

SEVEN IMPORTANT THINGS WE CAN DO TO REDUCE STIGMA AND DISCRIMINATION

Modified from: [HTTP://WWW.MENDTHEMIND.CA/STIGMA/SEVEN-IMPORTANT-THINGS-WE-CAN-DO-REDUCE-STIGMA-AND-DISCRIMINATION](http://www.mendthemind.ca/stigma/seven-important-things-we-can-do-reduce-stigma-and-discrimination)

1. Know the facts.

Educate yourself about the individuals you would like to support. Learn the facts instead of the myths.

2. Be aware of your attitudes and behaviour

We've all grown up with prejudices and judgmental thinking. But we can change the way we think! See people as unique human beings, not as labels or stereotypes. See the person beyond their situation.

3. Choose your words carefully

The way we speak can affect the way other people think and speak. Don't use hurtful or derogatory language.

4. Educate others

Find opportunities to pass on facts and positive attitudes about the people you wish to support. If your friends, family, co-workers or even the media present information that is not true, challenge their myths and stereotypes. Let them know how their negative words and incorrect descriptions affect people by keeping alive the false ideas.

5. Focus on the positive

All people make valuable contributions to society. Their situations are just one part of who they are. We've all heard negative stories. Let's recognize and applaud the positive ones.

6. Support people

Treat people with dignity and respect. Think about how you'd like others to act toward you if you were in the same situation. If you have family members, friends or co-workers with similar situations, support their choices and encourage their efforts.

7. Include everyone

In Canada, it is against the law for employers and people who provide services to discriminate against people. Denying people access to things such as jobs, housing and health care, which the rest of us take for granted, violates human rights.

People have a right to take an equal part in society. Let's make sure that happens.