# 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  👎

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