



# BREAK THE BIAS

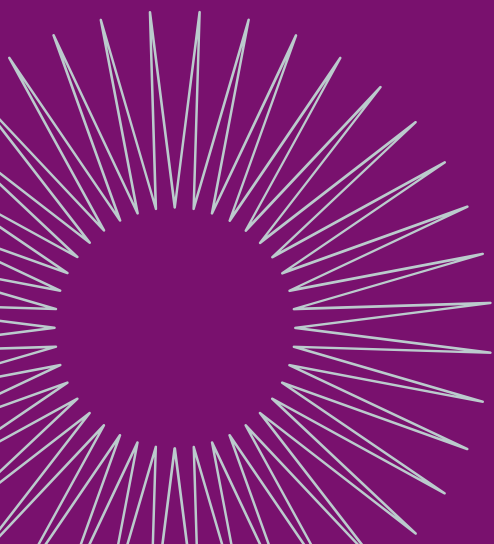
BOOKS HAVE THE POWER TO SHIFT OPINIONS,  
IMPART KNOWLEDGE AND START CONVERSATIONS.

This summer, the Health and Mind club of DPS Sharjah held the pilot edition of Break the Bias, a book club led by Safaa Mariam and Mark Monteiro, to create a safe space and give students of the club a platform to express their views and opinions on topics pertaining to mental health, societal perspectives, pressures and more. Students of grades 9 to 12 participated in the book club. The sessions were held from July 7th to August 17th, 2022.





Covering diverse topics from the biological processes that influence and impact mental health, to fierce debates and discussions on whether insurance should cover the treatment of mental health disorders, the sessions provided a gateway for students to explore diverse topics aided by media, books, movies, and more.



Participating students found the sessions to have insightful takeaways that gave them an opportunity to enunciate their views and perspectives.

