

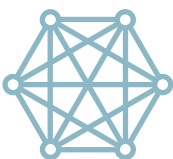


I pledge to use my words to uplift, support, and reduce the stigma that surrounds substance use and addiction, helping to create an environment where recovery and wellbeing are possible for everyone.



Practice Using Person-First Language

I will prioritize the individual, recognizing that people are more than their problematic substance use or addiction. I will refer to people as individuals with a problematic substance use or addiction, rather than defining them by their condition.



Acknowledge Addiction as a Complex Condition:

I understand that addiction is a treatable condition often a symptom of chronic stress and trauma, not a choice or moral failing. I will challenge harmful stereotypes that frame addiction as a lack of willpower.



Promote Recovery, Not Judgment:

I will speak of recovery with compassion, avoiding language that shames or isolates. I will encourage open conversations about substance use health that support those seeking help and remove barriers to treatment.



Challenge Stigmatizing Language

I will actively avoid terms that dehumanize or stereotype, such as "addict" or "clean/dirty" replacing them with neutral, accurate terms like "person in recovery" or "testing positive/negative."



Lead by Example

As a supporter of those Rideauwood serves, I will model compassionate language in of my conversations, and will encourage others to do the same—whether in the workplace, in my home, or in the community.