



What is Fetal Alcohol Spectrum Disorders or FASD?

Fetal Alcohol Spectrum Disorders or FASD is an umbrella term describing the range of effects that can occur in an individual whose mother drank alcohol during pregnancy. These effects may include physical, mental, behavioral, and/or learning disabilities with possible lifelong implications.

FASD is 100% preventable if women abstain from drinking during pregnancy.

The Arc of the United States

1660 L Street, NW Suite 301

Washington, DC 20036



Self Advocates with FASD in Action SAFA Network



**"Stop and think.
If you're pregnant,
don't drink."**

Self Advocacy is:

Speaking up about the things that are important in the lives of people who have a disability.

Showing people who have a disability what their choices are.

Helping people who have a disability to make their own decisions.

Working together as a team.

Asking for help if and when needed.

Accepting differences and teaching others to do the same.

Keeping things simple and fun.

Setting goals, stick to them and never let go of our dreams



Ask Yourself...

How does FASD affect your life?

What would you like to share with the professionals in the field?

What have you done to educate your peers and what skills have you adapted to overcome the challenges?

Your role in *Self Advocates with FASD In Action* will be as an advocate on FASD. Try to describe how having an FASD has affected your life.

Share what services would be helpful at school, at work, at home, and in the community to make your life a little easier so you can be successful.



Please join Self Advocates for FASD in Action by giving your voice and to share your dreams, concerns, and suggestions. If interested, please e-mail your name, State of residence, e-mail address, and advisor or parent's name to:

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