

How to... **Host an Anti-Stigma Assesmbly**

Who Is It For?
Pupils

Impact:

Reduce mental heath stigma and discrimination by spreading information and educating your peers.

Ideas to Consider:

Create an engaging and informative presentation for a specific age group. Make sure to include some activities to keep things exciting!

- **Watch Your Language**
(assembly about the importance word choice)
- **What Is Stigma**
(assembly about the definition and impact of stigma)
- **Use the LINK model** to show how to have supportive conversations
- **What's On Your Mind**
(teach pupils how to talk a bout their mental health)

HELPFUL RESOURCES:

[See Me See Change Training](#)

[What's On Your Mind Toolkit](#)

[It's Okay to Talk Video](#)

[Advice to Adults Video](#)