

How to use the Stigma Reflection Tool

Read through the vignettes and notice what words you choose to fill in the blanks.

Then, go to the non-stigmatizing replacement language page and write in the words. These words describe the situation in non-stigmatizing terms.

Reflection:

- Were these the words that came to your mind when you first read the vignettes?
- Where did you learn the other language from?
- Will you commit to changing your language and where appropriate questioning other people's language in regards to substance use and substance use disorder?

Person first language helps save lives.
Thank you.