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**STIGMA AND
SEXUAL HEALTH:
DEVELOPING
COPING
STRATEGIES; WHEN
TO WORRY AND
WHEN TO REFER**



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DEFINITION OF STIGMA

- A trait or attribute which is viewed negatively by society,
- the outcome of being know to possess that trait,
- whereby the negative social meaning attached to the attribute is then linked to the individual with the attribute (Goffman, 1963).



KEEP CALM

AND

STOP DISCRIMINATION

AND

PREJUDICE

HIV-STIGMA

- Stigma Internalisation is a major reason for a continuing HIV global epidemic:
 - Prevents people from testing
 - Impacts upon accessing treatment
 - Consequences of disclosure to family and friends

(Ki-Moon, 2008)

- Why does society have negative views of people living with HIV?
 - Ignorance about the harms of stigma
 - Continued irrational fears of infection
 - Moral judgment
 - Assumptions of behaviour, often related to criminalised

(UNAIDS, 2012)

STIGMA AND SEXUAL HEALTH; WHAT CAN WE DO?

- Am I making this situation better or worse?
 - What is my knowledge?
 - Do I feel confident?
 - Do I possess the skills required for this type of consultation?
- Sex and Relationship Education
 - Who is delivering this?
 - Where is it being delivered?
 - What about Parents rights to withdraw
- Peer pressure

STANDARDS OF CARE FOR INFANTS, CHILDREN AND YOUNG PEOPLE WITH HIV (CHIVA, 2013)

- Standard 8
 - Sexual Health, Secondary HIV Prevention and Reproductive Health
- Education and Naming Programme
- Individually tailored with expert guidance sought where needed
- Collaborative working with Sexual Health Services
- Legal position – protection against prosecution

Psychological support for people living with HIV

(National AIDS Trust, 2010)

Specific psychological issues which were mentioned during the day included:

- Adjustment
- Alcohol
- Alienation
- Anger
- Anxiety
- Bereavement
- Body image
- Depression
- Diagnosis
- Disclosure
- Drugs
- Fear
- Guilt
- HIV burden
- Illness
- Immigration
- Isolation
- Loss
- Neuropsychology e.g. dementia
- Parenting
- Post-natal depression
- Psychosexual problems
- Rape and sexual trauma
- Relationships
- Self-esteem
- Self-harm
- Sex and sexuality
- Shame
- Side effects
- Social deprivation
- Starting treatment
- Stigma
- Suicide

DEVELOPING COPING STRATEGIES FOR YOUNG PEOPLE LIVING WITH HIV

- Empowerment resulting from:

- Knowledge

- Being solution-focused

- Developing skills:

- Decision-making

- Communication

- Negotiation

(Guidance on the management of Sexual & Reproductive Health for Adolescents living with HIV, HYPNET, CHIVA, BASHH & BHIVA, 2011)

WHEN TO WORRY?

- Adolescence (13-17 years of age?)
- Before commencement of sexual activity
 - But when is this? (FPA, 2009)
- New relationships/evolving friendships
- Exposure to substances
- Disengagement in consultation discussion/missed appointments
- Family support
 - Parents/guardians concerns
- Concurrent STIs
- Commenced Contraception from somewhere else

WHEN TO REFER & WHO TOO?

- Safeguarding
 - Who are we trying to protect?
- Sexual Health – Do you know your Young Peoples' Service?
 - Contraception
 - Sexually Transmitted Infections
- Peer support
 - Body and Soul charity
 - <http://www.bodyandsoulcharity.org/>
 - <http://positivelyuk.org/young-people-2/>
- Education
 - What age is most appropriate?
 - Who should receive this?



Suggestions?



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