

# WHAT DOES STIGMA LOOK LIKE?

11  
EXERCISE

This exercise could be used as a warm-up



## OBJECTIVES

Participants will be able to:  
Show through their own drawings  
what stigma means to them



## TIME

1 hour

## ACTIVITIES

### *Drawing Exercise*

### **WHAT DOES STIGMA LOOK LIKE?**

Hand out flipchart sheets and markers. Ask each participant to draw a picture of how they see stigma. Tape up the pictures.

Ask the group: “What do you see in the picture? What does it mean?”

### **EXAMPLE FROM ZAMBIA WORKSHOP (February 2002)**

A virus (HIV/AIDS). Ugly and angry—thin hair, bony, worn. Crying (for help, vulnerable). One person separate from others (segregation, isolation, others distancing themselves). Cut off from others (threat to others). A person running (lack of peace, restless, constantly being chased). Depressed face (hopeless). A skull and cross bones (death). Very thin (loss of weight due to ridicule).

