



# What is FASD?



FASD is short for Fetal Alcohol Spectrum Disorder.



FASD happens sometimes when someone is affected by alcohol before they were born. It is not a disease or illness. You can't catch it



The brain and body can be affected.

As FASD is caused before you were born there was nothing you could have done about it.



There are thousands of people with FASD in the country.



Not many people know about FASD or how it affects people. This can mean getting help can be difficult.

If people don't know about FASD then they don't know what to expect or how to help people with FASD.



FASD lasts a lifetime and there is no cure at the moment.



That said, what you can do does change over time.



There are ways to make life easier for someone with FASD.



If someone has FASD it means their brain processes things differently.

These things **might be harder** for someone with FASD:



- Follow instructions



- Keep friends



- Understand school



- Stay still



- Keep calm



- Stay safe



# ME & MY FASD



- Keep a job



- Be in crowds or noisy places



- Cope with some smells, some foods, textures



With the right help, support and understanding, people with FASD can do really well.

These are some of the **many good things** about people with FASD:



- Friendly



- Creative



- Loyal

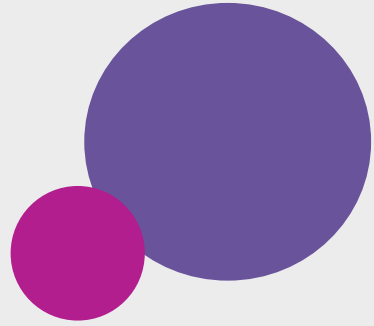


- Musical

# ME & MY FASD



- Athletic
- Artistic
- Loving
- Determined
- Keep trying



Once you and the people around you understand how your brain works, there are lots of strategies that can help.

**For more information go to:  
[www.FASD.me](http://www.FASD.me)**

