

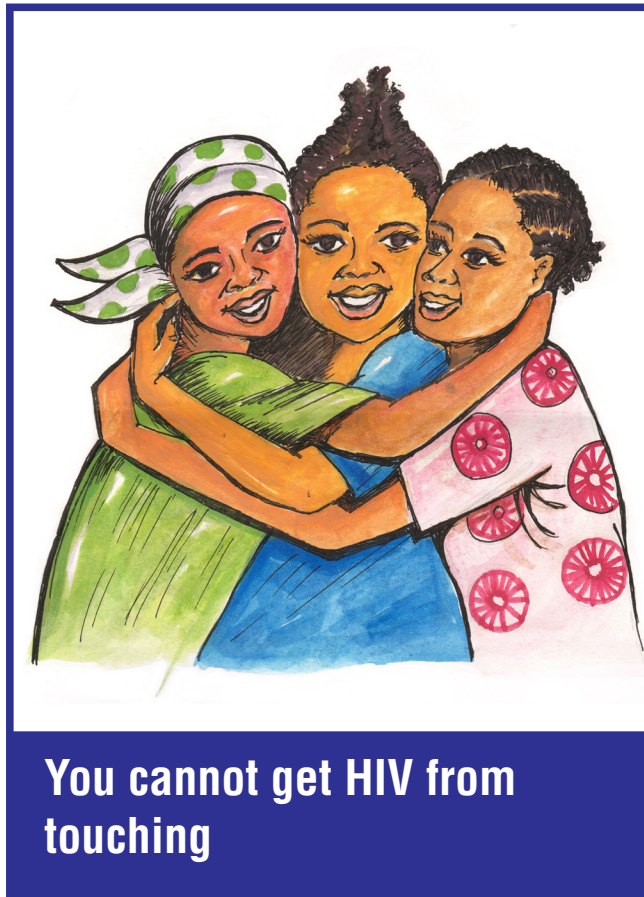
You can prevent stigma against people living with HIV

WHAT IS HIV STIGMA AND DISCRIMINATION (PICK AND CHOOSE)?

- A bad attitude or treatment towards anyone with HIV.
- Making someone with HIV feel like he or she is different from other people.
- Refusing to go around someone with HIV
- Treating someone with HIV bad.

HOW DOES STIGMA AFFECT SOMEONE WITH HIV?

People with HIV may be rejected by their family, friends and community. They may be forced to live by themselves. Sometimes they lose their jobs. Sometimes people stop them from getting other opportunities.



WHY DOES HIV STIGMA AND DISCRIMINATION HAPPEN?

People are afraid they can get HIV through touching someone with HIV, eating with them, being close together, or hugging. They think they can catch HIV from someone with HIV by doing any of these things.



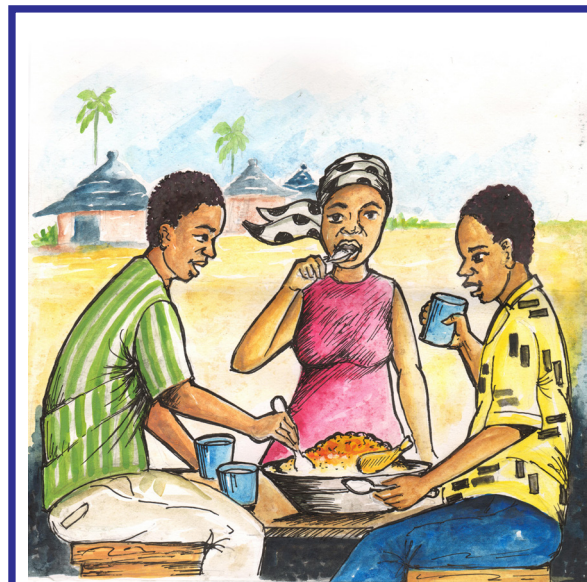
**Know Your
HIV Status
Get Tested**

HOW CAN WE REDUCE HIV STIGMA AND DISCRIMINATION?

1. **Know the facts.** Learn the facts of HIV instead of wrong beliefs.
2. **Change your attitudes and actions.** We've all grown up with wrong beliefs and wrong thinking about HIV. But we can change the way we think.
3. **Choose your words carefully.** The way we speak can sometimes make other people to feel bad. Don't be using harsh or bad words.
4. **Educate others.** Let people know good things about people living with HIV. If you hear information that is not true, correct it. Let them know that bad words affect people living with HIV.
5. **Focus on the positive.** People living with HIV are doing some good good things in the country. Their health problems are just one part of who they are. We've all heard the bad stories. Let's help to tell the good one.
6. **Support people with HIV.** Treat people who are living with HIV with respect. Think about how you would like others to act toward you if it were you. If you

know someone living with HIV, encourage them to stay healthy.

7. **Include everyone.** Don't keep people living with HIV from doing things such as jobs, housing and health care. People living with HIV have a right to be a part in society. Let's make sure that happens.



Show love and concern for people living with HIV

They are just like you.

STIGMA & DISCRIMINATION AGAINST PEOPLE LIVING WITH HIV

What is stigma and how can we stop it



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National
AIDS
Commission

