

# AinR™ Recovery Speaker Guidelines

The guidelines are the framework for our members speaking at school - and community- based events. **They provide for clear and consistent messaging at presentations for our hosts to rely upon,** & must be reviewed with a seasoned member prior to speaking.

**INTRODUCE YOURSELF.** Start with your name, age, and the school you attended, our mission, and why participating is important to you. A good place to start? Ask the audience if they're aware of the **GOOD SAMARITAN LAW.**

#### **GOOD SAMARITAN LAW**

In regard to alcohol and drug overdoses, this law offers legal protection to people who give reasonable assistance to those who are, or who they believe to be, injured, ill, in peril, or otherwise incapacitated. The protection is intended to reduce bystanders' hesitation to assist, for fear of being sued or prosecuted for unintentional injury or wrongful death.

**KEEP IT SHORT.** Speak for no longer than 15 minutes. If you are one of three presenters, the first presenter can "lead" and do the introduction. Always use age relatable content, which will keep your audience engaged throughout.

**MAKE IT PERSONAL.** Discuss where you were at their age; include feelings, behavior, activities — even your school performance, prior to substance use. Be specific about how you felt, so they can relate to you better.

**SHARE** how and when the path of drug/alcohol abuse started. Emphasize age-relatable moments.

**AVOID** glorifying drug/alcohol use, detailed illegal activities, long stories/tangents, and talking about the "love of the drug" (remember this is a prevention-based presentation).



## **STAY ON TOPIC: JOURNEY FROM YOUTH → ADDICTION → RECOVERY!**

**INFORM** your audience about withdrawal and detoxification (if it pertains to your story).

**DEFINE TERMS** such as Detox, Rehab, Abstinence, Recovery, Stigma, and Withdrawal. Explain symptoms of withdrawal, beginning with alcohol, opiates and/or benzodiazepines (i.e. Xanax). Avoid slang terms/ words (i.e. Roxy).

**ASK QUESTIONS** – students may not be familiar with words/terms.

**WHAT DOES ABSTINENCE MEAN?** Define the word abstinence, and how/why you live a life free of drugs and alcohol as part of recovery and the lifestyle choices that you get to make because of being clean and sober, etc.

**ENCOURAGE STUDENTS** to opt for positive choices. Provide healthy alternatives, the importance of supportive friends that value smart and healthy choices.

**REFERENCE NAMES** of school administrators and/or law enforcement, only in regard to positive experiences.

**QUESTIONS?** Leave adequate time for students to ask questions at the end of your presentation.



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**REMEMBER!** We are guests at the places we are speaking at and should adhere to responsible sharing through the guidelines outlined here.