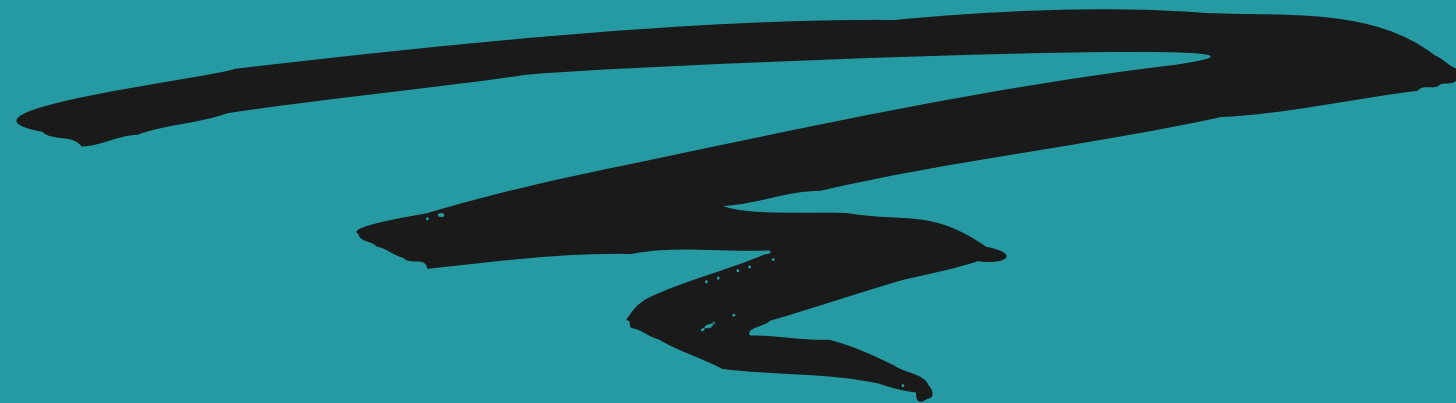




HEALTH IS WEALTH

FACING STIGMAS



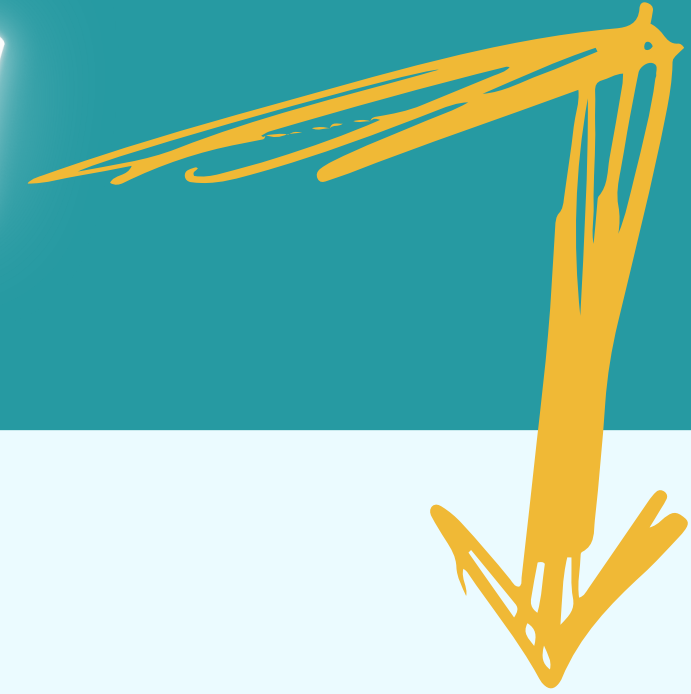
INTRODUCTION

We all have feelings that are hidden below the surface. Sometimes it's challenging to remember this and show empathy when interacting with our peers.

However, by openly and honestly discussing mental health and breaking stigmas, we can develop a better understanding of hidden behaviors. This helps us see how someone can survive and even thrive while facing struggles beneath the surface.



SEL CONNECTION



By openly and honestly discussing mental health students will develop their **social-awareness, self-awareness, and relationship skills.**





ICEBREAKER

BELOW THE SURFACE (PERCEPTION)





BELOW THE SURFACE



Stigma: (n.) a mark of disgrace associated with a particular circumstance, quality, or person.





BELOW THE SURFACE

NORMS REVIEW

-  Approach this topic with maturity and reflection.
-  Respect the views, ideas, and experiences of others.



ICEBREAKER



WATCH A VIDEO



BELOW THE SURFACE

Watch the video of J.Cole discussing his album "Born Sinner" and how it represents a complexity of emotions.



ICEBREAKER



WATCH A VIDEO

BELOW THE SURFACE

Watch the "Under the Surface" video in silence.





BELOW THE SURFACE

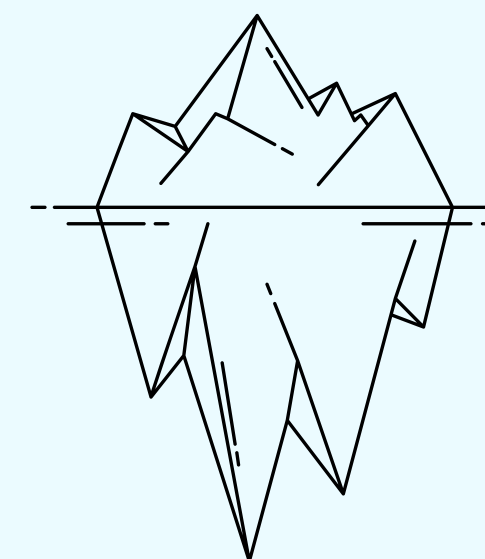
- Sitting in a circle, we will take turns sharing one word that comes to mind after watching the video.
- Have you heard of the word "empathy" before? Take a moment to think about it.
- How would you define empathy?





BELOW THE SURFACE

Empathy: (n.) the ability to understand and share the feelings of another.



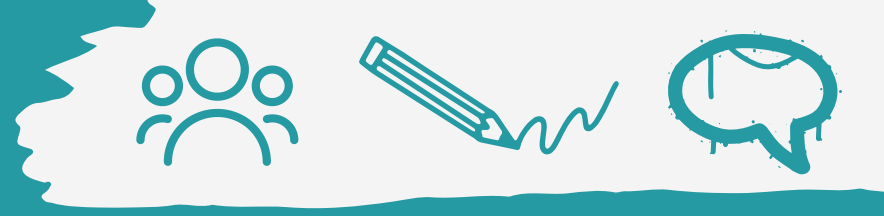
HOW DOES EMPATHY RELATE TO "UNDER THE SURFACE"?



BELOW THE SURFACE

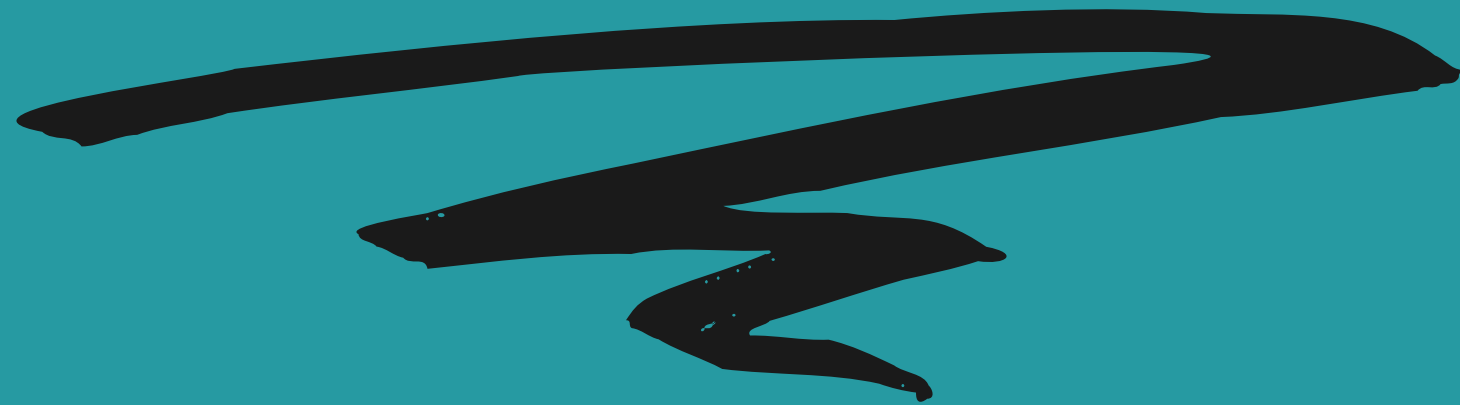
- Have you ever had a conversation with a parent about mental illness?
- Has anyone ever called you "crazy" for expressing your feelings?
- Have you ever been told to "suck it up" or "man up" when you were feeling stressed, sad, or angry?
- Have you ever been told that your feelings don't matter because you're too young and that you'll eventually get over it?





LESSON PART ONE

MY SKILLS



LESSON: PART ONE



WORK TOGETHER

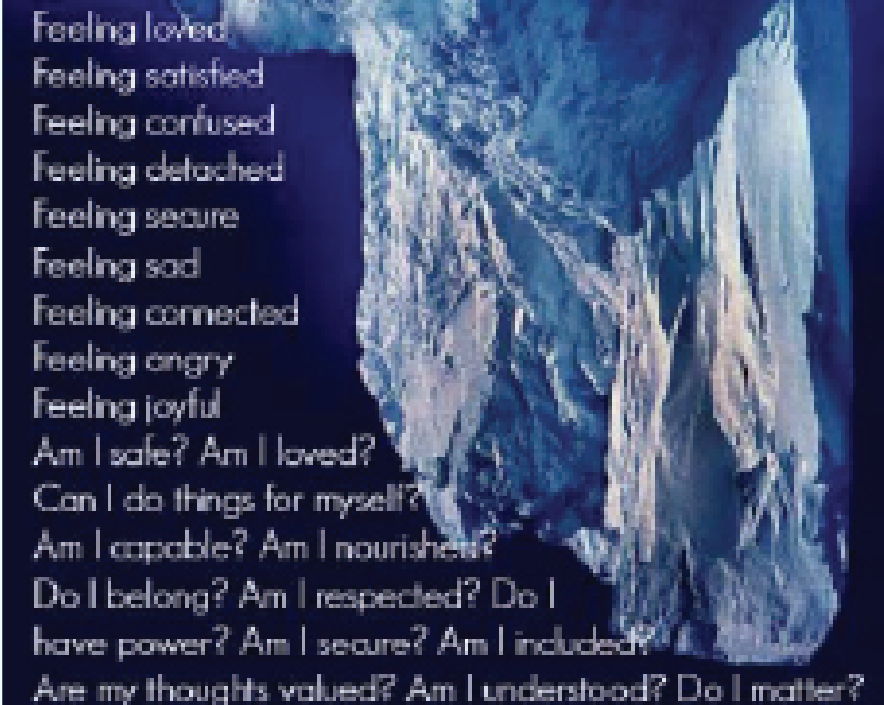
MY SKILLS

THINK - PAIR - SHARE

How does this photo relate to the "Under the Surface" video we watched?

A Child's Behavior is an Iceberg

What you see:



Feeling loved
Feeling satisfied
Feeling confused
Feeling detached
Feeling secure
Feeling sad
Feeling connected
Feeling angry
Feeling joyful
Am I safe? Am I loved?
Can I do things for myself?
Am I capable? Am I nourished?
Do I belong? Am I respected? Do I
have power? Am I secure? Am I included?
Are my thoughts valued? Am I understood? Do I matter?

(What's really going on)

www.CulturePart1.com



LESSON: PART ONE



WRITING

MY SKILLS

Using your Below the Surface document:



- * Don't write your name on the document
- * Write words that represent what others see above the surface
Cheerleader, basketball player, straight-A student, angry girl, etc.
- * Write words that represent what others don't see below the surface



LESSON: PART ONE



TALK ABOUT IT

MY SKILLS

- How does this activity make you think about empathy?
- Does it make you think twice before making assumptions about people? Why or why not?

