

Informal Civic Education Project

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Open Educational Resource
Project Result

by: **Fundació Campus Arnau
d'Escala - Spain**
Topic: **Justice / Health**
Title: **Stigma and disability**

www.informalciviceducation.eu



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the European Union**



Introduction

This Open Educational Resource encourages you to learn and reflect on stigma and its impact on people with disabilities.

Summary

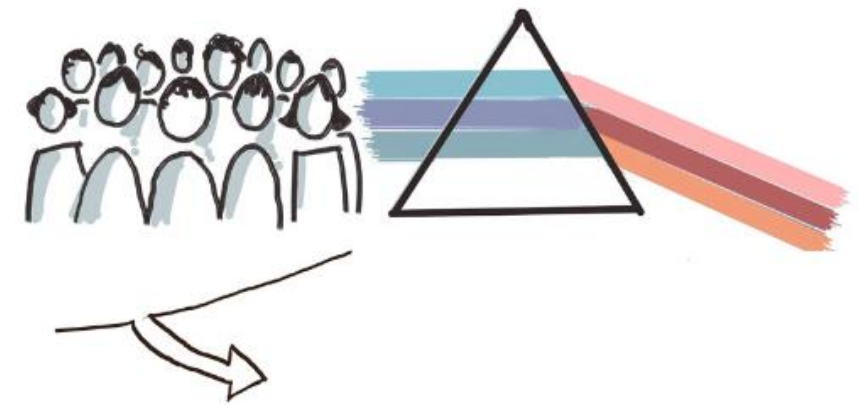
- What does stigma mean? And how do you position yourself?
- Origin of stigma
- Perpetuation of stigma
- What is self-stigma?
- What can we do to fight against stigma?



WHAT DOES STIGMA MEAN?



etiqueta



<http://www.youtube.com/watch?v=H0K82BWh6oA>

*Be sure to enable English subtitles when watching.



And you, how do you position yourself?

We suggest that you reflect on your attitude towards people with disabilities.



http://drive.google.com/file/d/1CGkbSXOSpU9pv8dFAczUwpn0_OH5ej2D/view

Listen to the audio file

Stigmatisation is not an unknown phenomenon: it is one of the most tangible realities of our social life. Pointing out, labelling and undermining people who are stigmatised is something that almost everyone has done at some point in their lives.

Do we admit it?

Are we aware of it?

Do we know which of our daily attitudes reinforce and strengthen stigma?



And you, how do you position yourself?

Reflect on these four questions about everyday life

- 1 Would you live with a person with a disability?
- 2 Would you work with a person with a mental health problem? And with a blind person?
- 3 Would you live close to a person with intellectual disabilities?
- 4 Would you maintain a relationship with a friend who develops a mental health problem?

See statistic data on stigma:

https://ec.europa.eu/health/ph_determinants/life_style/mental/docs/stigma_paper_en.pdf



ORIGIN OF STIGMA

- **THE SOCIOLOGIST ERVING GOFFMAN** investigates Greek history in order to help us understand the concept of stigma. In Greece, slaves were "marked" with a characteristic scar or burn on the forehead to indicate that they belonged to a master.
- This symbol also represented that someone had become a criminal or a slave, had lost their honor. All contact with this person was to be avoided.





ORIGIN OF STIGMA

- Goffman recovers the Greek concept "stigmata" as a metaphor. It refers to the fact that a group of people is seen through a prejudice and/or false information



Goffman
marca



pell
picada

<http://www.youtube.com/watch?v=q8JVbxVb6u0>

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PERPETUATION OF STIGMA

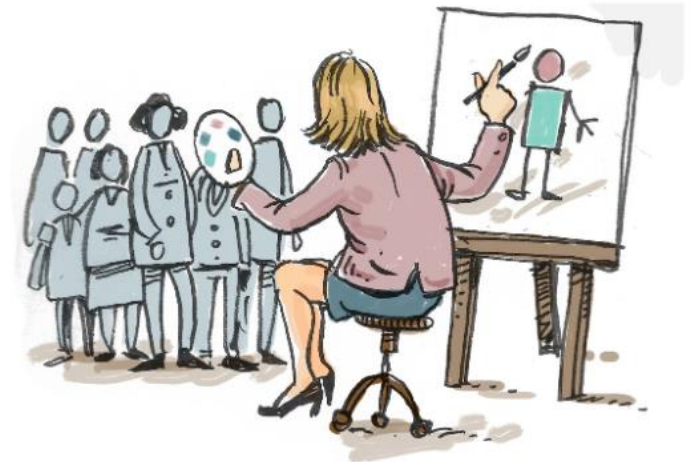
- **Social labelling is the first step towards discrimination. To deal with social diversity and save the effort that would be required to analyze all real situations, we tend to create "large human categories". This helps us to interpret the world more easily and quickly, but ends up meaning contempt and symbolic aggression by some groups.**





PERPETUATION OF STIGMA

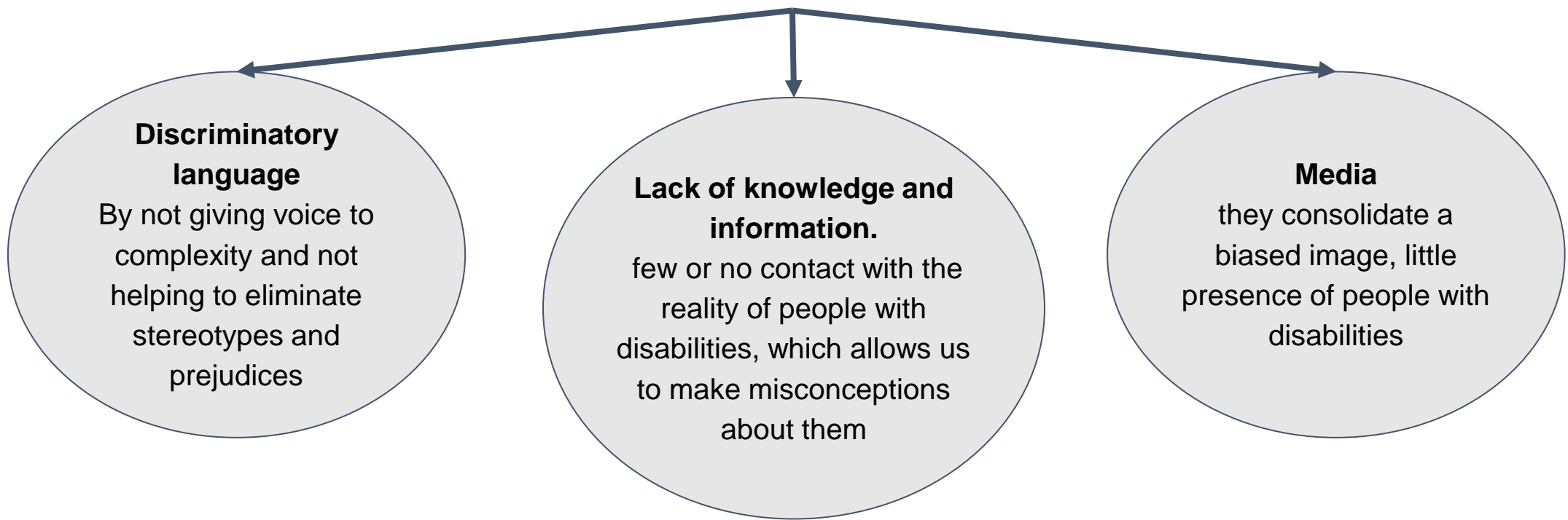
- **Stereotypes are a set of beliefs about a human group, they are very inaccurate simplifications of reality.**
....Avoid people with mental health problems because we fear they could be dangerous
...the belief that people with disabilities cannot decide for themselves.





PERPETUATION OF STIGMA

ELEMENTS OF THE ENVIRONMENT THAT PERPETUATE STIGMA





WHAT IS SELF-STIGMA?

- **Self-stigma appears when people with disabilities see themselves through stereotypes. They feel that they are part of an inferior category, of a deteriorated social identity (Goffman 1963)**
- **It can lead to a progressive loss of self-esteem and the self-attribution of characteristics with negative connotations: the person does not believe she is capable of studying, the person does not think that she is capable of taking care of herself, etc.**



baixa
autoestima

http://www.youtube.com/watch?v=G6T_EtCfdnQ



WHAT CAN WE DO TO FIGHT AGAINST STIGMA?



mitjans de comunicació



<http://www.youtube.com/watch?v=QcWbfGonvfk>



Questions for self-reflection and self-evaluation

- 1 How would you define stigma? And what is your attitude towards persons with disabilities?
- 2 Does social labelling contribute to the perpetuation of the stigma associated with disability?
- 3 What is the relationship between stereotypes, negative self-attribution and self-stigma?
- 4 Which is the most effective way to fight stigma: protest, awareness campaigns or contact with people with disabilities?





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