

# Language matters...



## 4 guidelines to using non-stigmatizing language

### 1 Use People-first language



Person who uses opioids

vs.

Opioid user OR Addict



### 2 Use language that reflects the medical nature of substance use disorders



Person experiencing problems with substance use

vs.

Abuser OR Junkie



### 3 Use language that promotes recovery



Person experiencing barriers to accessing services

vs.

Unmotivated OR Non-compliant



### 4 Avoid slang and idioms



Positive test results OR Negative test results

vs.

Dirty test results OR Clean test results



VISIT [towardheart.com](http://towardheart.com) FOR MORE INFORMATION