

Step-by-Step Educator's Guide for Presentations

Overview and Purpose of the Guide

This step-by-step, comprehensive Educator Guide makes the process for the 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 virtually or in-person.

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 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 Stigma-Free Presentation section of the Student Mental Health Toolkit.

All videos can be found on [THIS PAGE](#) along with guiding questions for students to accompany the videos.

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 Stigma-Free Presentation: Before the day of your presentation, we suggest completing the "Pre-Presentation Lesson Plan." This can be found on the Stigma-Free Presentations section of the Student Mental Health Toolkit. This will help you introduce the concepts of mental health and stigma to your students.



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4. 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 Stigma-Free Presentation with Stigma-Free Mental Health 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](#)!

Virtual presentations are 45-minutes, and in-person presentations are 1 hour long. Each session follows this general outline:

1. Introductions
2. Education piece around mental health and mental illness with slideshow
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 additional activities to complete with students at school about mental health, mental illness, and stigma [HERE](#).

Disclaimer: Please be aware that our presentations explore sensitive topics related to mental health, which may evoke strong emotions or discomfort for some students. We recommend that educators inform students in advance that this presentation will be taking place.

