



**Anyone Can Make**



**The Difference.**



**Anyone.**

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**Who Are The  
“Difference Makers”  
In Our Lives?**

Sometimes we are well aware of those who have made an impact and other times it might be a subtle suggestion or friendly act that can change things in a dramatic way. The actions on the reverse side can inspire you to use your own power to make the difference by preventing drug misuse or helping others impacted by addiction.

**PAStop.org**

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## **Understand that addiction is a disease.**

It is scientifically accurate and helps reduce the stigma and blame often directed at people who are struggling with a substance use disorder.

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## **Connect with families who are impacted by addiction to communicate your support.**

Show you care in a respectful, non-judgmental way to boost a family's sense of hope and confidence.

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## **Be there for the adolescents in your life.**

Positive interaction with the young people in your life can help them avoid substance use early in life and protect them from addiction.

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## **Support evidence-based prevention programs in your schools and community.**

There are prevention programs proven to help build strong kids who make good decisions and avoid risky behaviors. Some of these programs include: Life Skills, Big Brothers Big Sisters, and Strengthening Families Program.

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## **Create a recovery-friendly workplace.**

Advocate for proven strategies to make your workplace supportive to individuals in recovery.

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## **Be supportive of all paths to recovery.**

Addiction treatment isn't one-size-fits-all. Individuals need to find what works best for them.

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## **Be conscientious about old medications.**

Dispose of medication safely to avoid misuse or overdose. Encourage your family and friends to do the same.

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## **Learn more about the signs of and how to reverse an opioid overdose.**

Strategies and medications are available for this purpose.

**Learn More. PAStop.org**



**Commonwealth Prevention Alliance  
Stop Opiate Abuse Campaign**

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