

# THE “CHANGE THE STIGMA” CURRICULUM

A comprehensive list of tough questions to tackle

## BEFORE YOU BEGIN

The focus of Change the Stigma has shifted to wellness and liberation because personal growth is what begets social transformation. All social movements began in the resistance of individuals who chose to think freely. The goal of the curriculum is to create meaningful discussion around topics that are often left undiscussed due to stigma and lack of access. The curriculum provides a framework for healthy ways to discuss such topics and provides resources that can aid in the understanding.

*“if we must both be right. we will lose each other.”  
– Nayyirah Waheed*

Please refer to the partner document, the Candid Conversation Model, for instructions on a tried a true guided conversation. If some of these questions feel unanswerable, make use of the many resources we have available to us online to inform yourself at any time.

Topic/Question	Guiding Questions
<b>Racism</b>	<ul style="list-style-type: none"> <li>• What is Race/Where did it come from?</li> <li>• Where do racially ambiguous people fit in?</li> <li>• Is there POC solidarity?</li> <li>• What are the psychological effects of race?</li> <li>• How is capitalism linked to racism?</li> </ul>
<b>Slavery</b>	<ul style="list-style-type: none"> <li>• What were the conditions of slavery?</li> <li>• What was lost by slaves?</li> <li>• How long did slavery occur and where?</li> <li>• How did slavery create the issue of colorism?</li> <li>• Should there be reparations?</li> </ul>
<b>Gender</b>	<ul style="list-style-type: none"> <li>• What is the difference between gender and sex?</li> <li>• What is a gender identity?</li> <li>• What are gender roles?</li> <li>• How can we create a more gender neutral world?</li> </ul>
<b>Sexuality</b>	<ul style="list-style-type: none"> <li>• Is sexuality a spectrum?</li> <li>• What are the different sexualities and where do you think you fit in</li> <li>• Why is our society transphobic?</li> </ul>
<b>Alternative Medicine</b>	<ul style="list-style-type: none"> <li>• What are types of therapy offered besides talk therapy?</li> <li>• What is holistic medicine?</li> <li>• What is complementary medicine?</li> </ul>
<b>Self Care</b>	<ul style="list-style-type: none"> <li>• What does self-care entail?</li> <li>• How do we make time for self-care?</li> <li>• What is the importance of self care?</li> </ul>
<b>Emotional Intelligence</b>	<ul style="list-style-type: none"> <li>• What is emotional intelligence?</li> <li>• Try taking an online assessment</li> <li>• What can you do to improve emotional intelligence?</li> </ul>
<b>Mindfulness</b>	<ul style="list-style-type: none"> <li>• What is mindfulness?</li> <li>• How can you be mindful in day to day activities?</li> <li>• How can mindfulness be helpful for anxiety?</li> </ul>

<b>Creativity</b>	<ul style="list-style-type: none"> <li>• Who is creative?</li> <li>• What do you do when you feel blocked?</li> <li>• How can you cultivate creativity?</li> </ul>
<b>Social Theory</b>	<ul style="list-style-type: none"> <li>• Are we inherently selfish?</li> <li>• What is the meaning of life?</li> <li>• Why do we interact with each other?</li> </ul>
<b>Prisons and Police</b>	<ul style="list-style-type: none"> <li>• How do prisons contribute to white supremacy?</li> <li>• How is a prison sentence like slavery?</li> <li>• What is the problem with our current policing system?</li> <li>• Why did we start policing?</li> <li>• What areas and people are most policed?</li> </ul>
<b>Immigration</b>	<ul style="list-style-type: none"> <li>• Who gets to come into this country?</li> <li>• What has ICE done to “control” immigration?</li> <li>• What flaws are there in our immigration system?</li> </ul>
<b>Stigma</b>	<ul style="list-style-type: none"> <li>• What is a stigma?</li> <li>• Where do stigmas come from?</li> <li>• How can we undo and change stigmas?</li> </ul>
<b>Drugs</b>	<ul style="list-style-type: none"> <li>• What drugs are “good” and “bad”?</li> <li>• How has propaganda influenced your view of certain drugs.</li> <li>• How do drugs and homelessness overlap?</li> <li>• What is addiction and what does it look like?</li> </ul>
<b>Trauma</b>	<ul style="list-style-type: none"> <li>• What is trauma?</li> <li>• What are some traumas you may have faced?</li> <li>• How can we heal trauma?</li> </ul>
<b>Fear, Shame, and Doubt</b>	<ul style="list-style-type: none"> <li>• What scares you?</li> <li>• What are you ashamed of and why?</li> <li>• Do bad actions make a bad person?</li> <li>• How do you combat these feelings?</li> </ul>
<b>Sex</b>	<ul style="list-style-type: none"> <li>• What kind of sex education did you receive in school?</li> <li>• What exactly is consent?</li> </ul>

	<ul style="list-style-type: none"> <li>• What types of sex are there and what do you need to be prepared for them?</li> <li>• What are safe sex practices?</li> <li>• What are ways to find what works for you?</li> </ul>
<b>Sexual Violence</b>	<ul style="list-style-type: none"> <li>• What are we taught about sexual violence as children?</li> <li>• What is the stigma surrounding sexual assault survivors?</li> <li>• How do we prevent sexual violence?</li> <li>• How do we address rape culture?</li> </ul>
<b>Attachment Styles</b>	<ul style="list-style-type: none"> <li>• What is your attachment style?</li> <li>• How has your attachment style shown up in your relationships</li> </ul>
<b>Empathy</b>	<ul style="list-style-type: none"> <li>• What does it mean to be empathetic?</li> <li>• Who deserves empathy?</li> <li>• Is the death penalty justified?</li> <li>• What crimes are we more likely to forgive?</li> </ul>
<b>Mental Illness</b>	<ul style="list-style-type: none"> <li>• What illnesses are most stigmatized?</li> <li>• How do we romanticize illnesses?</li> <li>• What are roadblocks to finding help?</li> <li>• What resources are available to you?</li> </ul>
<b>Special Sets!</b>	These sets are named for my greatest teachers in life. These are their questions.
<b>The Larisa Gray Set</b>	<ul style="list-style-type: none"> <li>• Should civic leaders be held to a higher standard?</li> <li>• Under what circumstances is lying acceptable?</li> <li>• Under what circumstances does the end justify the means?</li> <li>• In the social contract, what do we owe each other?</li> </ul>
<b>The Rebekah Olinde Set</b>	<ul style="list-style-type: none"> <li>• <i>Is religion inherently flawed?</i> <ul style="list-style-type: none"> <li>- human vs divine</li> <li>- when is altruism of a religion outweighed by evil perpetuated by its participants</li> <li>- morality vs freedom</li> </ul> </li> </ul>

- *In relationships, how much compromise is too much?*
  - *balance vs one-sided sacrifice*
  - *when is the good of a relationship more important than the good of the individual*
- *Why do vaccinations get a bad reputation in some communities?*
  - *how rumor overtakes science*
  - *good of the many vs preference of the few*