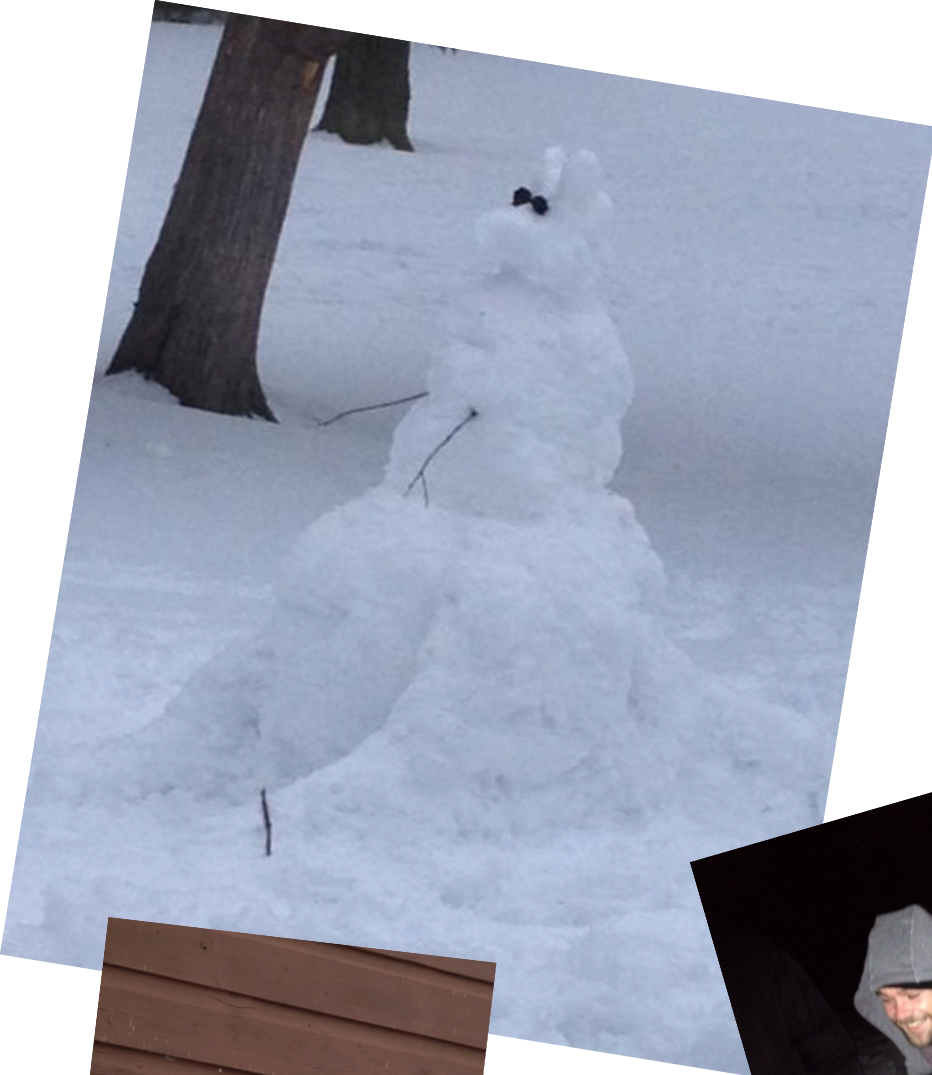




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Demarginalizing PLHIV through shared Leadership Aspirations

Building resilience and more cohesive
communities

What is Stigma?

Link & Phelan (2001)

- 1. Labelling of differences
- 2. Stereotyping of those labelled
- 3. Categories allowing separation of us / them
- 4. Status loss, discrimination, unequal outcomes
- 5. Enabled by power relations

Parker & Aggleton (2003)

- Stigma enables power relations & social order

How Stigma Manifests

- 1. Personal stigma** - attitudes and beliefs about other people
- 2. Perceived stigma** – belief in views that others hold
- 3. Self-stigma** – views people hold of themselves
- 4. Structural stigma** – institutional restrictions

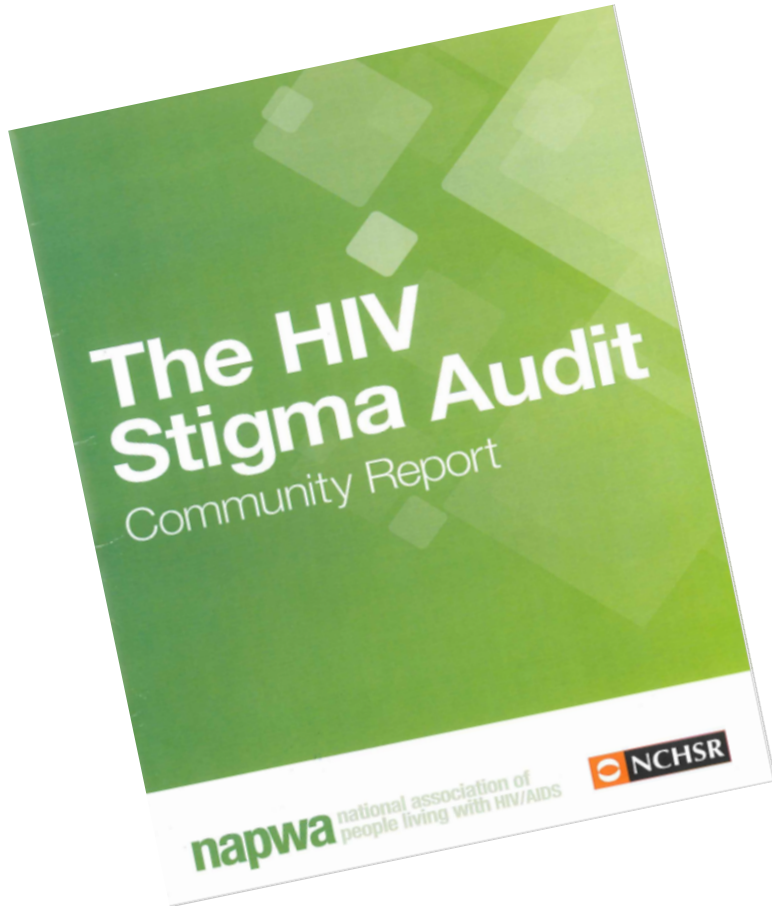
How Stigma Manifests

- Themes
- Intentional or unintentional
- 'Uncomfortableness'
- Often generalisations, not contemporary, subject to group think

Impact of HIV Stigma

- Reduces HIV and STI testing rates
- Discounts HIV prevention messages
- Impairs honest sexual negotiations
- Causes shame and chronic self doubt
- Diminishes social connectedness
- Intensifies social disadvantage
- Induces both physical and mental stress

HIV STIGMA IN AUSTRALIA



- 697 people completed the survey.
- Twenty-seven interviews were conducted by peer interviewers.
- Survey respondents included 662 men, 32 women and three transgender people.
- Year of diagnosis varied from 1981 to 2011, with the average being 1999

34% agreed with the statement

'I feel guilty because I have HIV'

35% disagreed with

'I never feel ashamed of having HIV'

42% agreed with

'I work hard to keep my HIV a secret'

40% agreed with

***'most people think that a person with HIV is
disgusting'***

40% agreed with

***'I have been hurt by how people reacted to
learning I have HIV'***

77% agreed
with

***'Telling someone
I have HIV is
risky'***

Developing a set of skills and characteristics that offer resilience in the face of stigma and other setbacks in life.

These include:

- Seeking social support when needed, including from the HIV community.
- Minimising the extent to which HIV is regarded as a key aspect of identity.
- Cultivating the capacity to bounce back from, or not take to heart perceived slights.

Building Resilience

“Resilience embodies the personal qualities that enable one to thrive in the face of adversity and describes a process whereby people bounce back from adversity and go on with their lives.”

(Connor & Davidson 2003)

Key Resilience Skills include:

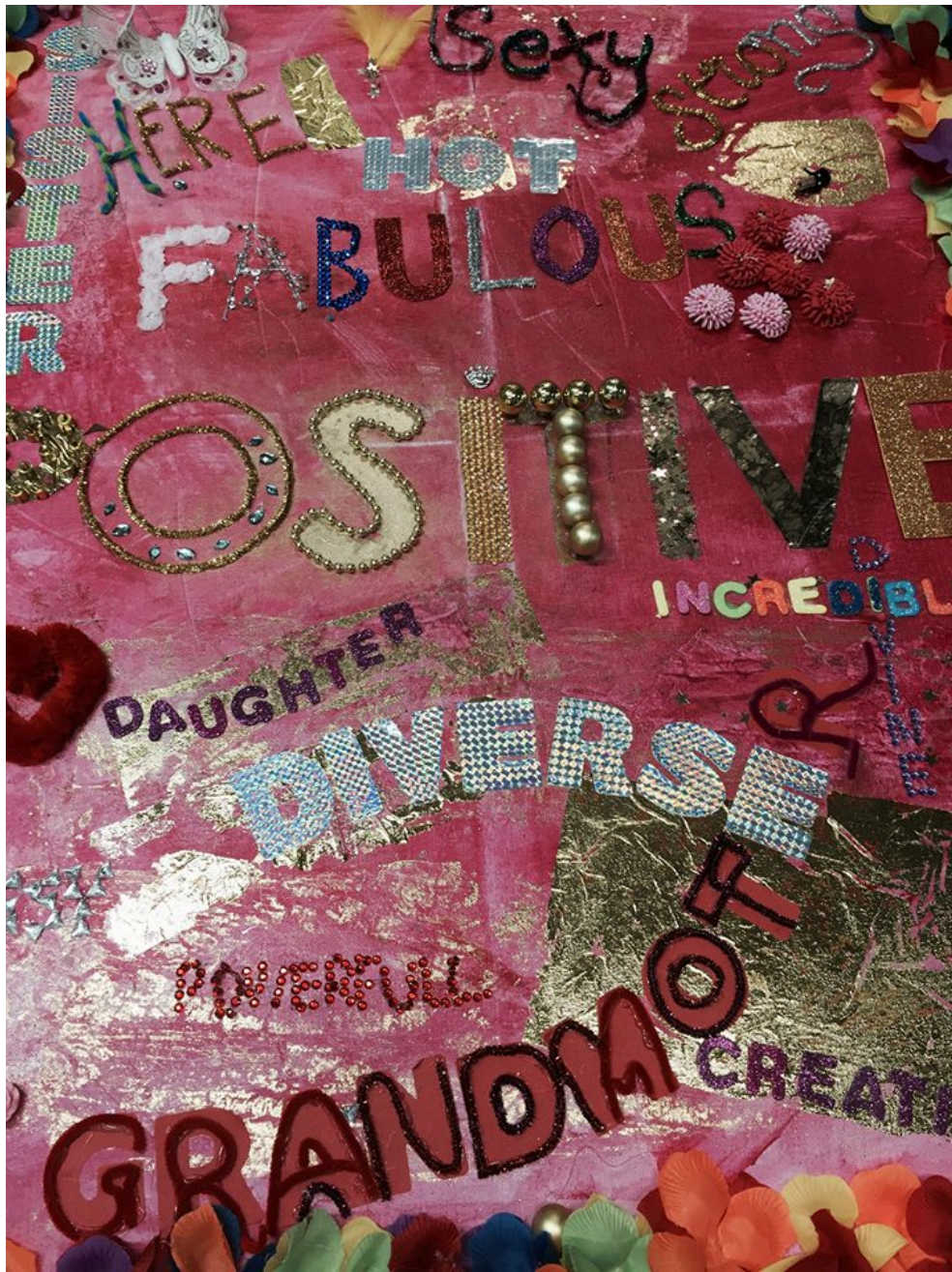
- Ability to create and sustain supportive networks
- Practicing reflective practice
- Building adaptive capacity



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Outcomes

Increased resilience and emotional intelligence

Greater confidence to participate in community activities

Sustained practical skills for resilience and leadership

In the participants' own words they discovered:

'Stimulated thinking regarding dimensions and practices of leadership'

Importantly these translated into outcomes for the community:

'Reinvigorated passion for participating in the HIV sector'

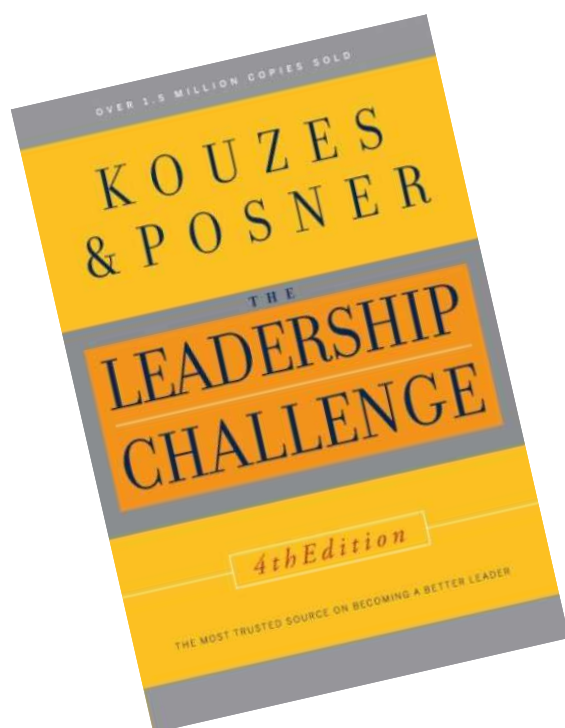
'Inspiration to continue my journey representing indigenous PLHIV'

Where are they now?

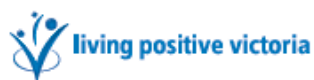
- A number of alumni have obtained employment in the HIV sector post PLDI
- A number are in leadership roles in the HIV sector post PLDI
- A number have renewed enthusiasm and insights in their roles in the HIV sector



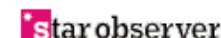
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2015/16 COLLABORATING PARTNERS



2015/16 COOPERATING PARTNERS



2015/16 COORDINATING AND NETWORKING PARTNERS



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