

INDIVIDUAL STIGMA

Self-stigma affects a person's ability to live life well.



I'VE BECOME FAR MORE VOCAL IN CHALLENGING HIV STIGMA FROM POTENTIAL SEXUAL PARTNERS AND OTHERS, INCLUDING BEING VERY OPEN ABOUT MY STATUS TO FAMILY AND FRIENDS.

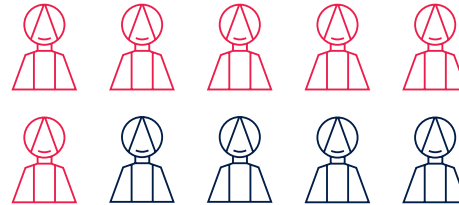
35-49-year-old man, UK

Reference:

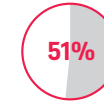
Name It, Claim It, Stop It
Developed by Kevin Berrill, former director of Anti-Violence Project of NAational Gay and Lesbian Task Force, and Daryl Cummings-Wilson.

Positive Perspectives survey findings

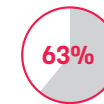
61% of individuals said they had experienced self-stigma (eg, feelings of self-blame, worry, guilt, lack of worth, need for secrecy) occasionally, quite often or very often in the last year.



Half (50%) also said they believe HIV creates limits on their lives.



More than half (51%) said they had changed career aspiration because of their diagnosis.



Nearly two-thirds (63%) worry about the impact of HIV on their sex life, even though their HIV is controlled.

Recommendations

1. Identify and address self-stigma
2. Equip & empower the individual and close support networks

What can be done

- Peer-to-peer programs
- Increase awareness using U=U message
- Provide tools to effectively address self-stigma. Example: Name It, Claim It, Stop It.

HERE'S A WAY TO ACT AS AN ALLY TO YOURSELF AND OTHERS



I FEEL DIRTY AND STIGMATISED. I HAVE A LOT OF FEAR AND LONELINESS.

35-49-year-old woman, Spain

Learn more at LiVLife.com

INTERPERSONAL AND COMMUNITY STIGMA

Rejection and isolation have an impact on a person's ability to live life well.



IT STILL AMAZES ME HOW DISCRIMINATORY AND DOWN-RIGHT UNEDUCATED THE GAY COMMUNITY IS ABOUT HIV/AIDS, AS WELL AS THE NON-GAY FOLKS NOT EVEN UNDERSTANDING WHAT NEGATIVE AND OR UNDETECTABLE MEANS.

50-plus man, USA

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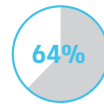
Positive Perspectives survey findings



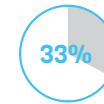
Over half of the people surveyed (53%) had experienced social stigma (eg, feelings of isolation from local community or social circle) in the last year.



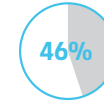
Nearly a fifth (19%) said they had felt isolated as a result of the attitudes of their local community.



64% believe that with better education, stigma can be addressed and/or minimised.



A third (33%) said they had experienced physical stigma (eg, instances of being shunned or abandoned by someone, harassment, asked to use implements or facilities separate to others, even violence) in the last year and nearly half (46%) said they had experienced verbal stigma (eg, gossip, taunting, scolding, labelling) in the last year (n=1,085)



Recommendations

1. Provide safer environments where people are not afraid to 'speak out'
2. Establish support networks and programs to support PLHIV
3. Fund and improve education to communicate the facts about HIV

What can be done

- Workshop training to build skills and leadership
- Promote inclusive language in the community and public space
- Provide career development opportunities
- Provide tools to effectively address self- & interpersonal stigma. Ex: Name It, Claim It, Stop It.

HERE'S A WAY TO ACT AS AN ALLY TO YOURSELF AND OTHERS



NAME IT

→
Name the behaviour that just occurred



CLAIM IT

→
Claim how it makes you feel



STOP IT

→
Stop the behaviour from being repeated



I HAVE EXPERIENCED STIGMA AND DISCRIMINATION FROM MY OWN [MUSLIM] COMMUNITY.

50-plus woman, UK

Learn more at LiVLife.com

ORGANISATIONAL STIGMA

Zero discrimination ensures a person's ability to **live life well**.



DURING MY PREGNANCY I WAS ONLY OFFERED A VAGINAL EXAMINATION TWICE. A GYNAECOLOGIST REJECTED ME COMPLETELY.

18–34-year-old woman, Germany

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Positive Perspectives survey findings



More than a third (39%) of people living with HIV said that they had experienced institutional stigma in the past year (e.g., being denied jobs, visas, health services or education due to their HIV status).



Nearly a quarter (24%) worry that their HIV status will change their relationship with their primary care provider.



15% of people living with HIV admit to worrying all/a lot of the time that people at work will find out they have HIV and 11% say they worry all/a lot of the time about losing their source of income if people at work find out.

Recommendations

- 1. Implement services to give equal access to work, education and healthcare services**
- 2. Zero discrimination in the organisational setting**



A DENTIST PUT ON THREE PAIRS OF GLOVES WHEN HE FOUND OUT.

18–34-year-old woman, Germany

What can be done

- Proactively inform and educate employees
- Increase awareness using i.e. U=U message
- Training for healthcare workers to be able engage PLHIV in open supportive conversations
- Employment Advisor to offer personalised employment support and access to other services.

Learn more at [LiVLife.com](https://www.LiVLife.com)

STRUCTURAL STIGMA:

Discrimination at a global, national and local level through laws and policies

Respect for international human rights, laws and treaties affects person's ability to **live life well.**



I WAS SENTENCED FOR HIV NON-DISCLOSURE.

35–49-year-old woman, Canada

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Positive Perspectives survey findings

The Positive Perspectives survey, through insights from respondents, highlighted some of the issues that remain with legislative frameworks, for example:



THE STIGMA AND CRIMINAL LAW AROUND HIV HAS NOT CHANGED MUCH AT ALL SINCE THE BEGINNING. THAT'S 30 PLUS YEARS AND STIGMA AND CRIMINAL LAW [IS] STILL THE SAME, ESPECIALLY IN RURAL AREAS.

50-plus woman, USA

Even in countries where there are strong anti-discrimination laws, we cannot assume that laws will be enforced or that good practices and equality follow.

Recommendations

1. Zero discrimination in legislative frameworks
2. Independent committees to ensure quality in policy- and/or funding decisions, with representation from PLHIV
3. Prosecution of criminality associated with physical and verbal abuse based on actual or perceived HIV status
4. Enforcement of existing legislation

What can be done

FAST-TRACK CITIES INITIATIVE

Initiative to convert legislation and policy into practice and deliver on a HIV-specific human rights-based program

fast-trackcities.org



FAST-TRACK
CITIES

Learn more at LiVLife.com