

# WHY BREAK STIGMAS?

Stigmas cause isolation and  
disconnection.

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!**