



Dear Student Ambassador,

Thank you for volunteering to become a 5 Minutes for Life Ambassador for your school! As a student ambassador, you are helping to make a difference by simply talking to your peers about the dangers of drug abuse and being a positive role model for those around you.

The 5 Minutes for Life program is a key component of Ohio's youth drug prevention initiative—Start Talking! Governor John R. Kasich and First Lady Karen W. Kasich created Start Talking! in January 2014 to help prevent youth drug use before it ever starts. Several resources are available to help you spread the 5 Minutes for Life message in your school. Connect with the Start Talking! team on Instagram, Facebook or Twitter for more information.

The following items are included in your ambassador packet and can be found at StartTalking.Ohio.Gov.

- Student Ambassador Frequently Asked Questions
- 10 Tips for spreading the 5 Minutes for Life message
- 5 Minutes for Life posters
- Flash cards
- Additional talking points

Thank you for your commitment to living a healthy, drug-free lifestyle.

Sincerely,

Sarah

Sarah E. Smith, Director of Start Talking!

FAQs:



5MFL Student Ambassador Frequently Asked Questions

What is an ambassador?

An ambassador is someone who is a leader, role-model and mentor to peers on the playing field and in the classroom. Student ambassadors know the importance of living healthy, drug-free lives and help share this life-changing message with their peers.

What does an ambassador do?

A student ambassador shares the importance of living a drug-free lifestyle with their peers by:

- Leading by example.
- Promoting 5 Minutes for Life at school and on social media
- Partnering with existing drug prevention organizations at school or in the community

How can I connect with other student ambassadors in my area and across the state?

Connect with Start Talking! on Instagram, Facebook, and Twitter to interact with student ambassadors around Ohio.

What is the Ohio Youth-Led Prevention Network (OYLPN)?

OYLPN is a network for youth who are active in making positive life decisions. This statewide network helps to connect youth across the state by expanding partnerships among youth-led substance abuse prevention programs.

Where can I direct someone who may need information on mental health and addiction services?

Call the Ohio Department of Mental Health and Addiction Services' Toll-Free Bridge line at 1-877-275-6364 for more information.

Where can I go for additional resources and more information?

Visit StartTalking.Ohio.Gov for more information and printable resources.

Additional Talking Points



Introduction

• I am here today to take 5 minutes from our day to try to save your life. This is 5 minutes from me to you, because I understand the importance of leadership, responsibility and consequences.

o Drug abuse is an issue for everyone and I hope after the next 5 minutes I might be able to help you make better decisions, become better leaders for your peers and give you the resources to spread this message.

• Did you know?

o 1 in 5 teens abuse prescription medications not prescribed to them.

o Drug overdoses have now surpassed car crashes as the leading cause of accidental deaths in the U.S.

• Even though prescription drugs are legal and are prescribed by doctors, when they are not taken as prescribed or by the person for whom they are prescribed people are putting themselves at great risk.

• Everyone in this room has a dream for their future.

• The time to start thinking about how your decisions will impact the rest of your life is NOW!

Leadership

• You have the power to lead by example and influence your friends to make healthy and safe decisions.

• Believe it or not, we are leaders that our peers look up to simply by being on this team or in this group.

• The truth is – statistics show that 73% of us are NOT using any drugs at all. o Be a part of the MARJORITY!

• When we see peers making poor choices, we need to speak up as we truly hold the power to convince our friends and peers to make safe decisions.

• Your commitment as a school leader is done by setting the example:

• Say to yourself -

o I will promote and engage in healthy life choices free of all types of substance abuse.

o I will be the only person to use medications prescribed to me and in the quantities and dosages determined by my prescriber. (Giving, sharing, selling prescription medications is a felony charge that could ruin the future you have planned for yourself.)

o I will promptly and properly dispose of any prescription medications that I no longer need.

Take-away

• Thank you for your time today. Just remember - It is five minutes for the rest of your life.

o Encourage your peers to check out the social media and additional resources we have provided you on page 4.

Social Media and Additional Resources



@StartTalkingOhio @5MinutesforLife



www.facebook.com/5MinutesforLife



starttalkingoh

Want to plan/host an event? Contact Hank Harned at Hank.Harned@starttalking.ohio.gov for more info.

Join the conversation:
#5MinutesforLife
#StartTalkingOhio

**StartTalking.Ohio.Gov/Prevention/
5MinutesforLife**

Get Involved!

10 Tips for spreading the 5 Minutes for Life (5MFL) message in your school.

1 Have conversations with your peers using our talking points listed on page 3

2 Connect with the Start Talking! Team on social media to promote 5MFL

3 Host an event or assembly for your school

4 Hang up 5MFL posters and hand out buttons in your school

5 Share flashcards with friends and use them to spread the message

6 Share 5MFL info during morning announcements

7 Encourage peers to talk to their parents about this topic

8 Encourage others to be 5MFL ambassadors as well

9 Record a video on why to live a healthy, drug-free lifestyle and share it on social media

10 Submit a letter to your school newspaper

