



Activity 2 – Challenging Stigma

What you need

Print off enough copies of the Challenge Cards sheets for your team. These should be printed on double-sided paper so that the stigma logo is on the back of each word. Cut the cards out so that they are individual cards with one word per card.

How long it takes

30 minutes.

How to do it

Give everyone a copy of the Challenge Cards with the words facing upwards.

Begin a discussion asking: When and where outside of the workplace have you heard or seen these words being used?

Examples might be on TV, on the radio, in every day conversations or in newspapers.

Then ask: How would you feel if somebody used these words to describe you?

Finally, ask: How might you help to challenge the use of these words to describe people with mental ill-health or learning disabilities?

Follow up action

Ask your team to think about how the Challenge Cards may be used to help stamp out stigma.

Tell us your ideas by emailing them to michelle.ewen@5bp.nhs.uk

If you are happy for us to do so, we will share these on our campaign website at www.stampoutstigma.co.uk, Tweet about them at www.twitter.com/istampoutstigma and post them on our Sticks and Stones Facebook profile - www.facebook.com/istampoutstigma