

AinR™ Recovery Speaker Guidelines

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The Speaker 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.

INTRODUCE YOURSELF. Start with your name, age, the school you attended, our mission, why participating is important to you, what being in recovery means, and why you abstain from alcohol & other drugs.

Ask the audience if they're aware of the **GOOD SAMARITAN LAW** (see below)

KEEP IT SHORT. Speak for 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. Emotional stressors. Emphasize age-relatable moments.

ENCOURAGE STUDENTS To ask for help! To opt for positive choices. Provide healthy alternatives, & the importance of supportive friends who value smart and healthy choices.



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.

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



STAY ON TOPIC:

JOURNEY FROM YOUTH -> ADDICTION -> RECOVERY & RESOURCES AVAILABLE TO YOU!

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, alcohol, opiates, and benzodiazepines (i.e. Xanax); Inform about Overdose; fentanyl.

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

WHAT DOES ABSTINENCE MEAN? Define the word abstinence, 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, e

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

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; they are not peers).

QUESTIONS? Leave adequate time for students to ask questions at the end of your presentation. If they have none, ask them questions.

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NO PROFANITY & NO SLANG WORDS! *Please be responsible for the words you use – they matter!*

DON'T WEAR midriiffs or t-shirts w/opinionated statements (not including sports teams). Be mindful of what you are wearing.

DON'T ASSUME they know the terms/words you are using.

Ask questions and engage students.

DON'T LABEL any of the students as alcoholics or addicts, or that they will become one – just that substance use is the potential path.

Keep it generalized, and do not go off-topic of addiction to make points.

Stay in the scope of addiction and personal journey.

DON'T SINGLE OUT any students to make a point for any reason.

DON'T TAKE PICTURES OF STUDENTS' FACES

when taking photos of presentations for AinR™ purposes. Photos are to be taken with staff permission only.

ALUMNI IN RECOVERY DOES NOT SPEAK OF OUTSIDE ISSUES

(i.e. religious, political, causes), or anything beyond the scope of these guidelines as it pertains to your own experience and the general facts of addiction.

NO PROMOTING OTHER ORGANIZATIONS OR BUSINESSES These include AA, NA and professional services during your speaking presentation in schools, to the media and to the general public. exceptions made if it is part of school agenda.

Although please speak and share of resources valuable to you on your journey.



12-STEP PROGRAM REFERENCES:

LIMIT SHARING ANY AA/NA EXPERIENCES. YOU ARE SPEAKING AS “A PERSON IN RECOVERY” (instead of the AA/NA verbiage such as “My name is (—), and I am an alcoholic/addict”).

No need to speak about steps, sponsorship, or any AA/NA rhetoric.

AinR™ is not part of a 12-step organization and is not intended to be delivered in such a way. You are not there as an AA or NA member. We are attempting to educate about the dangers of substances, and that addiction is a preventable and treatable disease process.

We want to help destigmatize and demystify through your valuable service.

ALUMNI IN RECOVERY is not affiliated with 12-step programs. You can refer to **AA/NA** as “12-step programs”. Be clear that you are a member in recovery and not there to speak on behalf of any organization or business other than being there on behalf of AinR™. This is not to say you cannot refer to AA or NA as a resource in which you were helped. Or if you have a particular experience that ties into your story. If you work in treatment, this is for your free time and not while speaking for AinR™.

You can offer to speak with anyone after the presentation to offer more info.

For reference: **AA:** (800) 245-1377 or www.aa.org – **NA:** (908) 687-8566 or www.na.org

RESPECT AA/NA ANONYMITY during presentations. Do not refer to other members as part of any AA or NA program fellowship ties- They can be support/friends, etc, other than AA or NA fellowship friends.

SHARING INFORMATION:

NEVER GIVE YOUR PERSONAL CONTACT INFO TO STUDENTS INCLUDING SOCIAL MEDIA! You may give the school staff your info if they wish to reach you about connecting with a particular student **UNDER STAFF SUPERVISION**. It is not part of our organization's mission nor in our scope of practice to meet with any students outside of presentation times. If you do not wish to give your contact information, you can also refer them to your **AinR™ COORDINATOR**.

SHARING RESOURCE INFORMATION. If you are asked to provide a list of treatment resources, refer back to a school counselor or to the resources on our website.

The AinR™ Speaker Guidelines must be read by all members & be vetted by a coordinator prior to their 1st speaking presentations.