

Here are 10 things you can do about Language & Stigma.

1

Stay informed on drugfreenh.org and on our social platforms

2

Reach out to someone you know is struggling

3

Continue to show up for the people in your life

4

Don't be afraid to politely advocate for a change in language

5

Start changing the way that you speak

6

Sign up for the [drugfree nh](#) newsletter on our website

7

Continue to show up to meetings like this

8

Start strengthening your relationship with your child

9

Continue to have hard conversations about the dangers of substance use

10

Be a good listener

extra!

Talk with your employer about the importance of being aware of stigma

