A possible next step

5

Seek support of your choosing

You can ask a trusted person, a community organisation or a health or social care professional for help.

[1, 2]

6

Record what happened if it helps

Keep dates, messages or documents safely. Seek advice before deciding what to do. You do not have to make a formal complaint.

[1]

Information with sources

[1] Ministerio de Sanidad · Pacto Social (2018)

[2] Ministerio de Sanidad · Experiencia de estigma (2024)

[3] SEISIDA · Palabras VIHsibles (2023)

[4] ONUSIDA / UNAIDS · Terminology (2024)

An information resource adapted by estigma.info. Supportive phrases are practical suggestions, not quotations or legal advice. Citing sources does not imply endorsement.

Full references and HTML version

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MOBHOPE
WP3

You deserve to be treated with dignity.

Recognising stigma. Finding a next step.

Have you been made to feel less worthy because of who you are or your circumstances?

Stigma occurs when a label is used to devalue a person. It can relate to health, origin, gender, sexuality, work or homelessness.

English · estigma.info

1

A label does not define you

Having HIV or hepatitis, being a migrant or trans, doing sex work or experiencing homelessness does not diminish your dignity.

[1, 3, 4]

2

Prejudices are preconceived ideas

Making assumptions about you can lead to rejection. A belief about a group does not describe your story.

[1, 4]

Recognise · understand · act

3

Discrimination affects how you are treated

Insults, exclusion or unjustified barriers can be signs. Each situation needs to be understood in its own context.

[1, 2]

4

You can set a boundary

If it feels safe, say: ‘I want you to speak to me respectfully’ or ‘I would prefer to speak in private’.

[1, 3]

You do not have to face it alone.

If rejection has made you feel ashamed, it does not mean you are worth less. Your wellbeing and your choices matter.

A conversation starter: what would help you feel heard and safe?

Connected with MOBHOPE · WP3: stigma and human dignity

MOBHOPE
WP3