

Curriculum Messaging for PSS Support for IP, SP & FET - 4 December

#### COVID-19 MESSAGING

Good day Principals, please provide parents with some tips to share with their children on understanding more about Stigma and Discrimination related to COVID 19.

**Definition of Stigma:** When a person is labelled by his/her illness and seen as part of the group of people suffering from the similar illness. Negative attitudes about this group leads to negative actions and discrimination.

There are different kinds of stigma:

**Stigma toward others:** Having a negative attitude about others because of their association with COVID -19.

**Self-stigma:** Feeling affected by the cruel and hurtful behaviour of others. Often self-stigma can lead to isolating oneself from family and community.

**Secondary stigma:** When people are stigmatized because of their association with COVID -19. This may include community health workers; doctors and nurses at the hospital; children of parents who have had COVID -19 and family members of a COVID -19 patient.