Understanding and challenging HIV stigma
Toolkit for action

Booklets in Understanding and challenging HIV stigma: Toolkit for action include:

Introduction
Using the toolkit
Module A
Naming the problem

Module B
More understanding, less fear
Module C
Sex, morality, shame and blame

Module D
The family and stigma
Module E
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Module F
Coping with stigma
Module G
Treatment and stigma

Module H
MSM and stigma

Module I
Children and stigma

Module J
Young people and stigma

Moving to action module
Thinking about change
Moving to action
Developing skills for advocacy

Picture booklet
General stigma pictures
Rights pictures

Additional booklets will be published as new modules are developed.

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About the organisations involved

Academy for Educational Development
Founded in 1961, the Academy for Educational Development (AED) is an independent, non-profit organisation committed to solving critical social problems and building the capacity of individuals, communities, and institutions to become more self-sufficient. AED works in all the major areas of human development, with a focus on improving education, health, and economic opportunities for the least advantaged in the United States and developing countries throughout the world.

www.aed.org

International Center for Research on Women
Since its founding in 1976, International Center for Research on Women (ICRW) has worked with partner organisations and governments throughout the world to promote gender equitable development, reduce poverty, and change the lives of millions of women and girls and their communities – undertaking focused, evidence-based, action-oriented research; providing technical assistance to partner organisations, donors and governments; and advocating for new or improved policies and programmes.

www.icrw.org

International HIV/AIDS Alliance
Established in 1993, the International HIV/AIDS Alliance (the Alliance) is a global partnership of nationally based organisations working to support community action on HIV and AIDS in developing countries. Our shared mission is to reduce the spread of HIV and meet the challenges of AIDS. To date, over $140 million has been channelled to more than 40 developing countries in support of over 3,000 projects, reaching some of the poorest and most vulnerable communities with HIV prevention, care and support, and improved access to treatment.

Registered charity number 1038860

www.aidsalliance.org

For more information about Alliance publications, please go to www.aidsalliance.org/publications


Developed by Ross Kidd, Sue Clay and Chipo Chiiya

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First edition published September 2003
Revised edition published June 2007


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The first edition of this resource was made possible by the generous support of the American people through the United States Agency for International Development (USAID). This revised edition was made possible by the Swedish International Development Cooperation Agency (Sida). The contents are the responsibility of the authors and do not necessarily reflect the views of USAID or Sida.
About this toolkit

This toolkit was written for and by HIV trainers in Africa. It has been designed to help trainers plan and organise educational sessions with community leaders or organised groups to raise awareness and promote practical action to challenge HIV stigma and discrimination.

The toolkit evolved out of a research project on 'Understanding HIV-related stigma and resulting discrimination' that was conducted in Ethiopia, Tanzania and Zambia from 2001 to 2003. The research was implemented by the International Center for Research on Women (ICRW) in collaboration with research institutions in the three participating countries. The first edition of this toolkit was developed by the CHANGE Project AED (Academy for Educational Development) and ICRW in partnership with the research institutions and non-governmental organisations (NGOs) in these three countries who helped to design the original toolkit. It was developed and written by Ross Kidd and Sue Clay.

This edition was revised by the International HIV/AIDS Alliance country office in Zambia, building on the original toolkit, and includes experience of the Alliance’s Regional Stigma Training Project, which has introduced the toolkit to many countries in Africa through a training of trainers (TOT) and networking process. The national TOT workshops and follow-up workshops conducted by members of the growing anti-stigma network have created a base of experience for revising and updating the toolkit. At a regional workshop in Zambia in August 2005, members of this network helped to review the toolkit and make changes and additions.

By the end of 2006, more than 300 anti-stigma trainers from many organisations have been trained by the Alliance using this toolkit. These include the following key partner organisations:

- **Burkina Faso**: Initiative Privée et Communautaire Contre le VIH/SIDA au Burkina Faso (IPC)
- **Côte d’Ivoire**: L’Alliance Nationale Contre le SIDA en Côte d’Ivoire (ANS-CI)
- **Ethiopia**: ActionAid, Hiwot, Save Your Generation Association (SYGA)
- **Kenya**: Regional AIDS Training Network (RATN), Network of people with HIV/AIDS in Kenya (Nephak)
- **Mozambique**: International HIV/AIDS Alliance in Mozambique, Rede Nacional de Assocíoces de Pessoas Vivendo Com HIV/SIDA (Rensida)
- **Nigeria**: Network on Ethics, Human Rights, Law, HIV/AIDS Prevention, Support and Care (NELA)

**Senegal**: Alliance Nationale Contre le SIDA (ANCS)
**Tanzania**: Kimara, Muhimbili Medical College of Health Sciences (MUCHS)
**Uganda**: The AIDS Support Organization (TASO)
**Zambia**: International HIV/AIDS Alliance in Zambia, Network of Zambian People Living with HIV (NZP+)

**This edition, developed and written by**

Ross Kidd, Sue Clay and Chipo Chiiya

**Acknowledgements**

Key collaborators who have helped with its development during the two phases have included:

- **Botswana**: Oratile Kidd-Moseki, Sam Setumo
- **Ethiopia**: Aklilu Kidanu, Awrraris Alemayehu, Berhanu Zenbere, Dagmawi Selamssa, Hailom Banteyerga, Ethiopia Tilahun
- **Mozambique**: Amos Simbamba, Carlos Mussua, Emedius Teixeira, Sonia Almeida
- **Tanzania**: Gad Kilonzo, Jessie Mbwambo, Judith Mulundu, Mboni Buyekwa, Naomi Mpemba, Peter Kopoka, Pfrriael Kwia, Sabas Masawe, Willbroad Manyama
- **Uganda**: Florence Ayo, Jacinta Magero, James Byakiika, Richard Serunkuuma
- **United Kingdom**: At the Alliance secretariat, Liz Mann for her support throughout this project and to the Communications team who co-ordinated the design development and production of this toolkit
- **USA**: Anton Schneider, Gayle Gibbons, Jessica Ogden, Kerry MacQuarrie, Laura Nyblade, Rohini Pande, Sanyukta Mathur
- **Zambia**: Aggrey Chibuye, Clement Mufuzi, Estella Mbewe, Gertrude Mashau, Levy Chillikwela, Martin Chisulu, Mary Mweemba, Mutale Chonta, Sidney Sipia Mwamba, Titus Kafuma, Victoria Chivunga, Virginia Bond.

Design by Jane Shepherd
www.coroflot.com/janeshep
Illustrations by Petra Röhr-Rouendaal
Printed by Dexter Graphics in the UK
www.dextergraphics.com

*In memory of Martin Chisulu, Chama Musoka, Hamelmal Bekele (Happy), Andrew Mukeleba and Regina Mulope.*
This booklet contains pictures that are intended to be photocopied by the facilitator and used alongside the exercises. Additional pictures can be found in their respective module booklets:

Context cards – Module A
Character cards – Modules B & C
Silhouettes – Modules D & E
Treatment story – Modules F & G
MSM pictures – Module H
Children and stigma pictures – Module I
Young people pictures – Module J

General stigma pictures 3

Rights pictures 45

Other booklets in Understanding and challenging HIV stigma: Toolkit for action include:

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Additional booklets will be published as new modules are developed.
General stigma pictures

The general stigma pictures show different forms of stigma or discrimination and are used as a starting point for a discussion. They can be used as a set or as individual pictures for specific exercises. They include pictures showing the stigma that some children face.
General stigma picture 2
General stigma picture 3
General stigma picture 5
General stigma picture 7
General stigma picture 8
What am I going to do now?
GENERAL STIGMA
General stigma picture 21
General stigma picture 25
General stigma picture 30
General stigma picture 33
Rights pictures

Each of these pictures represents a human right – the right to health care, to have children, etc. Some of these rights are threatened by stigma – if we are living with HIV we can lose these rights. Some of the rights might be violated by family members, community members and professionals in various settings.

The pictures can be used in exercises which focus on rights, stigma and advocacy (see Module F – Coping with stigma). For example, they can be displayed and participants might be asked, “What are some of the rights that can be violated if we are living with HIV?”

The pictures contrast with the general stigma pictures. Instead of showing stigma and discrimination, they show how people should be treated, whether living with HIV or not – the right to be accepted, loved, cared for, have safe sex, have children, be provided with food, medicine, clothing, shelter, etc.
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- **Moving to action module**
  - Thinking about change
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- **Picture booklet**
  - General stigma pictures
  - Rights pictures

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