The views of young people in BaNES on tackling stigma

Education and awareness raising

- Posters, assemblies
- If we knew more about mental health problems it would prevent stigma.
- Make people aware
- Education, enabling people to talk about their mental health without fear of judgement
- Teach people the effects of mental health and show the different types then deal with it if a mentally ill person is feeling/being left out
- Teach young people about mental health as this is something that we are not taught much about.
- Raise awareness of mental illness in a similar way to how it's taught that racist, homophobic, sexist language is cruel and wrong. Awareness should be raised of the harmfulness of terms like 'retard' etc. (particularly 'special', which is often used in a derogatory sense in casual conversation)
- Tell children/young people about mental health and what it is so they understand better.
- Proper education on the effects of mental health problems on the day to day lives of people and the way they manifest themselves.
- Teaching about various Mental Health conditions, to not only children but adults as well (as my parents think one of my friends is "dangerous" even though it isn't his fault at all and also they've never talked to him before so are making their judgement too early, which is definitely not fair on him, or me as I can't see him outside of school due to him being "dangerous")
- We need a lot more education, not just the occasional assembly or lesson on it. We need enough education that the discussion of mental health and the presence of mental health problems seems normal.
- People should be taught about stigma and how it affects other people .also get to know people before they say anything.
- Raise awareness about treating people equally and have specialists lead sessions in schools that teach children about stigma.
- Students can be given more education about mental health problems in order to give them a better idea of how different mental health problems would affect their behaviours and their life.
- I think people should be more aware of people who have mental problems, and I think people should get to see that they are normal human beings.
- More needs to be done to abolish the stereotypes that cause this stigma.
- Raise awareness about mental health disorders In schools etc (mentioned 3
- Students should get lessons about mental health
- Talking more openly about mental health issues, and learning more about them
- Education targetted at increasing the awareness of the fact that all of us, no matter how confident/happy we appear on the outside are suffering from something.
- Make people aware of who these people really are and they are not just their illness. They are just like a lot of us and a lot of people feel angry as well. But society looks on us differently if we feel this way about the way they are being treated.
- Classes which teach us about mental heath
- Teach people about mental health (properly) so that we can learn how to help others with mental health
- More lessons focusing on teenage mental health, etc meditation or yoga
- Talk about it in PSHE or have an assembly or just give information.
- Giving more information
- Create more of an awareness of possible mental health conditions, how to help and act around people with them, and just better general knowledge.
- Explain to children about mental health more.
- Teach people that they are still human like us but a bit different.
- Many people don't understand so they make rude comments. Help people understand more.

- Educate people so that they know how mental health problems actually affect people.
- EDUCATION!!!!!! Education about mental health is so important because it helps young people understand exactly why their friend doesn't always want to do things, why they're acting so 'selfishly' and reduces stigma in general.
- Teaching people about it, so they know what they are thinking
- Make people more aware of it
- People of ALL ages who understand what is meant by "stigma" should be educated about mental illness/disorder. We should learn it in secondary school and it should be on the curriculum.
- Education is really important in preventing stigma/reducing it; the main problem a lot of the time is people are embarrassed to talk about mental health issues (or ashamed) whether it's because there are negative stereotypes attached or because they are not fully informed about the issue they are facing. When celebrities open up about these issues it definitely makes people feel more confident/less ashamed so just talking in schools and classes would help massively!
- For everyone to have an assembly about it and also for them to get to know the consequences of discriminating..
- Awareness that just because someone has a mental health issues doesn't mean they're insane. Just as having cancer doesn't mean you stay in hospital 24/7 or are going to die.
- Educating younger people on what mental illnesses are, as well as teaching them how to deal with stigmas they may face from people
- Look into mental health first
- More education about disorders, the person is just ill and shouldn't be treated differently (eg avoided) more than someone who has a physical illness.
- People being more aware
- Educate people about it, for example I didn't even know what stigma was until now.
- Make everyone known about metal health
- More education with a variety of people stepping up to 'out' themselves so it's visible to those less knowing that those with any mental health problems are just like the rest of us on the surface at least.
- Lessons in schools, maybe part of social, teaching students about how people with mental health issues act and how to understand then and how to get along with them.
- Anti-bullying stuff around school and make people aware that it is a form of bullying
- Educate people more and Buy each other fluffy unicorns as an apology

Meet people who are living with mental ill health and develop empathy
- You could understand more about the condition or meet people with it. Maybe even read about it.
- people need to learn the way to treat others
- people accepting others
- People that experience this should talk to other people that has or is experiencing this.
- Meet people who have already experienced it and that they can give them advice on how to stop it.
- You could tell people about the effects it has on the victim and try to tell the person who is judging to stop.
- Awareness of individual's situations and their own personal experiences with it. Giving information about a mental health problem is all well and good but unless someone knows how severe or in what way it affects that person the information can simply become confusing. Making mental health a normal thing rather than like an illness could help reduce the attitude of negativity towards mental illness.
- get to know the person who you are attaching stigma to because then you won't single them out but will treat them like any other friend of yours.
- treat them as you would like to be treated
- people need to be taught more about mental health and what it includes, people who need

help should also be given names of website, help services etc.
- Help other students to understand mental health in more detail and on an empathetic level
- Get to know a person before you judge them.
- Give people a chance to explain themselves first before people start to judge, because they may not understand what you have
- Stop making assumptions of others and labelling them as different because of autism.
- Raise awareness of the consequences to the people who it is affecting.
  Get people who have been affected by it to tell people how it made them feel.
  Explain the different types of stigma i.e. mental - physical.
- get the people who have been effected by it to explain to people how it made them feel and help raise awareness of this and show people it is not ok.
- Make people more aware of the effect their actions can have, or understanding different problems people can have, and maybe if people learn more about the mind to a closer degree to the body, people may take mental issues/health as seriously as physical idk. maybe also about the best ways to support people
- Show people what people with mental health are really like
- Educate people, from the ill person's perspective. Show people that it isn't our fault we're mentally ill, the same way it isn't a cancer patient's fault they have cancer.
- Educate people on the realities of what happens when someone has poor mental health - because a lot of it comes from stigma.

Challenge media
- Properly educate people and lock down on media around mental health
- Not corrupting the youth in media.
- Stop romanticising mental disorders

What people do for themselves
- Don't worry and just get on with it
- Make friends
- Don't tell anyone or other pupils just tell family.
- Stick up for your friends and make wise choices about who you are friends with.
- Find friends that wouldn't do that to you and try to stay away from that person and if that doesn't work tell someone that can help
- include everyone
- Calm down
- Not say anything
- Go to a therapist
- Take pills
- Think positively. Tell people if it happened
- Ignore the person and be civil to them
- Ignore it and tell someone close to you
- Try to calm yourself
- Have the right people around you
- Have time alone or with someone who understands you
- Ignore the people and talk to someone.
- Get help by talking to someone you trust or a helpful phone line.
- Just ignore it
- Look after yourself more
- Make friends

Don't tolerate bullying or discrimination
- Stop people from judging.
- People must not judge others by how they look or their needs.
- Do not call me names
- Less bullies

- Stop bullying.
- People not allowed to bully other people
- Punch the bully
- You could report it and maybe tell people to stop doing it
- People shouldn't be mean. Everyone should realise that they can't change themselves or anyone else.
- Don't let people single people out
- Nothing - they just need to be punished
- Get the people who have said mean things about it and let the teacher deal with it or responsible adult
- Tell people to stop being mean to them
- Stop abusing people who are ill.
- There needs to be a lot of work on making sure people realise that Mental Health isn't something to joke or laugh about. Words associated with Mental Health should not be used or flung about as insults to one another in the school playground. I think for this to stop people need to be tacking Year 7's + 8's. Whilst they are oblivious and this can be a positive it is crucial that they understand the severity of mental health disorders, the need to be supportive to friends and to not judge or joke about disorders.
- Less bullying
- I think you can try and see what is happening to you and see if you can do anything about it. You can tell someone about what has been happening or about what someone might have told you.
- No bullying (3 people said this)
- You could get more people to care about you if you experience it. Right now there are people who care about it but it still happens and that means it isn't effective. We need people to have serious consequences if they do this to someone because they can easily get away with it.
- Less bullying around school
- No name calling

Speak up
- Tell someone and make them stop
- Tell people that can help
- Hide whatever it is that caused the bullying away so everyone won't notice
- You can tell someone about it
- Tell someone if they are doing it (2 people said this)
- See a doctor to help get better
- Get help (2 people said this)
- Talk to parents and teachers to try and sort it out.
- Make sure everyone has a teacher/friend/adult to talk to.
- Speak to someone you know
- Tell the teacher or just walk away.
- Tell people to stop
- Talk to someone you feel close to.
- Talking to a teacher about it
- People could keep going to the teacher about it and then in the end the teacher would speak to everyone about it.
- Tell a parent, teacher or responsible adult
- You could tell a teacher or your parents.
- Make sure there are people to talk to about it

Training for school staff
- School staff need to be given training to know how to deal with students with mental health problems! especially teachers in pastoral roles such a tutors or heads of houses/head of 6th form

Create an environment where people can speak up and feel supported

- Everyone to be kind
- Be more nicer to people and accept who they are
- Make people smile
- Sharing with other people and try not to talk behind someone's back!
- Everyone to be kind and get it sorted out as quick as possible
- Everyone should not judge other people because they may have experienced it or could experience so then they would know what it feels like to be upset and sad.
- People should be respected for who they are and people need to learn more about differences and that everyone is like everyone else – we just like different things
- Make friends with them or help them make friends
- Treat everyone the same
- Support lunch time/break time session so people can get support and help also for people to meat and get to know each other
- Tell people don't think about people before getting to know them
- Make everyone feel welcome
- Help the people who need it
- Making sure everyone understands different is good
- People supporting each other
- Be kind to humans and animals and plants
- Treating everyone equally and giving each student the same opportunities and choices rather than assuming they won't be able to or want to do something as being left out can feel worse even if you don't want to do something, being left out can make you feel like you're not good enough.
- People be less judgemental and get to know people before making an assumption
- Making sure people know everyone is different and that's okay
- Rewards for being good like a prize or a sweet.
- People to be more nice
- Make sure a teacher/friend/adult has talked to their students about how their lunch times & break times are.
- Accept them for who they are.
- Treat everyone equally and don't make assumptions.
- School's stop trying to expel people for it
- There could be special places for people to go so they can talk about what has happened recently and people can help them with mind exercises and stuff like that.
- Groups for people that have experienced stigma.
- The best way I can think of to destroy stigma is to remove labels such as a mental illness or learning disability. Those terms and ones similar to them have large amounts of negative connotations, which as an Autistic person make me feel inferior. Instead of thinking about learning disabilities or mental illnesses as a specific condition maybe they should be thought of as a spectrum which everyone is along. Some people are further along it, but everyone is along the autistic spectrum, I am at the far end of the spectrum.
- People can think about their feelings and assumptions themselves, rather than say things aloud and hurt other people. They could also express these feelings in a safe environment
- People should try and keep their thoughts about other people in their head, and not offend or say anything that could be mean to others.
- Separate people who are mean from the people that are nice
- I think people should get to know each other before you go and say something. Think before you speak
- Have sessions at break and lunch time for people
- More cures/medicines
- People that could help or support these people
- Give them a 'stigma' group to socialize with