Mental Health Lesson Plan for Students in Grades 9 to 12

*have THAT talk – Reducing Stigma: Agree or disagree?*

**Learning Outcome:** This activity encourages youth to learn about and correct common myths about mental illnesses.

**Skills Taught:** Understanding misconceptions about mental illnesses

**Estimated Time:** 15 to 20 minutes

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Ensure all students have a 2-metre distance from each other.  
Ensure students are wearing a mask, unless exempt. |
| Read out the first statement.  
a. People with mental illnesses are violent and dangerous.  
b. People with mental illnesses are poor and/or less intelligent.  
c. Mental illnesses are caused by a personal weakness.  
d. Mental illnesses are a single, rare disorder.  
e. People with mental illnesses are usually homeless.  
Ask participants to raise their hand if they “Agree” and then ask them to raise their hand if they “Disagree” with the statement.  
Another option for this activity is to have the students close their eyes when they answer.  
Suggested supplies: *Only require these supplies if the teacher is writing down number of “Agrees” and “Disagrees”.*  
- Flip chart paper, or whiteboard, smart board or chalk board.  
- Flip chart or whiteboard markers or chalk.  
| | | *Teaching Online:*  
This activity can be done as a group during a google classroom meeting. The students can raise their hands if they have their camera’s on during the classroom meeting. |
and the teacher can count the number of “Agrees” and the number of “Disagrees” and put them on the board. This way, no one’s answers will be influenced by anyone else in the class.

Discuss each statement as a group prior to proceeding to the next statement.

Refer to the *have THAT talk: Reducing Stigma Youth Activity guide* for key messages, additional information and ideas.

Ensure that you are familiar with the answers to each of the statements prior to doing this activity. This will help you to facilitate the discussion.