

## Five ways on how to address the taboo subject HIV/AIDS and discrimination

1. Just because of your condition, do not let fear disturb or damage the relationship between you, family members or even others around you. Take use of the counselling services we offer, either personally, anonymously, on phone or via email. As the saying goes „ Silence is Golden“, in this case we strongly advice you get in contact with someone. One needs someone to talk, in order to avoid isolation. We furthermore insist **that** the earlier you **seek** help the better.

2. Let us also know if you have encountered discrimination in cases where HIV/AIDS has been percieved as **taboo**. With the competence and experiences we have gathered over the decades in dealing with **taboos**, **stigmatization** and **discrimination**, we are more than happy if you shared with us what you've gone through. **We also provide assistance on how best you can address these matters. If need be, we can arrange for legal assistance.**

3. Do not make HIV/AIDS a private matter! Or even worse, do not isolate yourself, for together (we shall overcome) **we are stronger. As for the people and institutions by whom you been discriminated against, we will offer you countermeasures and ways on how to deal with such situations.** Never forget: together we are stronger. Find support with us!

4. Even if you are not affected, be vigilant and sensitive to acts of discrimination. Moral courage has priority and is strongly encouraged, especially in a case where such social evils occured, and, if necessary, **we will intervene!** Let us also know what you have observed or experienced, it helps us improve our services in general, thus ruling out all the misunderstandings that might have occured over the times.

5. In case you are not aware that HIV/AIDS is a **taboo** subject and that people **living with HIV** are largely disriminated against, we are open to any questions you might have on the matter. We appreciate your opinions on better ways of approaching the matter too. Furthermore, we are aware of the fact that, in our society, there are people who still strongly think that „ people with HIV/AIDS should be isolated“. We appreciate the difference in opinions and therefore seek dialog with them.

We only have one rule:

We encourage an exchange of opinion and the discussions that may follow, feel free to reach out to us, for we are good listenersand expect you are too!

Finally, as multimedia has become has the most common method of reaching out to communities, the platform „ MyPost – *by Immigrants for Immigrants* – “ Aidshilfe Offenbach kindly asks you to let us know if you need information on the above matters in another language.