

Reflection #9 – Stigma

As we work through our unit on Mental Health, we continue our awareness of the presence of stigma that surrounds this topic. In answering the following questions, I want you to consider the *Racing Thoughts* documentary, Paige Freeman’s TEDx talk, as well as your experience as a contributing member of society.

This assignment should be posted on the Reflections page of your eP. As always, if you would prefer to submit it to me privately, that is an option. I will be assessing this assignment using our Reflection Rubric.

- 1) What is stigma?
- 2) We have stated that stigma surrounding mental health is “socially constructed”. What does that mean, and why is it significant?
- 3) In what ways are mental illnesses stigmatized? Provide specific examples.
- 4) What are the consequences of stigmatizing mental illness?
- 5) What can you as a high school student do to reduce stigma in mental illness?

Freeman, P. (2015). *Rewriting the Stigma of Mental Illness*. TEDxYouth@SAS. Retrieved from <https://www.youtube.com/watch?v=p5-YwRad-rs>

Noel, L. (Director). (2010). *Racing Thoughts* [Documentary]. Canada. Retrieved from <https://www.nfb.ca/playlists/understanding-mental-health-youth-and-adults/playback/#3>

