



Internalized Stigma + the Environment:

How am I seen? How do I see myself?

How do I want to be seen?

A PHOTO NARRATIVE PROJECT



Tessa Jelani

WASHINGTON, D.C.

“With Every Smile,
Comes a Wave
of Love”

IDENTITY

BlackTrans Woman
the most stigma is
that I’m a Sex Worker
with AIDS.



Janice Mae Shirley

CHARLOTTE, NORTH CAROLINA

Admiring my inner
and outer beauty!!!

IDENTITY

Being a Black
Woman, Being
a Strong Black
Recovering Addict
with HIV.



Michelle Harris

INDIANAPOLIS, INDIANA

Advocate, Volunteer,
and Co-chair of Ryan
White Indianapolis.

IDENTITY

Brown and Black
Females over
50 years of age,
48% to 58% is an
increase in these
females becoming
HIV positive.

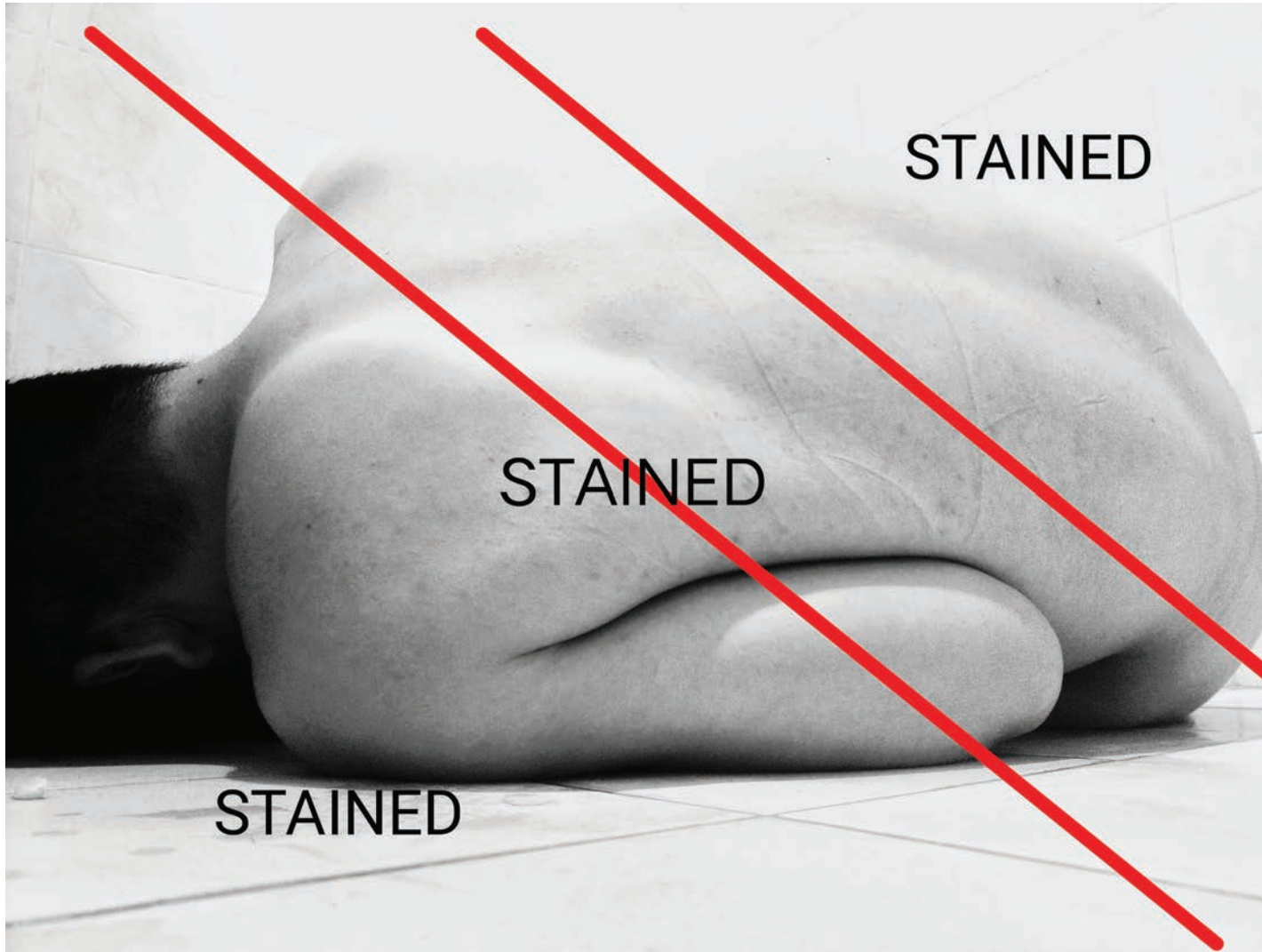
Art by Eugene Uy

THE PHILIPPINES

STAINED

IDENTITY

The identity about which I feel the most stigma is the perception of people about HIV and AIDS as victims. In return, the victims feel alone and wanted to just die because the people made them feel STAINED forever.





Bryan C. Jones

CLEVELAND, OHIO

After thriving for 39 years with a diagnosis my internalized stigma has somewhat morphed into something that lifts me up instead of pulling me down. In my mind as an advocate an activist the vision I feel other see is someone who has confident in who they are an confident in the community he represents, I hope they see someone who is willing to stand up for anyone in the spectrum. This picture truly represents in my fantasy mind that I kinda want to be seen as this HIV superhero, with beams that ward off stigma and several arms and hands that can assist many at one time. Many times in my real day to day I have had to be super advocate, (secret the more I assist others the more my secret powers grow).



Philip Yanos

NEW YORK, NEW YORK

Thousand Yard Stare
I don't remember your name, but I remember talking to you late into the night about the "thousand yard stare." You had, and I had it, and still have it. We knew we were both different, and recognized it in each other. Walking down the street, you're somewhere else, unable to connect to others. Stay away from me, you don't know what I've been through. It's a protective shield, from other's condescension and judgment, but it keeps the good stuff out as well as the bad. "Why don't you smile?" "Just pretend to be happy?" Never did and never will. If you can understand the thousand yard stare, I might open up and smile a little.

IDENTITY

Alienation/
not fitting/
mental illness



Sherkila Y. Shaw

MIAMI, FLORIDA

It wasn't what
I was called, but
what I answered to
HELLO, BEAUTIFUL.

IDENTITY

She don't look like
she have HIV.



UGANDA

I am strong, brave,
a warrior, and
I am beyond
my HIV status.

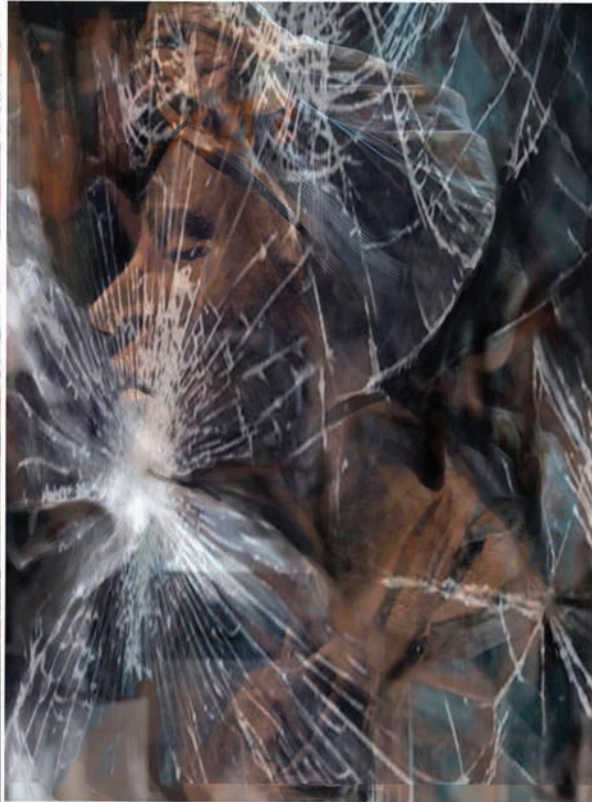
Fatima Rizvi

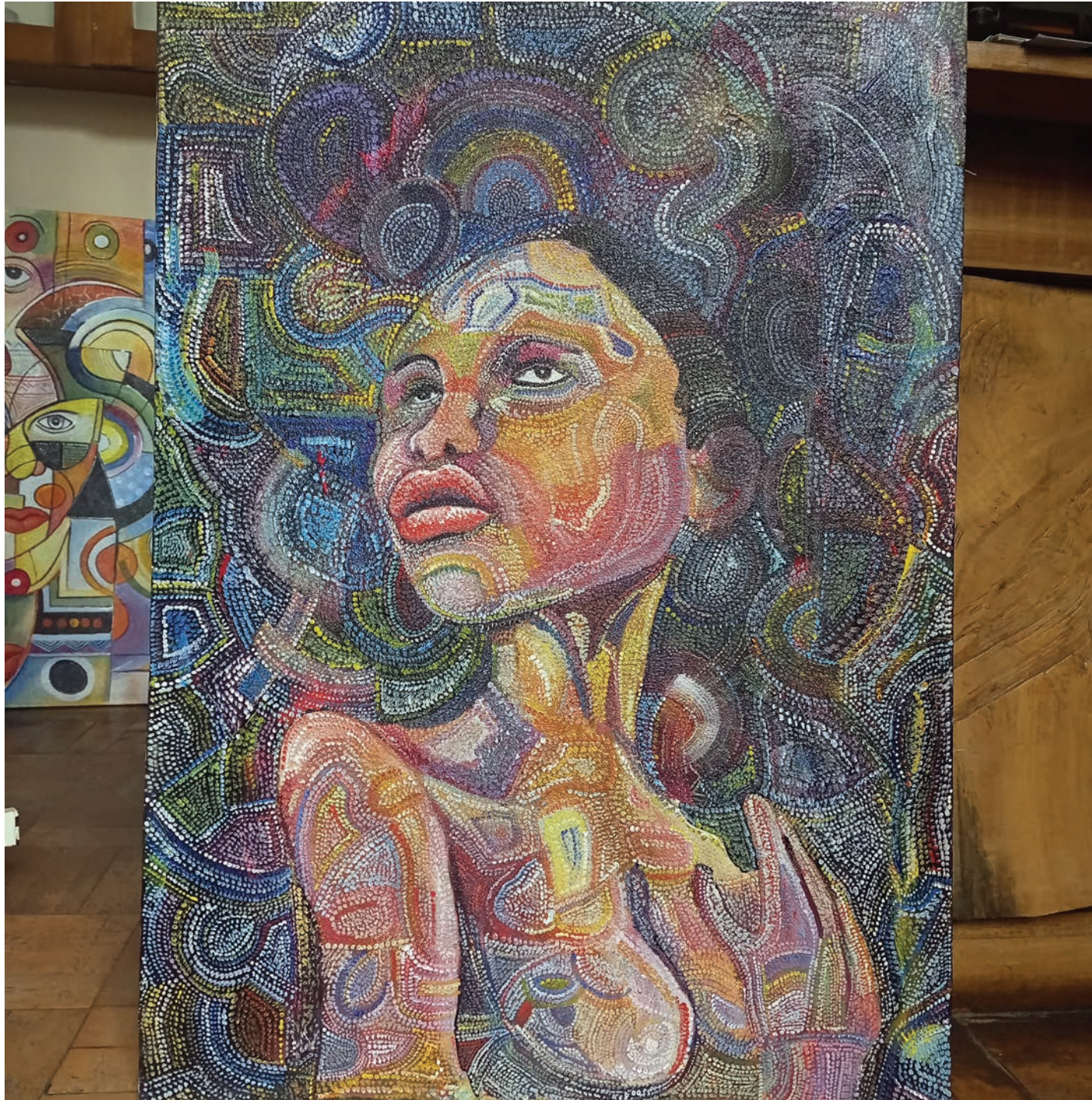
PAKISTAN

Society sees me as flawed, broken, fractured. I see myself as an eternal, creative spirit. I see myself translating the stigma, trauma, my emotions and memories into creative expression.

IDENTITY

Schizophrenia





Karanja Mburu

NAIROBI, KENYA

Title: erotic and frustrations
acrylic on canvas/abstract
36 by 24 inches

"Erotic and frustration," is the title of the attached specimen

The artist illustrates an impression look of the way people get affected with stigmas after abusing themselves from negative emotional behavior, which later became addiction and weakened a potential man.

The young beautiful woman has lost the inner instinct and hopes for the future in today's world, she bares in her mind the critics Budden of her mental awareness she desire a man to comfort her sensuality by touching her.

Though she tries to express and recalls her erotic feelings which she use to honour, she tries to figure before the tender hood how active and hot for any man to give and steal her glances a way from a romantic attraction.

Now the beauty is gone and what she bares mentally is the past tense of her every story that keeps reffrecting which fueling the tense of stigmas and regretting to loose the shining beauty which she used to archive ,the proud of her joy is gone and gone forever .

The dilemma now is triggered her past, though she tries to arouse up her feelings back, but in vain, what she archive is to end and get more horny.

She is against the societies that contributed to lost her joy to give with infection (AIDS), only to live with all critics stigmas that are in her heart and mind.

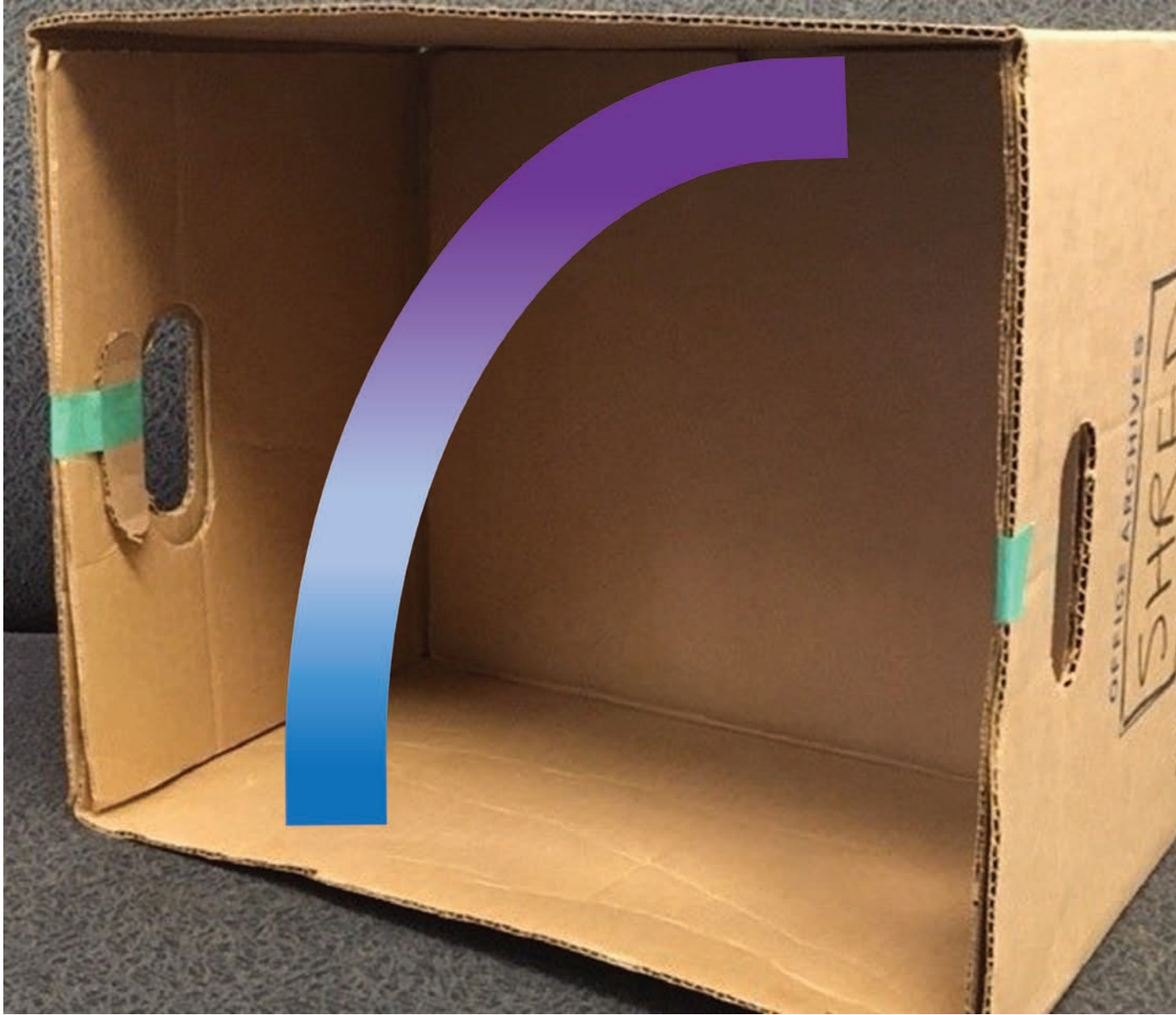
IDENTITY
Schizophrenia



Mary Jane Garza

AUSTIN, TEXAS

Mano Poderosa
(Most Powerful
Hand)



BALTIMORE, MARYLAND

Sometimes others can see ME despite the dull heavy box that is stigma, but it takes a lot of energy to resist bending too much, to keep that box from crushing in on me.



Pepé

MIAMI, FLORIDA

I am an LTS, a long-term survivor.

IDENTITY

I feel the most stigma with internalized homophobia and HIV.



Prodigal Son aka Demario Richardson

KANSAS CITY, MISSOURI

I AM who I AM,
I AM who I be...
I be Who I AM, that's
why I WILL ALWAYS
BE ME!!! (positive)
vibes only!!!



Dashita Croom

GREENVILLE, NORTH CAROLINA

Black, beautiful, intelligent, strong advocate and living my best life with 20 years-plus with HIV.

IDENTITY

It is heartbreaking because we are all equal and humans.

Angel Maxine

UNITED KINGDOM

Stigma color red,
gold and green.

IDENTITY

Transgender





Tavaris K. Basset

NEW ORLEANS, LOUISIANA

As I commemorate my nine-year anniversary (November 23) of being diagnosed HIV POSITIVE, I do so in the positive ploy that my story of courage, strength and resiliency may serve as a beacon of hope for others. While my journey hasn't been one without obstacles. I praise the name of God for allowing me to find purpose and meaning in the midst of tragedy.

IDENTITY

Internalized stigma
or self stigma

**This photo-narrative project was initiated by
the Internalized Stigma Interest Group
of the Howard University International Stigma Conference in 2022.**

Project Team

Emily Petti, Rick Guasco, Alicia Lucksted, Kristen Kosyluk, Joe DeLuca
with input from other Interest Group members.

Many thanks to the individuals who created the project
by contributing these photos and narratives.

For questions about the See Me photo-narrative project
email Rick Guasco at r.guasco@tpan.com

For information about or to join the Internalized Stigma Interest Group,
go to groups.google.com/d/forum/internalized-stigma

For information about the Howard University annual conference,
go to whocanyoutell.org.

