



**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](http://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!*



## **5 Minutes for Life Student Ambassador Frequently Asked Questions (FAQ)**

### **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 spread the drug-free message in my school?**

See the “10 Tips” handout in this packet for more information.

### **Where can I go for additional resources and more information?**

Visit [StartTalking.Ohio.Gov](http://StartTalking.Ohio.Gov) for more information and printable resources.

### **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.



## Get Involved

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

1. Use the following talking points to have a 5MFL conversation with your peers.
  - Drug overdoses have surpassed car crashes as the leading cause of accidental deaths in the U.S.
  - 1 in 5 teens abuse prescription medications not prescribed to them.
  - You have the power to lead by example and influence your friends to make healthy and safe decisions.
  - The truth is, statistics show that 73% of us are NOT using any drugs at all. So be the MAJORITY!
2. Connect with the Start Talking! team on Instagram, Facebook or Twitter. Use social media to promote 5MFL with your followers.
3. Host an event or assembly for your school.
4. Hang up 5MFL posters in your school. For more printable resources, including buttons and signs, visit [StartTalking.Ohio.Gov](http://StartTalking.Ohio.Gov).
5. Share the enclosed flash cards with your peers. Leave them on study-hall tables, hang them on a bulletin board or think of additional ways to help spread the message.
6. Share 5MFL information during your school's morning announcements.
7. Encourage peers to talk to their parents about this topic and to visit [StartTalking.Ohio.Gov](http://StartTalking.Ohio.Gov).
8. Encourage others to be 5MFL student ambassadors.
9. Submit a letter to your school newspaper. Visit [StartTalking.Ohio.Gov](http://StartTalking.Ohio.Gov) for a sample letter.
10. Tape a short video that explains the importance of living a healthy, drug-free lifestyle. Share it on social media and creatively throughout your school.



## 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.
  - 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?
  - 1 in 5 teens abuse prescription medications not prescribed to them.
  - 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.
  - 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* -
  - I will promote and engage in healthy life choices free of all types of substance abuse.
  - 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.)
  - 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.
  - *Encourage your peers to do the following:*
    - Follow Start Talking! OH on Instagram
    - Like 5 Minutes for Life on Facebook  
[www.facebook.com/fiveminutesforlife](http://www.facebook.com/fiveminutesforlife)
    - Follow the program on Twitter @StartTalkingOH
    - Join the conversation #5minutesforlife #StartTalkingOhio