

September is FASD Awareness Month



FASD is a spectrum disorder and describes a range of diagnosable conditions that can occur with prenatal alcohol exposure (PAE).

As many as **1 in 20** Americans may be living with FASD.

Give FASD a Seat at the Table.

This Toolkit Contains:

- What We Mean by "Seat at the Table"
- Social Media Guide
- Advocacy Guide
- New Resources
- Proclamations/Press Releases

How to Use the Toolkit:

- Inform your own social media and advocacy
- Get involved with upcoming events
- Promote FASD awareness and resources

Giving FASD a Seat at the Table Means...

We aim to secure a presence for FASD in decision-making and discussion forums across various fields, including areas of study, professions, and societal sectors.

For Example:



- Education
- Policy
- Healthcare
- Child Welfare
- Neurodiversity
- Substance Use
- Maternal Health
- Mental Health



A Well-Rounded Table Includes...

- Access to Early Identification and Intervention
- Enhanced Communal Support for both the person with FASD and their caregiver(s)
- Stigma-Free Prevention Messaging
- Accurate Diagnosis
- FASD-Informed Systems of Care
- Recognition and Accommodations
- Reduction of Stigma
- Strengths as well as Challenges



Stigma and Language



Try:

- Person-First wording
- Inclusive and accessible language
- Acknowledging stigma w/o becoming stuck in it
- Highlighting strengths
- Asking the experts (people living with disabilities)

Let's help pregnant people feel safer asking questions about alcohol use during pregnancy or asking for help if they are having difficulties stopping their use.

The language we use is powerful. It impacts the way people think, act, and feel and can be a tool for creating a more FASD-informed world.

Avoid:

- Words and terms like:
 - **Suffering** from FASD
 - **Damaged** by FASD
 - **Innocent** victims
- Implying that people who drink while pregnant don't care about their children.

Advocacy Guide

- **Use Person-First Language**

Ex: a child with FASD vs. FASD Kid

- **Acknowledge Challenges, Appreciate Strengths**

Ex: He can struggle with memory; he also has an amazing ability to paint.

- **People Not Politics**

Ex: People are complex and require support vs. People "should have" done this or "I'm against" this

- **Recognize the Diversity of Experiences**

Ex: This person with FASD is like this vs. every person with FASD is like this

Remember! We are in this together.



Social Media Guide

Media messaging around FASD is nuanced. We encourage:

- Supporting and listening to those living with FASD.
- Consider and minimize unintended consequences like reinforcing stigma or stereotypes about PAE and people with disabilities.



Tag Us!

@FASDUnited

Click to Download Our 2024 Logo

Hashtag Bank: #GiveFASDaSeat #FASD51 #SeatattheTable

#FASD #PAE #PSE #FASDAcceptance #NationalHealthPriority

#FASDisNeurodiversity #FASDRespect #FASDAwareness

#FASDAwarenessMonth #FASDInformed #FASDEducation

#DevelopmentalDisabilities #Neurodiversity #FASDDiagnosis #RespectAct

#RespectFASD #LivingExperience #FosterFASD #FASDCaregivers

#FosterParents #PAE #EarlyIntervention #UniversalScreening

#AcrossTheLifespan #FASDLifespan #1in20 #NotRare

Sample Social Media Posts

For an Individual



- *September marks the 51st FASD Awareness Month in the #US, join me in giving FASD a seat at the table and advocating for increased education and supports for those living with this common disability. #1in20*

For an Organization

- *The FASD community is stronger together, which is why (organization name) is shining a light onto those living with this prevalent disability during FASD Awareness Month 2024.*



National FASD Impact Week

SEPTEMBER 16-18, 2024
WASHINGTON, DC



Join FASD United at our nation's capitol September 16th-18th for National FASD Impact Week to learn, collaborate and advocate with the FASD community.

FASD SYMPOSIUM

An Invitation
to the Table

Monday

Gather with a diverse group of the FASD community to co-create solutions for the future of FASD Advocacy.



Monday Eve

Celebrate and dine with FASD advocates, champions, and supporters for our largest fundraising event and ceremony of the year. [Register Here.](#)

Hill Day



Tuesday

Advocate at the United States Capitol! [Register for Impact Week](#) and FASD United staff will set up a meeting with your representative to share about FASD and the [FASD Respect Act](#)!

Partner's Day



Wednesday

Learn, engage, and discuss interventions for FASD. Sessions are led by FASD United partners at the Uniformed Services University.

Join an Event

09

SEPTEMBER

Sun Mon Tue Wed Thu Fri Sat



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FASD Awareness Day

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Rochester, NY
Run FASD

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Voorheesville,
NY Run FASD

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FASD Awareness Month Events

- Sign Up for Run FASD and join a community event.
- Register for FASD Impact Week 2024 in Washington D.C.
- Make a statement and mingle at The Red Shoes Gala.
- Be a part of our Hill Day at the US Capitol.
- Learn how an FASD United Affiliate near you is celebrating.

To view more events or add an event to the calendar scan the QR code.



Resources From / For the Community



Online Tools

Scan To Connect with your FASD United Affiliate!



The FASD Experience

Myth Fact Get Involved and Learn More About the FASD Living Experience... Youtube Channel Glimpses of FASD FASD United Interviews Quotes from FASD...

FASD United



PAE AND HEALTH

Current Research Opportunities

I'm interested in participating in Research Opportunities. I'm recruiting for Research Participants. research CIFASD Research: FASD Unit...

FASD United



Prevention-Based Messaging and Perspectives From Those with FASDs

In the FASD space, prevention messaging undoubtedly plays a crucial role, but focusing solely...

FASD United / Dec 6, 2023



Fact Sheets

Are you looking for compiled and digestible information about FASD and PAE for yourself or others? These can be downloaded to your persona...

FASD United

Thank you Illuminate Colorado!



FASD Support

FASD Unveiled: Shedding Light, Spreading Awareness, and Building...

Illuminate Colorado's video, "FASD Unveiled," educates on Fetal Alcohol Spectrum Disorders,...

Alcohol Awareness / Mar 25



The FASD Respect Act

The FASD Respect Act (H.R. 3946/S.1800) is legislation addressing FASD on a federal (national) level, being re-introduced during the 2023-2024...

FASD United Policy And Training Center /

[FASD United's Family Navigation service](#)
[Meet Your Student: Fillable Tool for Educators](#)
[Neurodiversity and FASD](#)
[NIAAA: The Healthcare Professional's Core Resource on Alcohol](#)
[FASD United's Resource Directory](#)

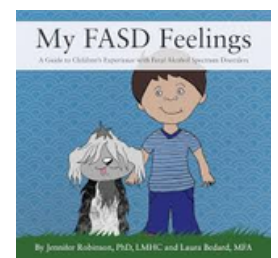
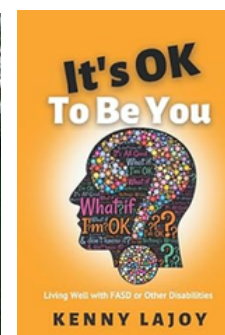
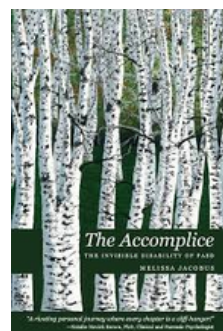
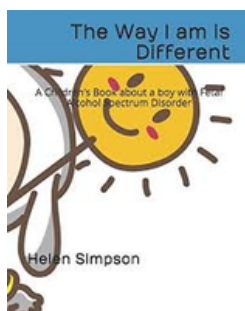


FASDs: Online Trainings and Resources

This page has resources for healthcare professionals about fetal alcohol spectrum disorders (FASDs).

Fetal Alcohol Spectrum Disorders / May 15

Books





September is FASD Awareness Month

Create a Press Release

**Customize/Copy this
Press Release template
and submit it to your
local paper.**

**Our hope is that letters
like this encourage
members of your
community to raise
awareness about FASD
in September.**

**You can even add
specific events taking
place around the
community to the
letter.**



FOR IMMEDIATE RELEASE

September 9, 2024 \

Contact: (name of person submitting)

(phone) – or – (email)

(your city, your state) – (your organization) is joining the cause to celebrate September as FASD Awareness month and to increase awareness and support for people with Fetal Alcohol Spectrum Disorders (FASDs). FASD is a spectrum disorder describing the range of effects that can occur in an individual who was exposed to alcohol before birth.

Prenatal alcohol exposure is associated with an increased risk of miscarriage, stillbirth, prematurity, sudden infant death syndrome (SIDS), and a range of lifelong physical, behavioral, and intellectual disabilities. FASDs can impact physical, mental, behavioral, or cognitive development as well as cause growth deficiencies, central nervous system disabilities, and, in only about 10% of people diagnosed, specific facial characteristics. Studies show that up to 1 in 20 U.S. school children may be on the FASD spectrum, a rate more than double that of autism.

Unfortunately, FASD is under-recognized, with supports and services not widely available and far too few diagnostic and treatment services currently available. In addition to public health messaging on the importance of avoiding alcohol while pregnant, it is crucial to bring recognition and awareness of children and adults with FASDs and their need for services and support.

Individuals with FASDs benefit from structure, support, understanding, and most importantly, early diagnosis, early intervention, and FASD-informed medical and mental health care. Recognizing the strengths, talents, and gifts that individuals diagnosed with FASD bring to our communities is a great way to celebrate FASD Awareness Month.

Human service organizations, health care professionals, educators, and the public are called to action to work together to support the FASD community by increasing awareness, becoming educated, and supporting broader efforts to bring FASD-informed services, interventions, and supports to those with this disability. For more information on FASD or alcohol use during pregnancy, visit www.fasdunited.org or www.cdc.gov/fasd.

Submit a Proclamation

Petition your mayor or governor to declare September FASD Awareness Month. Insert your local information in the placeholders in the Sample Proclamation to customize it for your town or state. Go online to find out how to contact your mayor or governor's office, and/or call or email to inquire where to submit the proclamation.

Human service organizations, health care professionals, educators, and the public are called to action to work together to better understand and support individuals with fetal alcohol spectrum disorders (FASD). This can be done by improving public health efforts to increase awareness on how FASDs may present in individuals across the lifespan and the ongoing need for services and support for individuals living with FASD while also spreading the message that there is no safe time during pregnancy to consume alcohol.

Whereas, Fetal Alcohol Spectrum Disorders (FASD) affect as many as 1 in 20 school aged children in the US and are complex lifelong disorders that affect each person differently, resulting in unique strengths and challenges; and

Whereas, FASD is a spectrum disorder describing the range of disabilities that can occur in an individual who was exposed to alcohol before birth; and

Whereas, FASD can cause challenges with verbal and nonverbal communication, social interaction, growth, cognition, and adaptive function, and can affect anyone, regardless of age, race, ethnicity, gender, or socioeconomic background; and

Whereas, FASD is often accompanied by medical conditions that impact quality of life; and

Whereas, A comprehensive, collaborative approach will help to advance research, providing a better understanding of the many forms of FASD, while strengthening advocacy efforts and ensuring access to services and resources throughout their life; and

Whereas, Although FASD can be prevented by supporting pregnancies free of alcohol, prevention efforts should be balanced with support and intervention for people with FASD; and

Whereas, Early diagnosis and intervention tailored to individual needs can have lifelong benefits, easing the transition to adulthood and fostering greater independence; and

Whereas, Each person and family affected by FASD should have access to reliable information, supports, and opportunities to live up to their greatest potential.

NOW, THEREFORE, I, **(Governor's name)**, Governor of the state of **(name of your state)**, do hereby declare **[September 9, 2024, as Fetal Alcohol Spectrum Disorders Awareness Day [or September as FASD Awareness Month]]** and pledge to continue to partner with organizations, health care professionals, educators, and the public to raise awareness about FASD and support individuals living with this disability.