

#WEBREAKSTIGMAS

School Campaign 2021

Well Beings Studio is sponsoring a school-wide campaign to BREAK STIGMAS!

Stigmas are negative beliefs, actions or discrimination based on a person's characteristics: like having a mental illness, life threatening disease like cancer, or a disability; race, gender, class & sexuality. Stigmas are socially perpetuated and often internalized personally.

Signs of stigma include prejudice, name-calling, stereotypes, exclusion, silence and shame, identity-based violence.

Your Challenge: Create and submit art work: visual art, music, poetry, or video that breaks a stigma affecting you or those you care about.



How do you break stigmas?

Call for Submissions! bit.ly/BreakStigmas

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Some ways to create art that breaks stigmas:

- Share Support Resources
- Educate about the Impact of Stigmas
- Debunk Myths/Stereotypes

Look at the art below for examples!

How to Submit:

1. Use Submission Guidelines for appropriate content.
2. Submit to the URL: bit.ly/BreakStigmas
3. Top 20 submissions receive \$10 Target card
4. All quality submissions will be featured on WBS website gallery space and exhibited during our #WeBreakStigmas webinars.

Deadline: May 31, 2021

READ. FEEL. CREATE. HEAL.

#WEBREAKSTIGMAS



School Campaign 2021

Artwork Submission Guidelines

1. Artwork submitted to the #WeBreakStigmas Campaign will appear on the Well Beings Studio website, social media, and #WeBreakStigmas Digital Tour webinars.
2. **Top 20 submissions receive \$10 Target card**
3. Submissions are from youth, 18 years and under.
4. All entries must be original artworks and shall not infringe upon any copyrights or any other rights of any third parties (no sampling or plagiarism).
5. File Name should use the following format:
FirstName_LastName_Title
6. Artwork saved in JPEG, Mp3, Mp4 formats
7. By entering the #WeBreakStigmas - artists hereby give consent to have your work posted to Well Beings Studio website, social media platforms or any equivalent streaming/distribution service where your works are available, YouTube or any other online service for promotional purposes only.
8. **Submission Deadline: May 31, 2021**

In the event of technical difficulties, or if you have questions, contact Sharon Frances, Director.
sharon@wellbeings.studio

WHY BREAK STIGMAS?

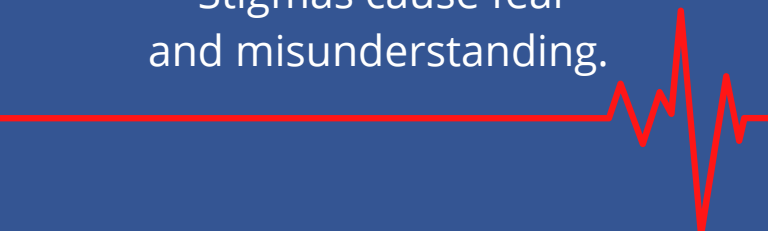
Stigmas silence our stories.



Art amplifies our voices.

WHY BREAK STIGMAS?

Stigmas cause fear
and misunderstanding.

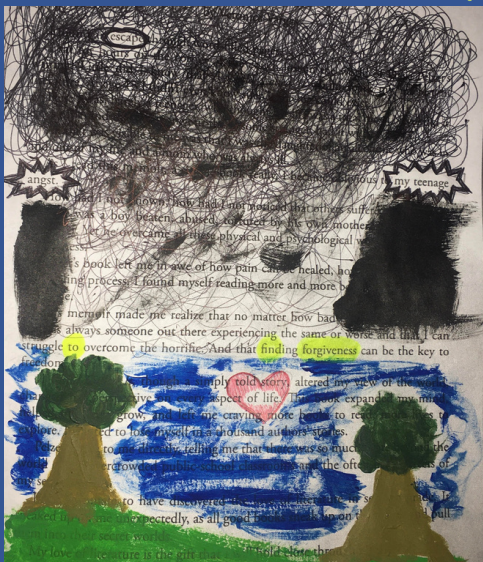


context of the universe
how small each one of us is against the vastness of
the
fishhooks in the corners of our mouths. don't paint me like
every time i choose
the chatter

Art builds empathy.

WHY BREAK STIGMAS?

Stigmas cause hesitation about seeking help and care.



Art raises awareness.

WHY BREAK STIGMAS?

Stigmas cause us to doubt ourselves.



Art builds acceptance.

WHY BREAK STIGMAS?

Stigmas create shame.



Most people
help and act
happy to not
show how
broken and sad
they are

Everyone is
always holding
thing in so they
not show the
world

Art celebrates.

WHY BREAK STIGMAS?

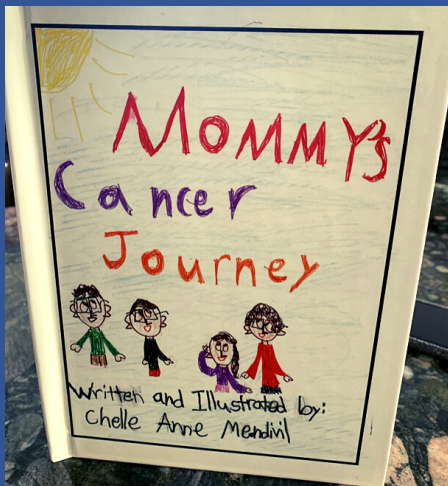
Stigmas cause hesitation about seeking information.



Art advocates.

WHY BREAK STIGMAS?

Stigmas hurt our relationships.



Art connects.

WHY BREAK STIGMAS?

Stigmas cause isolation.



BOBBING MY HEAD AND SPITTING BARS

beat boxing in my room

I liked being free.

I felt vulnerable.

I didn't know what I was doing

BUT IT FELT LIKE I HAD DONE IT BEFORE.

Art empowers.

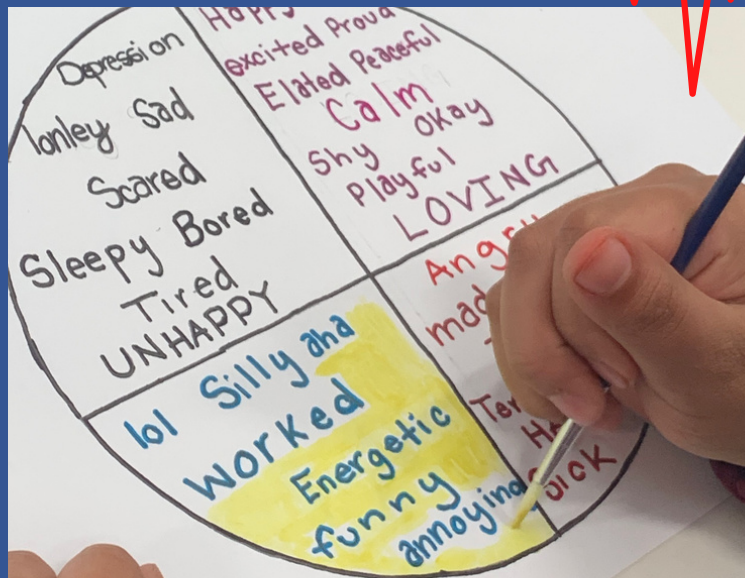


#webreakstigmas

**TAKE
ACTION!**

WHY BREAK STIGMAS?

Stigmas prevent us from processing emotions.



Art helps us cope, heal & thrive.

WHY BREAK STIGMAS?

Our goal is to engage the arts to support emotional well-being and open conversation with children, teens, and families.

We break stigmas around medical trauma, chronic illness, disability and inclusion. Together we develop coping skills, empower creativity and build community.

www.wellbeings.studio



#webreakstigmas

**TAKE
ACTION!**

We Break Stigmas



Feelings Are Real



I Am Enough

