



Hi Stigma-Free Family,

Welcome to our **April Program Highlights!**

Today, we are excited to offer a professional development opportunity for educators. We are also sharing brand-new activities from our [Student Mental Health Toolkit](#), ways to help school staff teach students about bullying, stigma and mental health.

Gain access to these FREE resources below!



Online Professional Development Opportunity for Educators

Mondays 12:30PM PST

Samara Liberman
Programs Manager at
Stigma-Free Society

Join Samara Liberman, Programs Manager at Stigma-Free Society, for a 20-minute informational session on the Student Mental Health Toolkit. These live events are held bi-weekly on Mondays at 12:30PM PST and hosted on our [YouTube channel](#) and [Facebook](#)

In each session, Samara walks you through different lesson plans and resources from our [Student Mental Health Toolkit](#) and provides examples of how to implement them to teach students about stigma and mental health. You will have an opportunity to ask questions about our Toolkit and Virtual Stigma-Free Presentations Program in a live Q&A. Not only will you learn how to get the most out of our programs and resources, but you may be able to count this session as professional development.

Tune in [HERE](#) for the next Stigma-Free Learning Live on April 24th!



Schedule a No-Cost Virtual Stigma-Free Presentation

Do you want to teach your students about mental health and stigma but aren't sure where to begin? Let us get you started with our no-cost [Virtual Stigma-Free Presentations!](#)

Our presentations are more than educational lectures; they are platforms for people to share their impactful stories with students. In each session, our Stigma-Free presenters share their personal lived experiences with stigma and their mental health journeys.

Our presentations include:

- Powerful, thought-provoking stories that leave a lasting impression on students
- Help students understand the importance of eliminating stigma
- Give students actionable tools to reduce stigma and promote mental health in their community
- Keep youth engaged with unique and compelling speakers
- Offer students a sense of hope and remind them that they are not alone in their struggles

We offer virtual presentations to schools and youth organizations across Canada. Visit our website to learn more about what to expect during a session:

[Book a Virtual Stigma-Free Presentation](#)



NEW STUDENT ACTIVITY: Anti-Bullying Quiz

Stigma and bullying often go hand-in-hand: stigma can lead to students adopting false beliefs about their peers and mistreating them based on gender, race, mental health, or other factors. Stigma-Free Society creates resources that reduce bullying through education.

Our new Anti-Bullying Quiz is an engaging activity for students who want to learn more about bullying and what they can do to stop it. Educators can share these activities with students to combat bullying at school and encourage a kind, compassionate environment.

[Register for access to the Student Mental Health Toolkit](#) at no cost and check out the resources below!

[Anti-Bullying Quiz for Youth \(Grades 4-7\)](#)

[Anti-Bullying Quiz for Teens \(Grades 8-12\)](#)

Lesson Plans on Bullying & Inclusion

If you are a teacher interested in educating your students about bullying and stigma, our free lesson plans are created for you. The [lesson plans](#) on our Student Mental Health Toolkit are cross-curricular and align with the BC curriculum. Implement them in your classroom to help students deepen their understanding of inclusion and learn how to stand up to bullying:

[Speaking Up for Ourselves and Others: The Hero's Journey](#)
[\(Lesson Plan for Grades 4-7\)](#)

[Bullying in High School: The Long-Term Effects](#)
[\(Lesson Plan for Grades 8-12\)](#)

Visit our [Diverse-Ability/Disability & Inclusion](#) section for more resources that reduce bullying and facilitate an inclusive school environment!



We appreciate your support and value your feedback. If there are any resources, or topics you would like to suggest for our Student Mental Health Toolkit, please feel free to send us your suggestions.

Thank you for keeping up with Stigma-Free Society.



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