



Season 1 Episode 11: Discussion Questions How to be an ally: Mental Illness

Start talking! Bring up these conversations with your friends, with your family, with people you don't know! Talk about it on social media?? Tag @disarmingdisability. Happy thinking, and thank you for creating a more inclusive society.

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1. Have you assumed something about a group of people?
2. What changed your mind about them?
3. Have you educated others on the assumptions made about yourself?
4. What was effective of that education?
5. How are public stigma and self stigma different? How are they connected?
6. What are action steps you can take to change stigma?