



Substance Use Health

Safer Language: Compassionate and Stigma-Free



PERSON-FIRST LANGUAGE

ensures the person is seen as a person first, not as a specific health condition or behaviour

CHOOSING TO COUNTERACT STIGMA

with the words we use can help to break down barriers

YOU CAN REDUCE STIGMA BY CHANGING THE WORDS YOU USE TO TALK ABOUT SUBSTANCE USE HEALTH

use neutral, medically accurate words when describing substance use health

SUPPORT A PERSON'S RECOVERY AND EMPOWER THEM

by using strengths-based language that values their capacities, skills and knowledge

BY CHANGING YOUR WORDS

you can help break down negative stereotypes one conversation at a time

WHEN TALKING ABOUT SUBSTANCE USE HEALTH

champion compassionate language without policing oneself or others on language choices

INSTEAD OF USING SLANG WORDS

for a substance it is important to use their proper name to reduce harmful stereotypes and racial undertones that are often associated with them

YOU CAN SET THE TONE FOR OTHERS

reflect on your personal biases when talking about substance use health



Kaniatarowanénhne Kaniatarí:io Ata'karitéhtshera Raotinén:ra



Sources:

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