

“SPOT-THE-STIGMA WALK AND TALK”

14 EXERCISE



OBJECTIVES

Participants will be able to:
Develop concrete action plans to make specific changes in institutions to reduce HIV stigma and discrimination



TIME

4 hours

ACTIVITIES

“SPOT THE STIGMA WALK-AND-TALK”

The aim of this activity is to identify points of stigma in institutions which provide services to the community and then facilitate discussion to make appropriate changes. The steps in this process include:

- Identify the institution to be studied—health clinic, voluntary counseling and testing center, NGO in consultation with the staff of the institution.
- Discuss with the staff what is to happen and how they will participate.
- Set up a joint group—institution’s staff and community members (including PLHAs and HIV affected families) - to carry out the Stigma Walk-and-Talk.
- Orient the group beforehand—discuss the objectives and what they will be looking for—places and activities where stigma is a problem and how the activity will be debriefed—and actions planned.
- Conduct the walk. Take notes during the walk and record the notes on flipcharts showing the different departments/sections and activities within the institution - and points of stigma.
- Debrief. Hold a joint meeting with the institution's staff and community members to discuss:
 - What were the major forms of stigma identified?
 - What are their causes?
 - What can be done to avoid these problems?
- Develop an **action plan**:
 - specific change activities
 - who will do each activity
 - when the activity will be done and
 - what indicators will be used to show the problem has been solved