

# STIGMA IN THE FAMILY AND COMMUNITY (B)

15  
EXERCISE



## OBJECTIVES

Participants will be able to:  
Explore how stigma takes place  
within a family and community



## TIME

1-2 hours

## ACTIVITIES

### COLLECTIVE STORY-TELLING AND DRAMA-MAKING

#### Explain the process

“We are going to construct a story together about a woman who gets HIV and how this affects her. We will take turns telling the story. Some of us will act out the scenes in the story in mini-dramas. Others will observe what is happening and the language used in the story telling and drama.”

Divide into 3 groups:

1. Story-tellers
2. Actors
3. Observers.

Brief each group on their roles.

#### Story-tellers

Start the story. Explain how a woman called Mary first discovers she is HIV positive. Tell the story! [Each story teller makes up two sentences and then another story teller takes over.]

**STOP! Actors:** Act out the first scene which has been described.

**STOP! Story-tellers:** Explain what happens when Mary's family finds out she is HIV positive. Tell a bit of the story so the actors can then act it out.

**STOP! Actors:** Act out this scene.

**STOP! Story-tellers:** Explain what happens when Mary becomes sicker. How does the family respond? What happens?

**STOP! Actors:** Act out this scene.

At the end of this process stop and ask the observers to make a report on stigmatizing words and actions they observed. Record on a flipchart.

Then ask Mary: “How did you feel about the way you were being treated?”

Summarize how stigma changes over the course of the illness.