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INFORMACIÓN BÁSICA SOBRE EL VIH

Dealing with stigma and discrimination

gt grupo de
trabajo sobre
tratamientos del VIH
ENTIDAD DECLARADA DE
UTILIDAD PÚBLICA
ONG DE DESARROLLO



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Dealing with stigma and discrimination

Arriving in a new country while living with HIV at the same time can make you feel lonely, afraid or sad. These feelings are normal. They can be more intense if you are treated differently, excluded or discriminated against because you have HIV. Accepting prejudice or mistreatment as normal can affect your health. This fact sheet offers some simple ideas for dealing with stigma and discrimination.

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- 03** Understand and make sense of it
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01

Before we begin: What is stigma and what is discrimination?

Stigma means rejection, shame or prejudice regarding a person because they are living with HIV. It may take the shape of hurtful words, suspicious looks or false ideas.

Discrimination is when that prejudice is expressed as unfair or unequal treatment towards the stigmatised person.

FOR EXAMPLE

Someone may mistakenly believe they cannot shake your hand because you have HIV.

DISCRIMINATION

FOR EXAMPLE

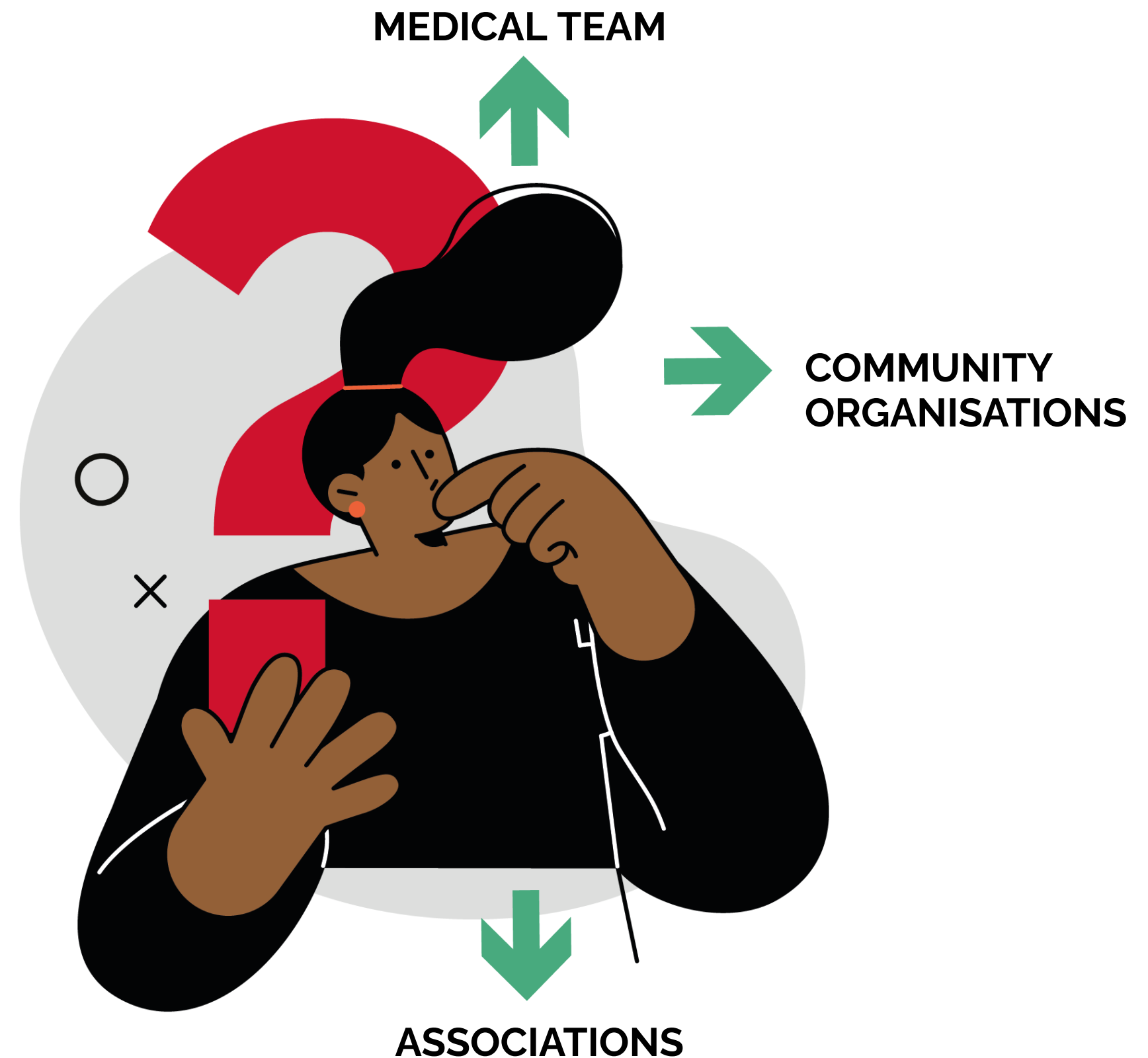
Not being attended properly at a health centre or being denied a job because of your health status.

"Stigma and discrimination are not about who you are, but about other people's prejudices. You deserve respect and care."



Recognise and make use of support

- The first step is to **know where** to go.
- **Talk to your medical team** if you notice that stigma is affecting your confidence or your treatment.
- You can also **consult psychological support services, migrant associations and community organisations** that work in responding to HIV.



03

Understand and make sense of it

- Understanding that **stigma is not truth, but rather prejudice**, gives you strength.
- At the doctor's surgery, **remember that HIV does not justify unequal treatment**.
- From a preventive perspective, **becoming aware of how fear of being judged can stop you from being tested medically is an important step**.

04

Take stock of what you are experiencing and what you hear

- **Learn** to distinguish between valid medical advice and discriminatory comments.
- **Assess** whether what you hear around you is myth or fact.
- **Reflect** on which social networks or friendships offer you support, and which reinforce stigma.



05

Apply and transform into action

- Practise **assertive communication** in the doctor's surgery.
- Respond **calmly in difficult situations**.
- **Get involved in campaigns or groups that defend the rights of people with HIV.**

What is assertive communication?

- **Speaking clearly and respectfully**, standing up for your rights without being aggressive or remaining silent.
- **Expressing yourself firmly but calmly.**

EXAMPLES



At the doctor's surgery: "I want to ask a question because I need to understand my treatment properly."

When faced with a negative comment: "I understand what you're saying, but I need you to treat me with respect."



Assertive communication is a tool that gives you strength with which you can protect your dignity and take care of your health at the same time.





Descargo de responsabilidad

La información contenida en esta ficha no pretende sustituir la recibida por el médico. Las decisiones referentes a la salud siempre deberían tomarse tras consultar con los profesionales sanitarios.

La información médica puede quedar desactualizada con rapidez. Si te surge alguna pregunta tras leer esta ficha, te aconsejamos hablar con tu médico o enfermera o llamar a gTt-VIH, al 93 458 26 41, para comprobar si existe alguna novedad relevante al respecto.

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