

SUPPORTING AND RESISTING FACTORS

4
EXERCISE



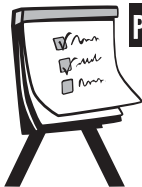
OBJECTIVES

- Participants will be able to:
- Identify the real issues which could prevent the group from realizing their vision
 - Identify what exists that will help the group achieve their vision



TIME

1 hour



PREPARATION

Put cards on wall—
SUPPORTING FACTORS
& RESISTING FACTORS

ACTIVITIES

INTRODUCTION

Explain that this session is to learn an approach to strategic planning called “**force field analysis**” and apply it to the planning of anti-stigma action. The aim is to identify the forces for and against a particular change in order to find ways of bringing about the desired change.

Cardstorm

SUPPORTING AND RESISTING FACTORS

Divide into pairs and ask pairs to write cards for “supporting factors” and “resisting factors” and tape them under the right heading.

Report back

Each person selects one card and explains why s/he has placed this factor under this heading.

Supporting Factors	Resisting Factors
<ul style="list-style-type: none"> ■ Schools—children advocating for caring ■ Faith based groups—church members who are involved in home visits and caring ■ Church’s own process to change moralizing messages and attitudes to PLHAs ■ Peer groups, e.g., youth & women’s groups ■ Faith healers ■ Family members 	<ul style="list-style-type: none"> ■ Leaders in denial themselves and moralizing about other people. ■ People believe that stigma is a good thing ■ Most people do not know they are HIV positive ■ People have strong fears about being exposed and stigmatized





Force

- Faith based groups involved in caring
- Most people do not know their status

Action Steps

- Work closely with faith based groups
- Promote counseling and testing

Discuss

- What can you do to build on the supporting factors?
- What can you do to minimize the negative factors?
- Which blocks are within and which are outside the group's control?

Select Realistic Action Steps and Plan

Decide which of the action steps are realistic and develop a plan for each action, including resources and possible timing.