

Lived Experience with Stigma

Harun Tulunay (he/him)
Positively UK

     HarunTulunay

 htulunay@positivelyuk.org | haruntulunay@yahoo.com

I will talk about...

- A little bit of myself
- My journey and fight with stigma (besided lots of other things)
- How I became known around the world in the last couple of years
- A little bit more about my fight with stigma with real life examples
- What could you do for me and for the others who are facing the stigma?

A little bit about me

- Born in Turkey, raised in a women dominated, extremely religious family
- Cis gay man living on his own
- Ran away from Turkey to the UK in 2015
- Diagnosed with HIV in 2016 (and with other STIs countless times)
- Started volunteering in HIV Sector and became an sexual health advocate and public speaker
- A proud training manager to help others to develop skills and gain knowledge. Knowledge brings confidence and confidence helps you to break the ice and make new connections.



A Story of Fight and Survival – From Turkey...

- Being gay, being different: Origin of it all
- "If you are gay, you will end up with AIDS"
- Afraid of testing, afraid of facts. No sex education anywhere.
- 3 unfortunate attacks, abuse and hospitalisations for being gay.
- Time to run away

Eşcinsel Hayat Tarzının Sağlık Tehlikeleri

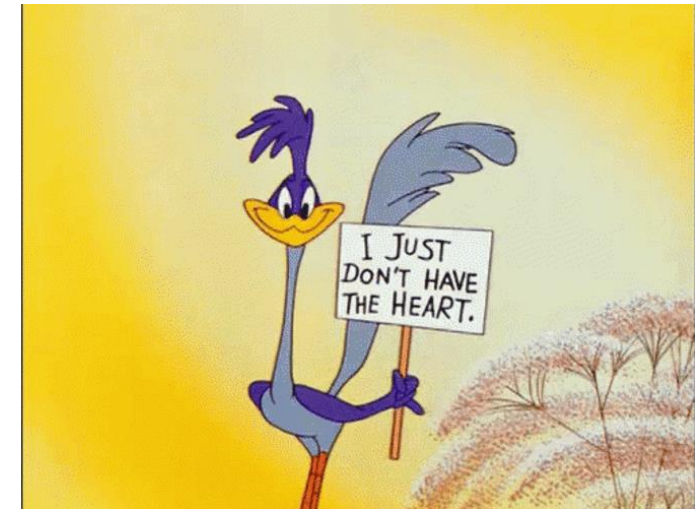


Somatik, Psikolojik,
Toplum ve Aile Bakış Açısından
Güncel Bulgulara Dayalı Çarpıcı Gerçekler

*Health Dangers of A Homosexual Life –
From Somatic, Psychological and Family Values Perspective, Shocking Truth
2021 Turkey

A Story of Fight and Survival – to the UK (previously Europe)

- "There is no such thing as *undetectable*"
- "If you haven't moved to London you wouldn't *catch* HIV"
- "Are you *clean*?"
- "Put the toothpaste to your finger first; we don't want to *get* HIV"
- They are running faster than Road Runner



Activist? More an Advocate at first

- Be the change you want to see in the world.
- Becoming face of HIV or STIs as an activist. (And a virus magnet)

But does it solve all our problems?

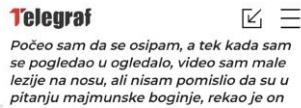
Did it solve all my problems?



Becoming Poxie

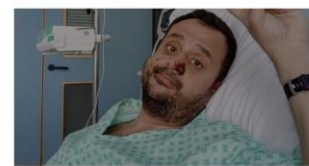


Harun benim çok uzun yıllardır tanıdığım yakın bir arkadaşım. Kendisi yaklaşık 7 yıldır Londra'da yaşıyor. En son geçen sene gördüğümüz Harun'un Instagram hikayelerini görünce şaşkınlık ve panik arasında gidip geldim. Cesaret edip neler olduğunu sorduğumda ise Maymun Çiçeği virüsü (Monkey Pox) kapıldığını öğrendim. Bu durumu onun isteğiyle bir röportaj haline çevirdik çünkü konuyla ilgili dünyada neredeyse çok az şey biliniyor.



Harun'un tedavisi Whitechapel'de Londra'da devam ediyor.

A sexual health worker reveals a horrifying fight against monkeypox and leaves him in the hospital



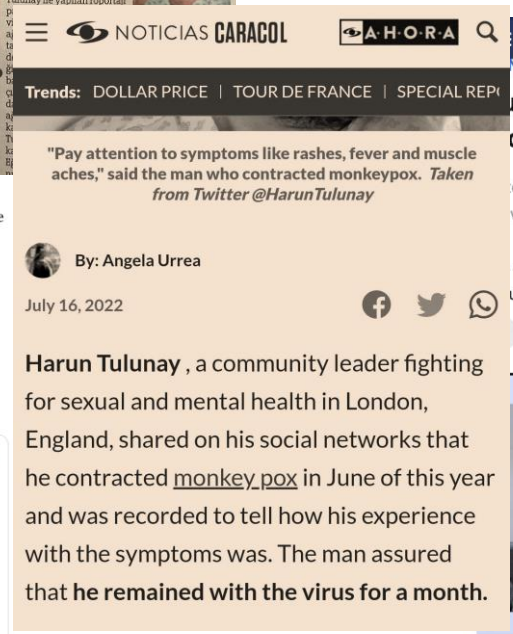
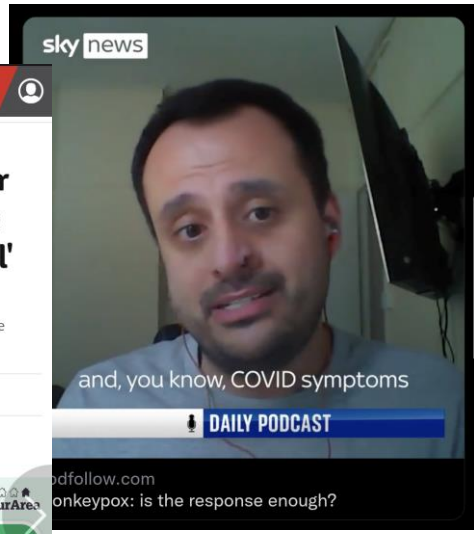
A few days after mistaken for a long Covid, a man who noticed a horrific lesion on his face was hospitalized for several weeks with monkeypox.

Harun Tulumay, 35, also spoke last week from the hospital, in his case in London. He had been unable to eat for days due to lesions in his mouth and swelling in the lymph nodes in his neck that was so intense he couldn't swallow. His left nostril was covered in a purple-black lesion. Like Febles, he said he was experiencing extreme pain all over his body, which physicians were treating with opioids while also giving him tecovirimat.



Monkeypox could become 'endemic' if urgent action isn't taken, experts warn

Leading sexual health professionals have warned about a shortage of vaccines used to protect groups from the disease.

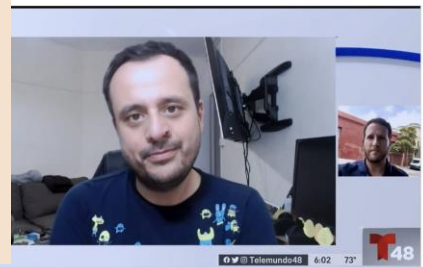


Harun Tulumay grew concerned when his temperature started approaching 40C (Image: Harun Tulumay/Twitter)

NEWS	POLITICS	FOOTBALL
CELEBS	TV	MONEY

Sexual health worker reveals horrific battle with monkeypox that left him in hospital

Harun Tulumay's fever was so bad he would pass out, but he originally thought he was just suffering the aftermath of Covid



However, Ignorance is Always on Hunt

P C @OrkinRackVictim
Follow

Replying to @ianrgreen and @HarunTulunay
Maybe if he kept his knickers on, stayed off grindr and had a break from the chem sex .. massive chance wouldnt be in that position! ...Take responsibility - your actions put you there...

23:18 · 04 Jul 22 · Twitter Web App

Only you can see this.

Önce HIV olmuşsun sonra maymun çiçeği, sen sapıklıkla ısrar ettikçe Allah belanı vermeye devam edecek ,kuranda Allah diyor ya ,sizi aşağılık maymunlara çevireceğiz diye, biraz ibret al.

Today 06:50

Burnundaki yara bır fotoğraf ta sol, bır fotografla sagda gozukuyor. Dalgamı geciyorsunuz?

Today 09:24

Siz fotoğraflarda ve videolarda mirroring olayı olduğunu bilmeyecek kadar cahil misiniz? Lütfen kendinize başka uğraşlar bulun.

paddy+Mitch the Border... @paddy44380227
Follow

Replying to @SkyNewsThompson @HarunTulunay and 2 others
another crisis actor

14:39 · 12 Jul 22 · Twitter Web App

gumus_fusun Domuz bile kendi hem cinsiyle ilişki yaşamaz sizlere bu yolu açanlar mezarlarında ters dönsün.

2 h Reply

Pickle Monkey Jr. @PickleMonkeyJr · 13h
Replying to @HarunTulunay @myldn and @mattspivey
You'd think at some point, after having all these illnesses, HIV, COVID-19 twice, and Monkeypox, you'd consider how your behavior is contributing to your health issues.

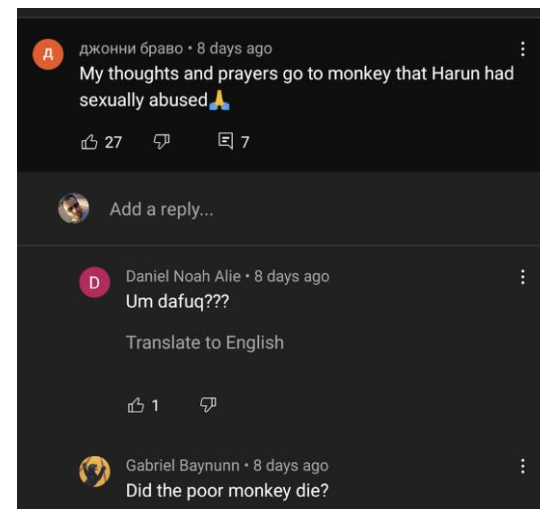
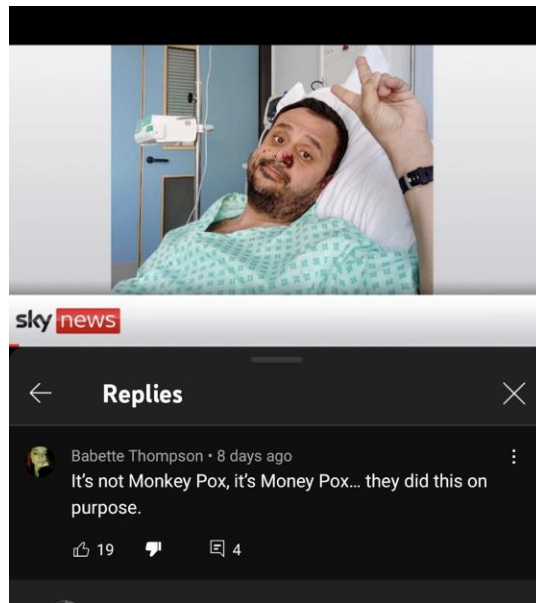
1 1

Craig Anderson @craigccanderson · 7h
Replying to @PickleMonkeyJr @HarunTulunay and 2 others
Worms for brains

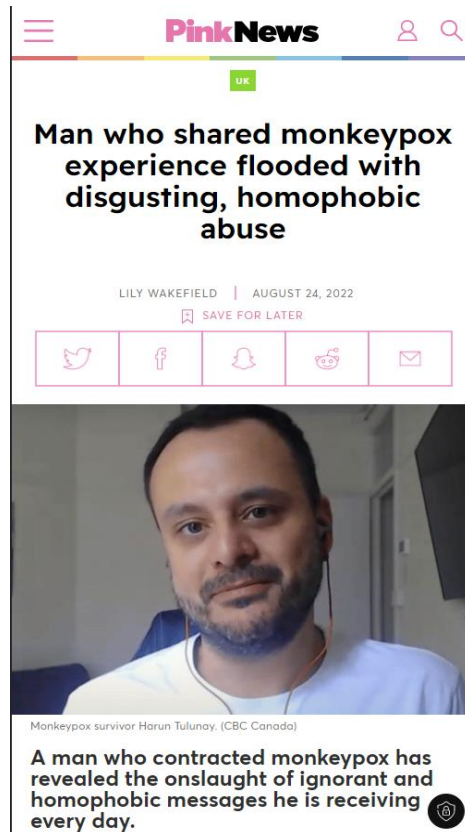
2

Pickle Monkey Jr. @PickleMonkeyJr · 3h
Replying to @craigccanderson @HarunTulunay and 2 others
I'm not the one who had unprotected sex, got monkeypox, and spent a week in the hospital with the worst pain of my life. No matter how much you want your actions to have zero consequences, reality will always have the last word.

Even Harsher Online



Don't Keep Quiet!




PinkNews UK

Man who shared monkeypox experience flooded with disgusting, homophobic abuse

LILY WAKEFIELD | AUGUST 24, 2022

SAVE FOR LATER

Twitter Facebook Snapchat Reddit Email



Monkeypox survivor Harun Tulunay. (CBC Canada)

A man who contracted monkeypox has revealed the onslaught of ignorant and homophobic messages he is receiving every day.



MyLondon

NEWS FOOTBALL WHAT'S ON IN YOUR AREA SHOWBIZ

'I ended up in hospital with monkeypox and wake up every morning to messages saying I deserve it as a punishment for being gay'

Harun Tulunay wakes up in the morning to a slew of hateful messages from across the globe but says that 'haters are going to hate'

SHARE Facebook Twitter WhatsApp Email Comments

By **Matt Spivey**
17:07, 23 AUG 2022



Harun often wakes up to a flurry of hateful messages on his phone

"At the end of the day haters are going to hate and there's nothing you can do about this," he added.

"The main thing to me is that people are being educated on the correct information about monkeypox."

What could YOU do?

- You don't have to come out or protest in the streets. Change starts in small steps. You can try to share the facts and your experiences.
- Collaborate. No one can save the world by themselves.
- Close the gaps, end the inequalities. Migrants, trans people, sexual violence victims, we have to look out for those who don't have a voice. If one of us is not safe, none of us is safe.
- Look at the bigger picture. Stigma is born from lack of knowledge. So take steps to change the education system, integrate ongoing development in healthcare.
- Engage with the community more. "Let the Community Lead"



What could YOU do?

- Integrate peer support for all long-term conditions.
- Change the language. Like HIV, the language around it also changed. Visit: <https://peoplefirstcharter.org>
- If you can't do anything, just be an ally. Support people who are trying to make the change.
- Please VOTE for the change. Let politicians hear our voice.
- No matter what you do, just "Don't Keep Quiet"



Thank You!

     HarunTulunay

 htulunay@positivelyuk.org | haruntulunay@yahoo.com