

PHYSICAL FRAILITY AND DISFIGUREMENT

19
EXERCISE

A simple exercise about fears around our appearance and health



OBJECTIVES

Participants will be able to:

- Identify stigmatizing comments made about PLHAs in relation to disfigurement
- Prepare ourselves psychologically to be able to deal with these forms of stigma



TIME

1 hour



MATERIALS

Cards

ACTIVITIES

Cardstorm

HOW WE LOOK

In pairs: write down all the stigmatizing things people say about someone's physical appearance when they start to look sick. One per card.

Discuss

- How do you feel about these words/names?
- What can help us cope with this type of stigma?

EXAMPLES: WHAT CAN HELP US COPE

- Be aware of what we say to each other—even if we are joking.
- Offer support if someone looks really sick.
- Say something positive even if someone looks bad.
- Offer reassurance—sometimes we feel that everyone is watching even when they are not.



Summary

- Stigma around our physical appearance can be a big fear.
- Comments can be hurtful and make us feel even worse.
- If we can boost our self-esteem and feel good about ourselves inside, the stigma will be less able to touch us.