



LGBTQIA+ Young Adult Ambassador Toolkit

Resources and social posts to share information
about opioid misuse with LGBTQIA+ Young Adults.

Little things have never mattered so much.



Little Things Matter

LGBTQIA+ Young Adult Ambassador Toolkit

About Little Things Matter

The Little Things Matter campaign is about preventing opioid misuse before it starts. The campaign offers tips, calls to action, and information on little things each of us can do to keep our families, our community and ourselves safe.

This campaign comes from the Bernalillo County Opioid Accountability Initiative, a collaborative of government, nonprofit, business, and community leaders dedicated to reducing the incidence of opioid use disorder and overdose deaths in Bernalillo County.

About this Toolkit

This LGBTQIA+ Young Adult Ambassador Toolkit was created in partnership with LGBTQIA+ young adults. It is the result of several focus groups where the participants were able to identify what type of content they'd like to see reaching their demographic, who the content should be coming from, and how it should reach them.

While anyone is welcome to use these resources, the posts are intended to provide simple, digestible content that speaks to LGBTQIA+ young adults about opioid misuse.



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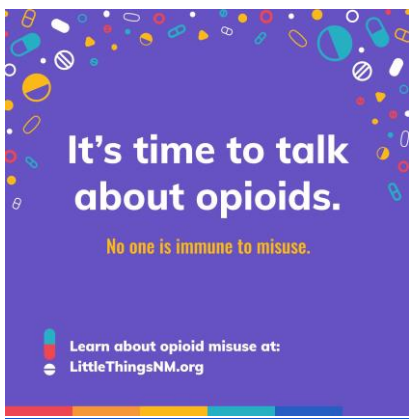
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Individual Instagram Posts

The posts below are intended to be used as individual posts on Instagram. While anyone is welcome to use them, they were created for organizations and individuals who are close to or provide resources for LGBTQIA+ young adults.

These posts are provided for free by the Bernalillo County Community Health Council as part of their Little Things Matter campaign.

Individual Instagram Posts	Suggested Captions
 <p>Download image here.</p>	<p>We have to look out for each other. It's up to all of us to prevent opioid misuse before it starts and knowing little signs can make all the difference. Visit LittleThingsNM.org for resources about opioids and what you need to know. #QueerYouthABQ #NMOpioidPrevention</p>
 <p>Download image here.</p>	<p>No one is immune to opioid misuse. LGBTQ+ individuals are 3 times more likely to develop an opioid use disorder than their heterosexual peers. Make sure you and those you love know the signs of misuse. Visit LittleThingsNM.org for resources. #QueerYouthABQ #NMOpioidPrevention</p>



Download image [here](#).

Opioids don't care how old you are or who you love. Misuse can happen to anyone. Visit LittleThingsNM.org for resources. #QueerYouthABQ #NMOpioidPrevention



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Prescription opioids can be just as dangerous as other drugs. If you have an opioid prescription, there are little things you can do to keep yourself and others safe. Visit LittleThingsNM.org for resources. #QueerYouthABQ #NMOpioidPrevention



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Little things (like opioids) can be dangerous. Make sure you know the signs of misuse. Visit LittleThingsNM.org for resources. #QueerYouthABQ #NMOpioidPrevention



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Prescription opioids can be just as dangerous as other drugs. If you have an opioid prescription, there are little things you can do to keep yourself and others safe. Lock up, don't share, talk to your family and friends. Visit LittleThingsNM.org for more resources. #QueerYouthABQ #NMOpioidPrevention



Download image [here](#).

Just because an opioid was prescribed, that doesn't make it any less dangerous. Visit LittleThingsNM.org to learn how to prevent misuse before it starts. #QueerYouthABQ #NMOpioidPrevention



Download image [here](#).

Opioids don't discriminate. Anyone can misuse them or have an unintended overdose. Visit LittleThingsNM.org for resources. #QueerYouthABQ #NMOpioidPrevention



Download image [here](#).

Little things (like opioids) can be dangerous. Make sure you know the signs of misuse. Visit LittleThingsNM.org for resources. #QueerYouthABQ #NMOpioidPrevention



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We have a responsibility to look out for each other. Little things (like talking to a friend) can save a life. Visit LittleThingsNM.org for tips on how to talk about opioids. #QueerYouthABQ #NMOpioidPrevention



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Little things (like asking questions) matter. For a list of questions to ask your doctor, visit littlethingsnm.org/questions. #QueerYouthABQ #NMOpioidPrevention



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Little things (like opioids) can be dangerous. If you don't need them, don't take them. Visit LittleThingsNM.org for more resources. #QueerYouthABQ #NMOpioidPrevention



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The opioid epidemic doesn't care how much money your family makes, who you love, or where you live. It impacts everyone.

If opioids have impacted your life or the life of someone you love, share your story with your state and federal representatives. Demand change and let them know that your generation deserves more. It's a little thing you can do to make a big difference in your community. #NMOpioidPrevention

Visit commoncause.org/find-your-representative to send a letter to your representative.



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You and your friends need each other. And you have a responsibility to look out for your group. Visit LittleThingsNM.org for resources. #QueerYouthABQ #NMOpioidPrevention



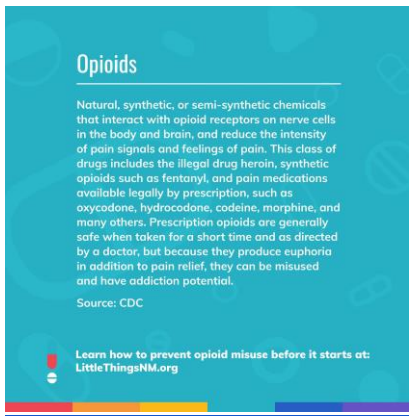
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Let's end the stigma. No one is immune to opioid misuse. Visit LittleThingsNM.org for tips on how to talk about opioids. #QueerYouthABQ #NMOpioidPrevention



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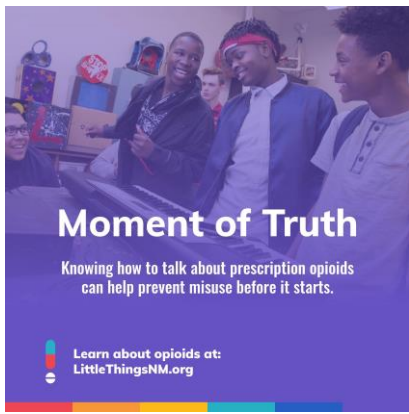
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In New Mexico, six out of every 10 unintentional overdose deaths involve prescription drugs.

If you have prescription drugs in your house, you should also have Narcan® (Naloxone) on hand. It is a nasal spray used to treat emergency cases of opioid overdose. It temporarily offsets the effects of overdose so that you can get your loved one to the hospital. #NMOpioidPrevention

For more resources, visit LittleThingsNM.org.



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Instagram Post Series

The posts below are intended to be used as consecutive posts on Instagram. While anyone is welcome to use them, they were created for organizations and individuals who are close to or provide resources for LGBTQIA+ young adults.

These posts are provided for free by the Bernalillo County Community Health Council as part of their Little Things Matter campaign.

Instagram Post Series 1



Download images [here](#).

Suggested Caption:

No one is immune to misuse. LGBTQ+ individuals are 3 times more likely to develop an opioid use disorder than their heterosexual peers. Make sure you and those you love know the signs of misuse. Visit LittleThingsNM.org for resources. #QueerYouthABQ #NMOpioidPrevention

Instagram Post Series 2



Download images [here](#).

Suggested Caption:

Do you have an opioid prescription? You can do these three little things to make sure you're keeping yourself and your fam safe. Visit LittleThingsNM.org for more resources. #QueerYouthABQ #NMOpioidPrevention



Additional Resources

For more resources to help prevent misuse before it starts, visit LittleThingsNM.org.

They don't call it an epidemic lightly. The effects of prescription opioids, when they are misused, are harmful and can be dangerous.

From young people to elderly, from wealthy homes to those that make due with what they have, hundreds of our loved ones encounter these highly addictive pain medications each year. Even when a doctor prescribes them, one in four people will develop an opioid use disorder that can result in dependency and even overdose death.

Resources for doctors and dentists: LittleThingsNM.org/doctor

As a healthcare provider, you are in a special position to fight the opioid epidemic. By offering compassionate care and relevant information about the risks and benefits of any treatment, you can prevent opioid misuse in your practice. Download the complete [Provider Guide](#) for small actions you can take today.

Resources for parents & caregivers: LittleThingsNM.org/Parent

We are here to support you as a parent or caregiver in discussing the dangers of prescription opioid use with any children, teens and young adults in your care, as well as with your fellow community members. Our [Parent Guide](#) provides some of the most important, little things you can do to keep your family safe from the misuse of prescription opioid medications.

Resources for young adults: LittleThingsNM.org/young-adult

Being a young adult can be tough. Sports injuries happen. Wisdom teeth are pulled. School stress intensifies. And you may encounter opioids. You and your friends need each other, so [make sure you know about opioids](#), their dangers, and signs of misuse.

Resources for nurses and healthcare professionals: LittleThingsNM.org/nurse

Your patients may not know the tragic consequences of prescription opioids — like the fact that 75% of people who misuse opioids started by taking prescribed medications. And, while you may not be writing the scripts, [you can inform your patients](#) about the dangers of opioids.