



Welcome to September Stigma-Free Family!

We are happy to be connecting with you as we highlight some exciting back-to-school updates! Stigma-Free Society has new opportunities for students this coming Fall Term!

Keep reading to learn more!



Student Mental Health Toolkit

The Student Mental Health Toolkit is a helpful platform for students (Grades 4-12), school staff and parents/guardians to educate and support young people with their mental wellness. Our Toolkit provides a wide variety of resources for individuals to enhance their mental health journeys and better understand the realm of mental wellbeing.

Our Toolkit [Downloadable Recourses](#) and [Lesson Plans](#) align with B.C. school curriculum guidelines! Our Lesson Plans cover topics about mental health, stigma, and inclusion. We also have a section that provides fun [Student Activities](#) such as conversation cards for *Real Talk* about mental health, Stigma-Free Tool, and a Mental Health True or False quiz.

To foster mental health awareness and experiences, we also feature [Inspiring Stories](#) videos of people sharing their struggles and triumphs. Stigma-Free Society wants people to embrace acceptance and understanding of one another.

Downloadable Resources & Lesson Plans

[Grade 4-7](#)

[True or False Questions about Mental Health](#)

[Reaching Out For Help](#)

[Grade 8-12](#)

[How To Help A Friend](#)

[Mental Health Education: Understanding Mental Health Disorders](#)

Student Activities

[Grade 4-7](#)

[Stigma-Free Activity Generator](#)

[Grade 8-12](#)

[Mental Health with Dr. Shimi Kang](#)

To learn more about our
Student Mental Health Toolkit
Sign Up for No Cost Full-Access [HERE](#)



Educators' Professional Development Days

Stigma-Free Society hosts professional development sessions for educators where we walk through our Student Mental Health Toolkit. Throughout the sessions, Andrea Paquette, President, SFS and Samara Liberman, SFS Programs Manager, introduce valuable content from the Toolkit to school staff.

Agenda for the sessions include:

- Overview of the Student Mental Health Toolkit
- Exploration of Coping with Mental Health section of the Toolkit
- Sharing Lesson Plans and Downloadable Resources
- Discussion of NEW Toolkit sections: Mental Health for School Staff and Stigma-Free Glossary
- Detailed Highlights of the [Virtual Stigma-Free Presentations Program](#)
- Demonstration of a personal story of lived experience in conjunction with the Virtual Stigma-Free Presentations Program
- Question and Answer period

To register for this session, contact

info@stigmafreesociety.com



**APPLICATIONS
NOW OPEN**



**CALLING OUT FOR VIRTUAL
SCHOOL PRESENTERS**

Request For Presenters Application

Calling out for Virtual School Presenters to share their personal stories on eliminating stigmas of all kinds. We are seeking individuals that can fill both roles

of Co-Presenting and Personal Story Presenters. Training will take place on September 20th 2022. Successful candidates are paid \$200 for training and \$100 to conduct their virtual presentations if selected.

Contact Samara to Apply

samara@stigmafreesociety.com

Deadline is September 13th, 2022.

Call Out for Virtual School Presenters

**Do you have a passion for stomping out stigma?
Are you keen to share your personal story of challenges and triumph?**

Stigma Free Society is currently recruiting mental health presenters to facilitate and present their story for the "Virtual Stigma-Free Presentation Program."

Stigma-Free presentations take place virtually over Zoom/Teams and are 45 min - up to 1 hour in length. We deliver presentations to groups of students in grades 4-12.



**We are Ideally Seeking
Presenters that Can Fill Both Roles**

Co-Presenter

Co-presenters act as a guide for the presentation by introducing and hosting the presentation. They control Zoom/Teams and answer questions students may have alongside the Personal Story presenter at the end of the presentation. You must have great presentation skills
Training for this role involves learning the online brochures and sharing the information in an engaging way.
Co-presenters are well informed and have a deep understanding of mental health.

Personal Story Presenter

Personal Story presenters entail share their story of mental health/mental illness and/or an intersecting form of stigma (i.e. learning disability, race, sexual orientation, etc.) for 12-15 minutes. Training involves training and then presenting your story. You must have great presentation skills. as well as practicing it so it feels natural and not just reading from your notes. Presenters must feel comfortable and secure sharing their experience with mental health.

What will you be doing?

- 1 Training is approx. 10 hours to become a presenter. We pay you \$200 to get you trained up.
- 2 Be on a training roster for when we have interested schools or organizations that want to book the training. If you are successfully booked and have fulfilled the training, **we pay you \$100 for each virtual presentation you do.**
- 3 You will be paired with another virtual presenter so you are never alone.



What you need:

- 1 To be in the age range of: 14+
- 2 Reliable internet and proficiency in Zoom, Teams and other technological platforms, including Outlook and Microsoft Word
- 3 Effective and engaging presentation skills.
- 4 A passion to make a positive impact in the world.

- 5 **Send us an email to Samara@stigmafreesociety.com and we will send you an interest package that will require a short example video from you and a consent form that asks you why you want to be a mental health presenter with Stigma-Free Society.**

Stigma Free Society wishes to do the first round of training in late September 20th 2022. We will be in touch with interested candidates to do a short interview as a starting point.

- 6 **Deadline to submit your package is September 13th, 2022 for this call out for presenters. We ask that interested people who apply commit to one full school year or more.**



We appreciate your feedback!

THANK YOU for taking the time to keep up to date on all things happening at the Stigma-Free Society. We value your feedback and encourage you to reach out if you have ANY comments or questions.

Have a GREAT September

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