

Activity Plan



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NAME OF THE ACTIVITY:

A WALK THROUGH STIGMA

OVERVIEW

THIS SESSION GUIDES PARTICIPANTS THROUGH A KOLB'S LEARNING CYCLE - EXPERIENTIAL JOURNEY USING ROLE-PLAY, REFLECTION, GROUP DIALOGUE, AND COLLABORATIVE REWRITING ACTIVITIES TO EXPLORE THE REAL-LIFE IMPACT OF STIGMA ON MENTAL HEALTH. BY ENGAGING EMOTIONALLY AND CRITICALLY WITH SCENARIOS, THEY LEARN HOW LANGUAGE SHAPES STIGMA AND HOW TO CHALLENGE IT IN EVERYDAY CONVERSATIONS.

OBJECTIVES:

TO RAISE AWARENESS OF HOW STIGMA AFFECTS THOSE STRUGGLING WITH MENTAL HEALTH, ENCOURAGE SELF-REFLECTION ON PERSONAL AND SOCIETAL ATTITUDES, AND EQUIP PARTICIPANTS WITH EMPATHETIC, STIGMA-FREE LANGUAGE TO USE IN THEIR PERSONAL AND PROFESSIONAL LIVES.

COMPLEXITY AND TIME:

LEVEL 2

GROUP SIZE:

25-30 PARTICIPANTS

THEMES ADDRESSED:

STIGMA, MENTAL HEALTH, SUPPORT

MATERIALS:

WHITEBOARD
PAPERS
PEN
ROLE-PLAY SCENARIOS

TARGET GROUP:

YOUNG ADULT FROM 18-30 YEAR

RESOURCES:

LINK TO QUESTIONS FOR THE STIGMA WALK:

[HTTPS://WWW.CANVA.COM/DESIGN/DAGJSKFZNNK/WKTMUZKZR4HUZTNLCHPGQA/EDIT](https://www.canva.com/design/DAGJSKFZNNK/wKTMUZKZR4HUZTNLCHPGQA/edit)

LINK TO THE TEMPLATE FOR THE STIGMA WALK IF YOU WANT TO CHANGE STATEMENTS:

[HTTPS://WWW.CANVA.COM/DESIGN/DAGJT7EEV-Q/SZQHHN1L2PZ3JK2UNDMMG/EDIT](https://www.canva.com/design/DAGJT7EEV-Q/SZQHHN1L2PZ3JK2UNDMMG/edit)

LINK TO A PRESENTATION ABOUT STIGMA: [HTTPS://WWW.CANVA.COM/DESIGN/DAGJTOE7DVG/GYEIE2UTB-MJ-X6NWCP0W/EDIT?](https://www.canva.com/design/DAGJTOE7DVG/GYEIE2UTB-MJ-X6NWCP0W/edit?utm_content=DAGJTOE7DVG&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton)

[UTM_CONTENT=DAGJTOA270&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton](https://www.canva.com/design/DAGJTOA270/VPCX7TICQLVP2HESSA1CJA/edit?utm_content=DAGJTOA270&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton)

[LINK TO THE NARRATIVES: \[HTTPS://WWW.CANVA.COM/DESIGN/DAGJTOA270/VPCX7TICQLVP2HESSA1CJA/EDIT?\]\(https://www.canva.com/design/DAGJTOA270/VPCX7TICQLVP2HESSA1CJA/edit?utm_content=DAGJTOA270&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton\)](https://www.canva.com/design/DAGJTOA270/VPCX7TICQLVP2HESSA1CJA/edit?utm_content=DAGJTOA270&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton)

INSTRUCTIONS:

THE SESSION BEGINS WITH A STIGMA THEATRE (30 MIN), WHERE PARTICIPANTS WILL ENGAGE IN A ROLE-PLAY ACTIVITY. THEY WILL BE SEPARATED INTO INTERNATIONAL GROUPS OF 5 AND EACH GROUP WILL GET A SHORT SCENARIO TO ACT OUT. SCENARIOS ARE FOCUSED ON THE IMPACT OF STIGMATIZING WORDS, LANGUAGE AND OPINIONS ON PEOPLE WHO HAVE SOME KIND OF MENTAL STRUGGLE. THIS PRESENTS THE "CONCRETE EXPERIENCE" OF KOLB'S LEARNING CYCLE.

THIS IS FOLLOWED BY GROUP DISCUSSIONS (15 MIN) TO REFLECT ON PERSONAL EXPERIENCES AND SOCIETAL INFLUENCES ON STIGMA (REFLECTIVE OBSERVATION). YOU CAN ASK PARTICIPANTS THE FOLLOWING QUESTIONS (REFLECTIVE OBSERVATION OF KOLB'S CYCLE):

"HOW DID THE NEGATIVE RESPONSES IMPACT THE PERSON IN THE SCENARIO?"

"WHY DO YOU THINK PEOPLE REACT WITH STIGMA INSTEAD OF EMPATHY?"

"HAVE YOU EVER EXPERIENCED OR WITNESSED A SIMILAR SITUATION? HOW DID YOU RESPOND?"

"WHAT PREVENTS PEOPLE FROM BEING MORE OPEN ABOUT THEIR MENTAL HEALTH STRUGGLES?"

THE NEXT 15 MIN ARE DEDICATED TO BRAINSTORMING THE INDIVIDUAL WAYS OR STEPS FOR REDUCING STIGMA AROUND MENTAL HEALTH. YOU CAN WRITE THEIR IDEAS ON THE WHITEBOARD. TRY TO NAVIGATE THE BRAINSTORMING IN A WAY THAT IT ALIGNS WITH THE NEXT STEP OF THE SESSION (APPROPRIATE LANGUAGE - REWRITING THE NARRATIVE).

"HOW CAN WE CHALLENGE MENTAL HEALTH STIGMA IN EVERYDAY CONVERSATIONS?"

THEN, PARTICIPANTS WILL REWRITE NARRATIVES (15 MIN), TRANSFORMING COMMON STIGMATIZING PHRASES INTO SUPPORTIVE LANGUAGE, PRACTICING HOW TO CHALLENGE STIGMA IN THEIR WORK. PARTICIPANTS WILL WORK IN SMALL GROUPS OF 3 AND EACH GROUP WILL GET 2 COMMON NARRATIVES. THEIR TASKS ARE TO EXPLAIN WHY THOSE NARRATIVES ARE TRIGGERING, REWRITE THEM AND EXPLAIN WHY THE REWRITTEN VERSION MAKES A DIFFERENCE. AT THE END, THOSE WHO WANT CAN SHARE THEIR OPINION. THIS IS THE INTRODUCTION TO THE ACTIVE EXPERIMENTATION OF KOLB'S CYCLE, SINCE THEY WILL IMPLEMENT SUPPORTIVE LANGUAGE IN THE FUTURE AND CONTINUE CHALLENGING STIGMA IN THIS WAY, WHICH PRESENTS A CONTINUED LEARNING.

DEBRIEFING AND EVALUATION:

QUESTIONS FOR DEBRIEFING:

"DID YOUR PERSPECTIVE ON ANY OF THE STIGMA-RELATED STATEMENTS CHANGE DURING THE ACTIVITY? WHY OR WHY NOT?"

"WHAT EMOTIONS DID YOU EXPERIENCE WHEN DISCUSSING STIGMA IN THE GROUP DISCUSSIONS?"

"REFLECTING ON THE PRESENTATION, WHICH TYPE OF STIGMA DO YOU THINK IS THE MOST DAMAGING AND WHY?"

"WHEN REWRITING THE NARRATIVES, DID YOU FIND IT DIFFICULT TO RESHAPE CERTAIN PHRASES? WHAT DOES THAT SAY ABOUT HOW DEEPLY INGRAINED STIGMA IS IN OUR LANGUAGE?"

"IF STIGMA DIDN'T EXIST, HOW DO YOU THINK CONVERSATIONS ABOUT MENTAL HEALTH WOULD BE DIFFERENT?"

"DO YOU THINK SOME LEVEL OF STIGMA AROUND MENTAL HEALTH IS NECESSARY? FOR EXAMPLE, SHOULD CERTAIN MENTAL HEALTH CHALLENGES BE KEPT PRIVATE IN SOME SITUATIONS? WHY OR WHY NOT?"

"WHAT IS ONE PERSONAL BELIEF ABOUT MENTAL HEALTH THAT YOU WOULD LIKE TO CHALLENGE OR RETHINK AFTER TODAY'S SESSION?"

TIPS FOR FACILITATOR

SINCE THIS TOPIC IS SENSITIVE AND CAN BE TRIGGERING, TRY TO CREATE A SAFE SPACE BY INCLUDING EVERYONE IN THE CONVERSATION AND DISCUSSION. ALSO, IF YOU THINK THAT YOUR GROUP IS A BIT MORE SENSITIVE, CHANGE THE STATEMENTS FOR THE STIGMA WALK SINCE THEY MIGHT TRIGGER SOMEBODY. REPLACE THEM WITH EASIER AND SOFTER ONES. BELOW, YOU CAN FIND A LINK TO THE TEMPLATE YOU CAN USE TO ADD OTHER STIGMA-RELATED STATEMENTS. KEEP IN MIND THAT OUR TARGET GROUP ARE YOUNG PEOPLE 15-20, BECAUSE WE NEED TO INTEGRATE THE BASIC KNOWLEDGE ABOUT MENTAL HEALTH AND MENTAL HEALTH CHALLENGES FROM THE EARLY AGE

FOLLOW UP

EXPLAIN TO PARTICIPANTS THAT ONE WEEK AFTER THE ACTIVITY/MOBILITY, YOU WILL CHECK UP ON THEM TO SEE HOW THEIR CHANGE IN THE LANGUAGE AND APPROACH ON STIGMA AFFECTED THEIR ENVIRONMENT, FRIENDS AND FAMILY. DID IT BECOME EASIER TO TALK ABOUT MENTAL HEALTH? DID PEOPLE AROUND YOU FEEL SAFER TALKING ABOUT MH? ENCOURAGE THEM TO WRITE A SHORT REPORT ABOUT CHANGES THEY IMPLEMENTED AND HOW THEY AFFECTED THEM AND PEOPLE AROUND THEM.