

# Stigma

## A Community Approach to Overcoming Stigma 2-21-20



# Overview/Agenda

- Introductions
  - Name
  - Role
- Some basics on Stigma
- Group creates group understanding
- Start group responses to address stigma



# PROFESSIONAL BACKGROUND

**Social Worker, MSW**

**Trainer**

**CPG Co-Chair**

**28 years of experience**

**Testing, STDs, Hep-C**



## PERSONAL BACKGROUND

Mexican/German

Gay

Dyslexic

Fashion Forward

C Student



## Purpose of This Hour

- We will use this group's knowledge to start to define Stigma
- We will use this group's knowledge to start to address Stigma

## Benefit to the Individual

- Reduce stress
- Improve individual health

## Benefit to the Community

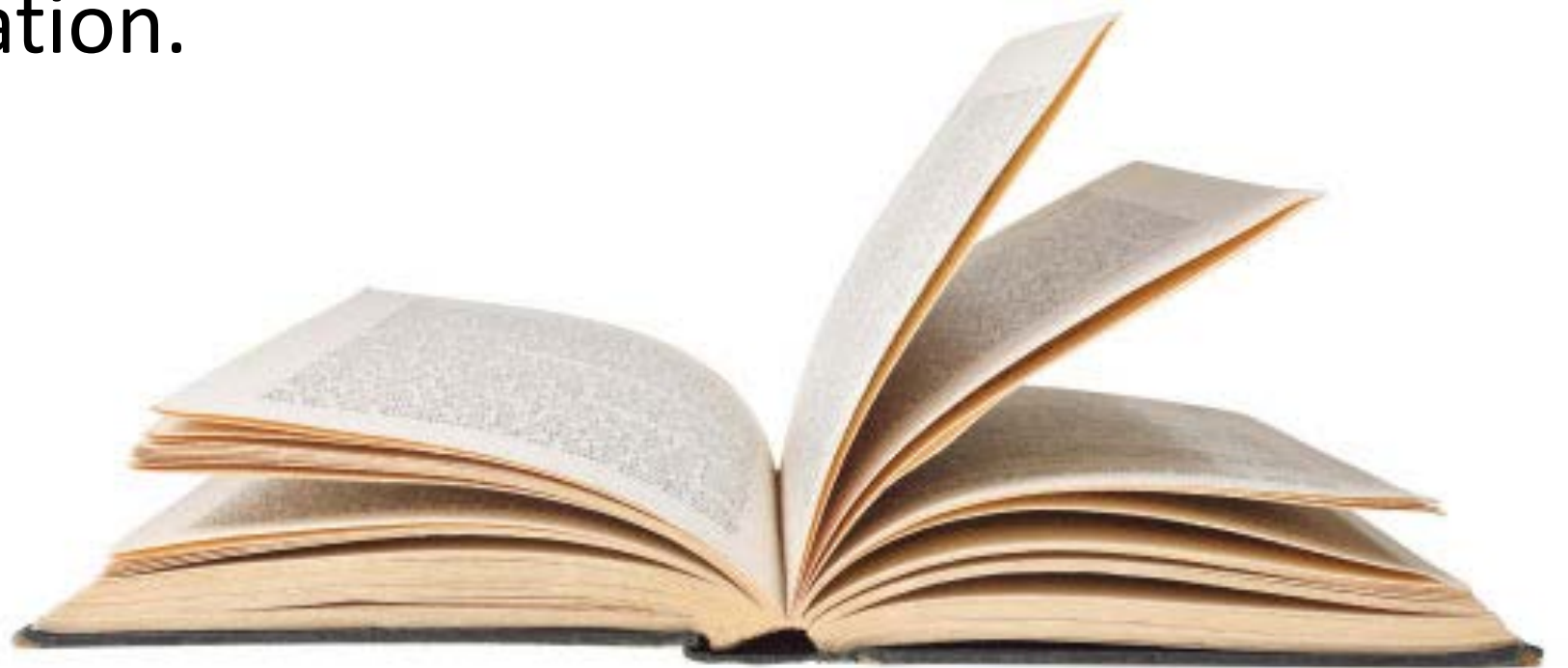
- Safer for all



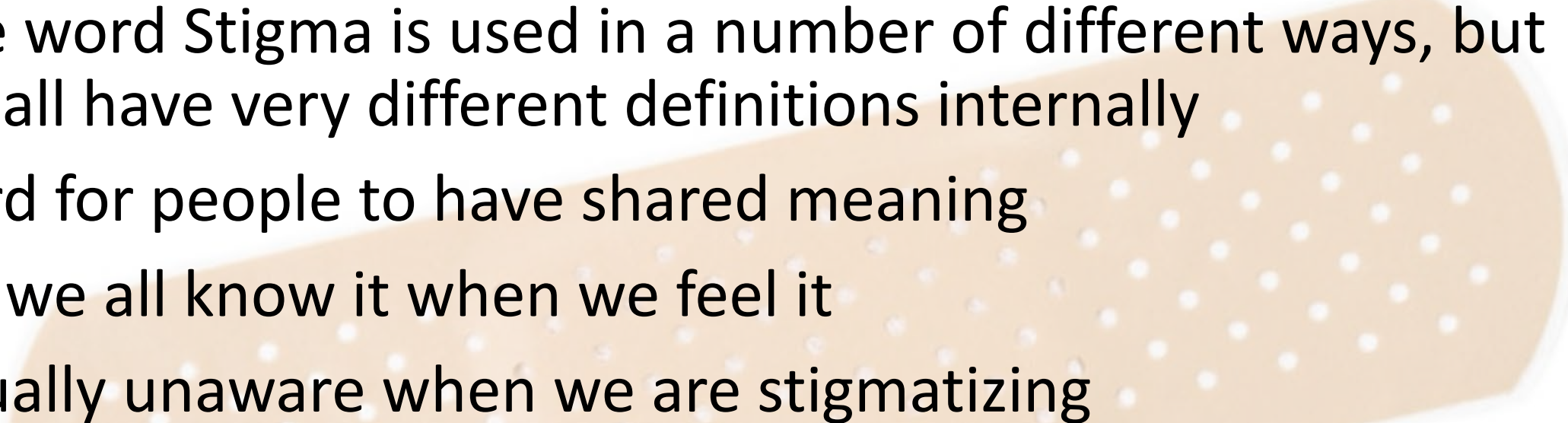
# Dictionary Definition

*noun, plural stig·ma·ta* [stig-muh-tuh, stig-mah-tuh, -mat-uh] , stig·mas.

a mark of disgrace or infamy; a stain or reproach, as on one's reputation.



# Background

- The word Stigma is used in a number of different ways, but we all have very different definitions internally
  - Hard for people to have shared meaning
  - Yet we all know it when we feel it
  - Usually unaware when we are stigmatizing
- 

# Almost Impossible to Separate

Racisms  
Sexism  
Homophobia  
Transphobia  
Immigration  
Ableism  
Looks  
Height  
Weight  
Etc.





# Context Determines “How it Lands”



- Who says it
- Their tone
- How a persons is feeling
- Is that persons trusted
- Etc

# Sticky Wall Instructions

- What does stigma mean to you?
- What feelings are associated with it?
- What was the context when it occurred?
- Write it on the paper
  - Write BIG
  - 6 words or less,
  - Come to the wall, tell the group what you have
  - Start to look for themes, and group them

Your Life  
Style

Speaking  
over someone

SHANE

Not  
shaking my  
hand

Are you  
clean?

How long have  
you been sick?

# How do we respond?



- Note...many micro shifts are need to change community norms

• But the more organized we are the fact it will go

thank  
you

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