

<b>G3</b>	<b>Stigma Masters' Standing Room Only</b>		
<b>Session aim(s)</b>	To help officers explore their role in stigma and discrimination against PLWHAs and develop strategies for reducing stigma and discrimination in the community.		
<b>Material(s)</b>	Pens, paper, enough space for group work and consultations		
<b>Duration</b>	60 minutes	<b>Session Participants</b>	Mixed gender, 40 officers
<b>Method</b>	<ol style="list-style-type: none"> <li>1. Ask participants to open a new page and create a two-column table.</li> <li>2. On the left side column, ask them to create the headline <i>'Things that are done to HIV positive people in my community and which I don't like'</i>. Allow them 5 minutes to enumerate those things.</li> <li>3. On the right hand column, ask participants to create the heading, <i>'Things that I would like done to me when I become HIV positive'</i>. Allow them 5 minutes to enumerate their wishes.</li> <li>4. Ask participants to share with their colleagues what they have put down. Encourage participants to do this exercise with their families and friends.</li> <li>5. Share with participants the meaning of Stigma and Discrimination. Explore with participants what they can do to reduce stigma and discrimination.</li> <li>6. Inform participants that a clinic offering FREE treatment and care for AIDS patients has only one bed remaining to admit a patient. There are four late-stage AIDS patients in urgent need of the bed. Ask volunteers to represent the four patients.  <i>One is a 46yr old Deputy Commander who got HIV when he had sex with a recruit who didn't want to be posted to a remote outpost. He promises to help in the fight AIDS if you give him the bed. Next is a 14yr old girl who was raped by an officer on patrol as she came from school late in the evening. AIDS. The third is a 28yr old male, homosexual, don't-care officer who smokes bhang. He does not know or care how he got HIV but begs you for the bed. He promises to change his ways once he is well. The last is a 32yr old female officer, single mother of two beautiful girls aged 3 and 6. She got HIV by giving sexual favors to gain promotions. She requests the bed so that she can get well and take care of these little innocent children.</i> </li> <li>7. Inform participants that they are directors of the AIDS clinic and are to vote to give the remaining bed to the most deserving case. Ask each participant to vote by queuing behind their preferred patient.</li> <li>8. Once they have done so, note the votes and ask participants in each team to discuss and share with the rest the reasons why their candidate deserves the remaining bed and why the other three AIDS patients do not.</li> <li>9. Back in plenary allow each team share their reasons for and against. Once all groups are done, ask participants to recall the activity they did earlier in steps 2 and 3. Explore how they reconcile the arising conflict between their wishes at that time and their reasons now for and against giving the remaining bed.</li> <li>10. Facilitate a discussion by asking: Do some people deserve AIDS? Should homosexuals/lesbians be accepted in the community? Why, and how, do some PLWHAs stigmatize and discriminate themselves?</li> <li>11. What steps can we take (or what attitudes should we develop) to reduce/stop stigma?</li> <li>12. Explain that we all stigmatize and discriminate (we are <i>stigma masters!</i>), sometimes unconsciously. Explain that some PLWHAs engage in self stigma.</li> </ol>		
<b>Credits</b>	This guide was developed by Oluoch-Madiang' for PATH's Op-ARIFU project		