story

- What short term and long term effects has trauma had on Mia's life?
- What is dissociation? How would you define Dissociative Identity Disorder after watching this video?
- What inspiring message can you learn from Mia's story?

Dave Richardson's Story

- What type of stigma did Dave face?
- What is self-stigma? How did it affect Dave?

Rowen's Story

- Rowen provides a safe space for the folks that he works with. How can you create a safe space within your classroom?
- What in your life provides you with a sense of belonging?

Mack's Story

- What is the "box" that Mack is referring to? How does this manifest in society?
- What fear did Mack have before coming out?
- What were the social and cultural influences that impacted Mack's identity? How did he come to embrace who he is?

Lucas' Story

- How did Lucas' self-identity develop from his diagnosis to how you see him in this video?
- How is society's view of those with a disability changing? In the workplace, for example.
- What inspiring message did Lucas's story leave you with?

Robyn's Story

- What do you do to cope when you are going through a difficult time?
- What does society tell us about alcohol? What are some of the realities around alcohol?

Sam Sullivan's Story

- How did the challenges that Sam faced affect his self-identity?
- What barriers of accessibility did Sam face? How did he overcome them?

Mac's Story

- How does Mac show resiliency through their story?
- How can we "take someone where they're at", as Mac says they do?
- What social factors affect Mac's relationship with their identity in their daily life?



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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?

