

# #WEBREAKSTIGMAS

DIGITAL TOUR 2021

**Stigmas are negative beliefs, actions or discrimination based on a person's characteristics.**

Like having a life threatening disease or a mental illness.

Like someone's disability, body size, age, race, gender, class, sexuality, national origin, immigration status, or language.

#webreakstigmas



[www.wellbeings.studio](http://www.wellbeings.studio)