

# Rip off the Stigma

bring  
change  
to  
mind

high school

"Rip Off the Stigma" is an athletic activity designed to encourage students to rip the mental health stigma off of others.

## How To

- Have students brainstorm stigmas or negative words or phrases relating to mental health, possibly writing them down for reference. Examples of these words are lazy, crazy, not normal.
- Next, have each student choose a single word from this list. Pass around the roll of Duct-Tape and Sharpie and ask each student to rip off a piece of Duct-Tape and write the word they have chosen on their piece of Duct-Tape. Have each student grab a belt and put their Duct-Tape on the belts.
- Lastly, organize the group of students and have them run around trying to pull the stigma belts off each other until there is one person left standing who is declared the winner and is possibly given a prize.

## Materials

The necessary materials needed to play this game are flag football or capture the flag belts, a roll of duct-tape, a sharpie, and an outdoor area or field. You should talk to Physical Education or Gym Teachers to acquire these items. If you don't have them, you can easily make them with duct-tape!

## Budget

This activity could range from \$0.00 to \$30.00 depending on availability of materials.

## Timeline

To prep this activity you will need around a week in order to purchase materials, finding a place to play the game, and prepping discussion before and after the game is played.



## Number of Students Reached

The number of students that can be reached correlates to the number of belts available. You should consider making your own belts if need be. If a larger number of students would like to participate, switch using the belts and play more than once. It could range from 40 to 100 students.