



Stories of Stigma

(Shh! We CAN'T Talk About this Stuff)

Purpose: To get an accurate idea of what stigma is, the impact of stigma on seeking help, how attitudes change toward stigma, and how this can be applied to mental health stigma.

What is stigma?

- Write a 2-3 page paper with at least 2 citations and include both facts and your opinions.
- Take a health or social justice topic and research when in history that topic has been stigmatized, how people were affected by the stigma, how stigma made it worse for people experiencing the specific topic, and what kinds of actions were taken so that people and society changed their minds.

Some examples or topics you can use:

- Cancer
- Slavery
- Apartheid
- Women's Suffrage
- AIDS
- LGBTQ
- Union Workers

- Interracial Marriage in the U.S.
- Child Labor Laws