A possible next step

5

There are also prejudices within the community

Rejection for having HIV, being bisexual, or gender expression can also hurt. No label justifies humiliation.

[1, 4]

6

Choose your support network

An LGBTIQ+ organisation, a trusted person or a professional can help. You do not have to disclose your sexual orientation publicly to seek advice.

[8]

Information with sources

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

[3] SEISIDA · Palabras VIHsibles (2023)

[4] ONUSIDA / UNAIDS · Terminology (2024)

[8] OMS / WHO · Key populations (2022)

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

Your way of living deserves respect.

For gay, bisexual and other men who have sex with men.

Do people make assumptions about you because of who you have relationships with?

MSM describes a practice, not an identity. Not all men who have sex with men identify as gay or bisexual. You decide how to talk about yourself.

English · estigma.info

1

Sexual orientation is not a diagnosis

Being gay or bisexual, or having sex with men, does not mean you have HIV or another infection. Care should start with your needs.

[4, 8]

2

Questions must have a purpose

You can ask why intimate information is needed. The conversation about sexual health should be respectful and useful for your care.

[3, 8]

Recognise · understand · act

3

Your privacy matters

Ask to speak privately and ask who will see your data. You don't have to tell your orientation to other people to deserve respect.

[1, 3]

4

Prevention should fit your situation

Ask about tests, vaccines, condoms or HIV prevention if you need them. Discussing options should not become a judgment about your life.

[8]

You can ask for care that listens.

Dignified care does not depend on your sexual orientation, how many partners you have or the result of a test.

You can say, "I'd rather you not make assumptions about me."

Connected with MOBHOPE · WP3: stigma and human dignity

MOBHOPE
WP3