










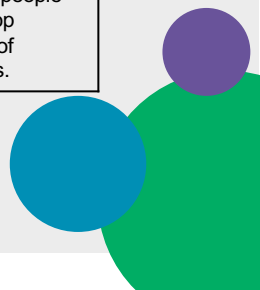


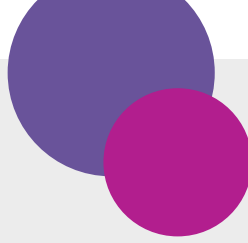
FASD is not what some people think





| | What some people think | The facts |
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|  | People with FASD are naughty. | Your brain controls how you behave, think, feel and act. Behaviours often show a person is struggling and needs support for their FASD |
| 400 | FASD isn't a physical disability. | There are more than 400 different conditions that can be seen with FASD, some are physical. |
|  | Knowing I have FASD won't help me, because there's no cure | Knowing about FASD is the key to understanding how to get support to help you do your best. |
|  | Only people with a social worker have FASD | Some people with FASD might have a social worker, but there are people living with FASD from all sorts of families and backgrounds |
| FASD | My FASD is called something else. | In the past there were lots of different names for FASD. This was confusing. Now everything is known as FASD. |
|  | Someone said my FASD isn't as bad as it could be. | Alcohol can affect so many things when a baby is in the womb. Everyone is affected differently. A 'spectrum' means it affects people in different ways. There is no worst or best. |



| | What some people think | The facts |
|---|---|---|
|  | The naughty step, sticker charts, detentions and having consequences will change what I do. | Punishments don't work for very well people with FASD, but there are ways for people with FASD to learn. |
|  | My parent or carers are just too soft. | A trusted grown up sometimes needs to say the same things over and over again or give me time to calm. It's not being soft, it's FASD-informed parenting. |
|  | FASD means you can't learn. | With FASD, the brain has to work harder to organise information and that can mean that people struggle, but this doesn't mean that they aren't clever. They can learn. |
|  | Only 'alcoholics' have children with FASD | The Chief Medical Officers have said there is no safe amount of alcohol to drink in pregnancy. You don't need to be an alcoholic to have a child with FASD. |
|  | It's the birth mother's fault | Birth mothers don't drink because they want to hurt their baby. Lots of people don't know how harmful alcohol actually is when they are pregnant. Other people find it hard to stop drinking for lots of different reasons. |





| | What some people think | The facts |
|---|--|---|
|  | People with FASD can't do much. | With the right support people living with FASD can achieve great things. |
|  | You can tell if someone has FASD because of the way they look | Most people with FASD look just like everyone else. For some (<10%) who were exposed to alcohol when the face was developing, doctors can measure some differences. |
|  | Talking to therapists (Cognitive Behavioural Therapy, CBT or counselling) will fix things. | Because the behaviours seen in some people with FASD are due to brain changes caused by alcohol, sometimes talking to people doesn't work. Any therapists should fully understand FASD. |
|  | If I have FASD I have no future. | With help & support people with FASD can achieve great things and have full and happy lives, especially if they are encouraged to do what they are great at. |

**For more information:
www.FASD.me**

