

Student Name: \_\_\_\_\_

## Sharing and Reflection: Breaking the Stigma Around Substance Use

### Student Instructions:



Choose **one way** to share what you've learned in this lesson about stigma and substance use:

- Write a newspaper article or blog post
- Create a poster or infographic to share anti-stigma messages
- Write a short personal reflection or opinion column from the perspective of a peer wanting to promote understanding

Use the guiding questions below to help guide your work. You don't need to answer each one directly, but you may use them to shape your message and ideas.

### Guiding Questions

- How can we overcome the stigma in our society regarding Substance Use Disorder?
- How might stigma stop someone from reaching out for help or treatment?
- What could schools, families, and peers do to reduce stigma and create a more supportive environment?