

HOW STIGMA AFFECTS PLHAS LIFE OPTIONS



OBJECTIVES

Participants will be able to:
Describe how stigma affects the life options of different groups of people



TIME

1 hour



MATERIALS

12 character cards
(Annex):

Woman carrying child (E2),
businessman (E3), female
manager (E5), pregnant
unmarried woman (E6),
football player (E8),
commercial sex worker
(E11), construction worker
(E18), unemployed teenage
boy (E22), disabled girl in
wheelchair (E23), married
housewife (E29), gay
bartender (E30) and market
woman (E32).

Activity cards

ACTIVITIES

Explain that this exercise will look at how different categories of people in the community respond to different situations.

Game

LIFE OPTIONS

Ask 12 volunteers to play the game. Hand out the 12 character cards upside down and ask the volunteers to keep their cards hidden. Then ask each volunteer to pair off with a non-playing participant to discuss his/her role (without revealing his/her identity to other participants).

- Imagine that you are the person on the card
- Discuss what your life is like as this person
- Think about your HIV status, are you HIV positive?

Then ask volunteers to stand along the end wall, side by side and facing forward.

Explain the game

I will read out the activities, one by one. After each one I'll ask: "Can you do this activity easily without obstruction?" Those who answer "YES" will take one step forward. Those who answer "NO" will stay where they are.

Start the game

Read the first statement and ask players to respond. Then read the second statement and ask players to respond and so on.

End the game

After all the statements have been read, players will be standing at different distances from the starting point. Ask each player to reveal their identity and give a short statement about how the



ACTIVITY CARDS

- Make long term plans
- Get medical help when you need it
- Marry your partner
- Tell people what you do for a living
- Make family decisions
- Feel safe walking the streets at night
- Obtain a bank loan
- Get sympathy from society if you need it
- Buy plot of land
- Expect sympathy from your family
- Find a long term job
- Have children with partner

game affected them—"I felt blocked when I could not buy a plot of land because I am a woman."

Discuss

- What restrictions were faced by different players?
- What factors influenced whether they stepped forward or not?
- What have they learned about the effect of stigma or discrimination?

Summary

Stigma affects many different groups in society, not just those living with HIV and AIDS.

Adapted from: "Carpark" in: Dixon, Hilary (1993) *Yes, AIDS Again: A Handbook for Teachers. Learning Development Aids*, Wisbech, Cambridge