



Bronze

Activity Plan



1.7 Stigma

Objective

Can I identify what stigma means in terms of mental health? Can I identify that everyone has their own struggles, regardless of their lifestyle/public perception?

Resources

Celebrity Fact File Handouts

Key Language

Stigma, Perception,

Introduction

(10 mins)

Introduce the concept of stigma. Ask the group what they believe stigma is. Give the example of somebody going to jail for stealing and the wider community would hold the stigma that the person was a bad person. However, that person may have stolen food to feed their starving family

Main teaching

(25 mins)

Split the group up into smaller teams of two or three. Hand out a celebrity fact file to each team. These fact files paint a positive picture of a person's life (includes earnings and achievements). Ask the groups to think of what could negatively impact these celebrities mental health.

(20 mins)

Bring the group back together. Discuss some of the ideas for each celebrity and explain that while we can't say for certain, these ideas could certainly affect the celebrity's emotional health. Explain that no matter how positive or good a person's life and circumstances may seem, we all have difficulties to deal with.

Plenary

(5 mins)

Ask the group for three things they've learned in this session, to consolidate knowledge.

Assessment

Ask the group to make notes of news stories that week that support their findings