

## “The Stories We Tell: Social Media”

### Episode Overview

In this episode, I talk about how social media shapes the way people understand drugs, addiction, and overdose, highlighting both the risks and opportunities of these platforms. I break down how online spaces can spread stigma and misinformation, but also provide support, community, and harm-reduction information for people navigating substance use. I also explore how social media influences public narratives, and how it can be used more intentionally to share accurate information and improve responses to the overdose crisis.



- Social media platforms are major spaces where people discuss substance use, recovery, and overdose, shaping everyday understandings of addiction.
- Social media algorithms can amplify emotionally charged or misleading content, influencing the spread of certain narratives.

### TAKEAWAYS

- ✓ Social media can spread stigma and misinformation, particularly about addiction and treatment, which can discourage help-seeking.
- ✓ At the same time, it can foster community, share harm-reduction information, and even help identify emerging drug trends earlier than traditional systems.

# References & Future Reading

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