

Stigma is a commonly reported barrier to treatment seeking by parents of youth with mental health needs and by the youths themselves.

- Three or more students
- A staff member to serve as a discussion facilitator

1. Sit in a circle facing one another.
2. Set up ground rules for the discussion (e.g., one person talks at a time, speak respectfully, stay in your seat)
3. Discuss the following questions:
 - a. What examples of stigma have you seen or experienced?
 - b. How do you think we increase or contribute to stigma when we are with our friends?
 - c. How do you think we increase or contribute to stigma when we are with our families?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.