

# WORKING AS A GROUP AGAINST STIGMA

## 13 EXERCISE



### OBJECTIVES

Participants will be able to:  
Identify things they can do to  
raise awareness and challenge  
stigma



### TIME

1 hour

### ACTIVITIES

#### *Cardstorm*

#### **RAISING AWARENESS ABOUT STIGMA**

Divide into pairs and ask each pair to write points on “What can you do to get people thinking about and talking about stigma?”

### EXAMPLES

- Be a good role model. Show in words and actions that you are no longer stigmatizing.
- Use informal conversations to raise the issue of stigma.
- Use stories about PLHAs being badly treated as a starting point for discussion
- Challenge stigmatizing words when you hear them—but do it in a way that doesn’t turn people off—get people to think about how their words can hurt.
- Encourage people to talk openly about their fears and concerns about HIV/AIDS.
- Correct myths and misperceptions about AIDS and PLHAs.
- Promote the idea of a friendly ear and support to PLHAs and their families.
- Ask PLHAs or their families to give testimonies about experience of living with HIV.
- Do a listening survey of stigmatizing words used in the community.
- Make a map of the community and mark places where stigma is strong.
- Perform dramas on stigma at community meetings and then discuss.
- Develop a non-stigma code of practice—to be followed by group members.
- Organize mini-workshops on stigma for community and peer group leaders.
- Organize community meetings to discuss what has been learned from the above methods and make decisions about what the community wants to do.



## ACTION IDEAS

Agree on one or two things that the group can start to do immediately.



## Brainstorm

### **DO'S AND DON'TS—CODE OF PRACTICE**

Ask the group to brainstorm a list of DO's and DON'Ts—a non-stigmatizing code of practice.

#### **DO's**

- Speak out about stigma when it occurs
- Let people know that stigma hurts
- Encourage people to talk openly about their fears and concerns about HIV
- Correct myths/misperceptions about AIDS
- Provide a caring ear to PLHAs
- Visit PLHAs in their homes
- Encourage PLHAs to use services—treatment of opportunistic infections
- Refer PLHAs to counselors

#### **DON'Ts**

- Judge or condemn PLHAs
- Use stigmatizing words
- Isolate or reject PLHAs
- Assume PLHAs can do nothing
- Patronize PLHAs—hiring PLHAs but giving them no tasks
- Use harsh, overly critical language in challenging stigma by other people
- Tell PLHAs they should not have sex, children, or do things, etc.