



# Living FASD

**Awesome People Amazing Minds**

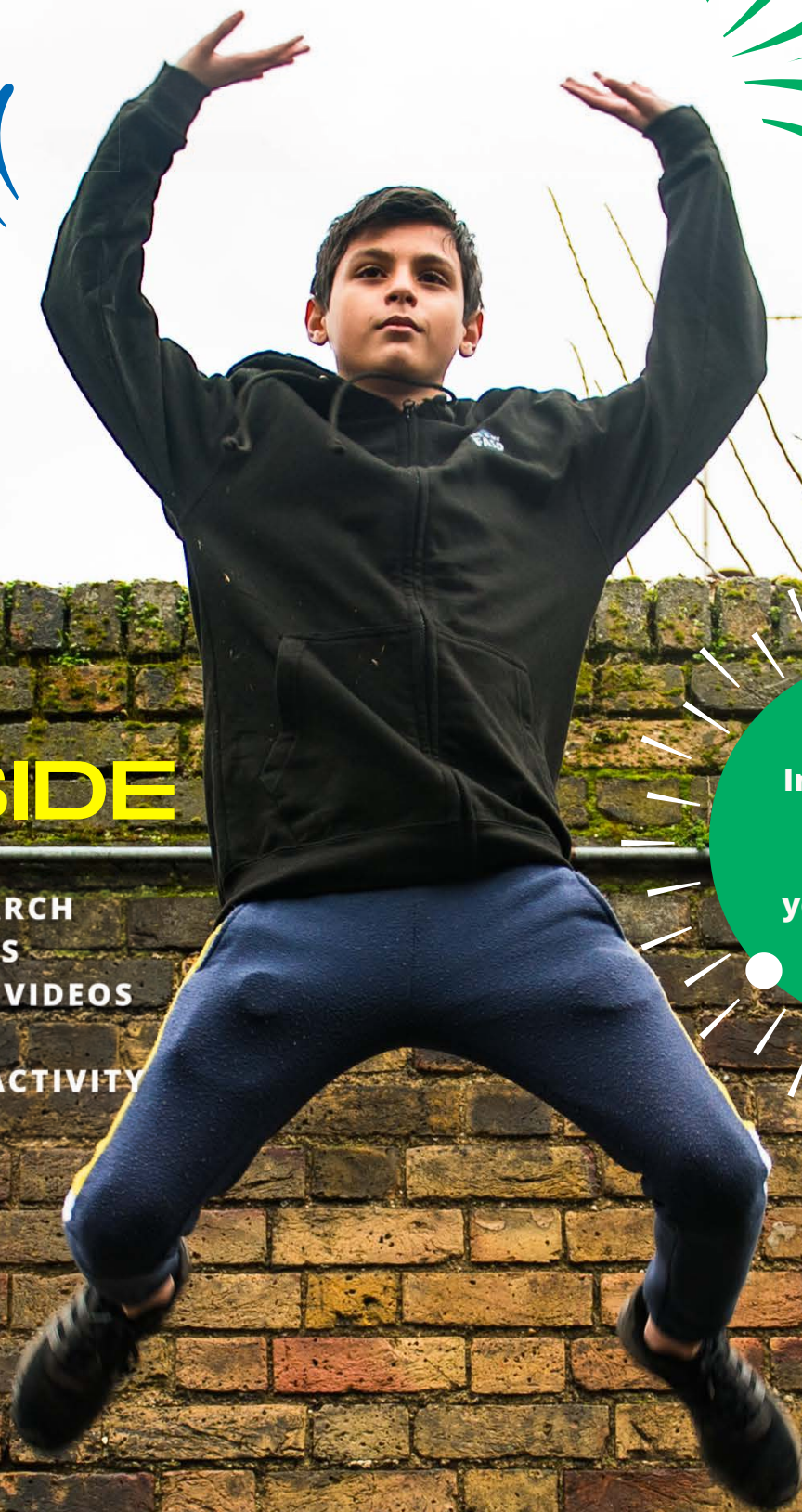
ISSUE ONE



## INSIDE

WORDSEARCH  
ACTIVITIES  
LINKS TO VIDEOS  
ARTICLES  
STICKER ACTIVITY  
JOKES

Includes ideas  
from young  
people like  
you with FASD



# Welcome!

This is your magazine.

The ideas in here come from young people with FASD.

Some amazing people at Contact, Pears and in the Government gave money to National FASD so we could send this to you.

Let us know what you think! You can send your ideas to us by using this QR code. Scan it!



Check out  
**www.fasd.me**  
for more fun



You don't need  
to do this all  
at one time.  
**Come back  
often!**

**Look for awesome  
young people with  
FASD in the magazine  
and the videos.**

All filming and photos  
were done according  
to COVID guidelines.



Why was Elsa  
not allowed a balloon?  
Because she would  
**let it go!**



HM Government

**Pears**  
Foundation

# Awesome Bailie



- I am 18 and I have FASD. I am a sporty person.
- I won 28 medals in my past schools - I have 7 sport day medals, 4 swimming club medals, 1 freestyle medal, 1 breaststroke medal, 1 backstroke medal, 1 badminton medal, 3 trophies medals, 1 medley medal, 3 winner medals and a swimming trophy.
- When I was in year 10 I beat this boy who was in year 11 and he was the fastest student until I beat him.
- I like horror films.
- I don't like reading that much.
- I am a bright person.
- I have 2 mums, 3 brothers and 1 sister.
- I go to boarding school.
- I love horses and meeting new people.
- I find friendship hard and understanding what people are saying.
- Sometimes I do blame myself if I make a mistake. I don't like that. I like getting things right.
- I am a very fast runner. I used to come 1st in every single one of my races.

Just because we have a disability or not doesn't mean we can't do or achieve anything. **Trying is better than not trying at all.** If I had to explain what is like living with FASD the word would be painful and because it's with you for life and it is with you forever. But apart from that **FASD makes me special.** After all, no one is perfect. We all have issues we have to deal with everyday and **there is not one person on earth that is perfect.** I'm glad I have it because it makes me different from everyone else.

# Awesome Josh

I have FASD. I was born in the UK and was adopted by an American mom and a British dad so I have dual citizenship and I love spending time in America. It makes me angry that I have FASD. I don't like that I don't always understand things and I don't want people to think I am stupid or different. I hate that I feel angry a lot of the time and **sometimes my heart races but street art, playing guitar and mountain biking make me feel good.** I have always liked street art. My mom took me on a street art tour in London and I was hooked. I saw my first Banksy and how much it was worth and I started taking stencil/paste up/slaps and spray painting classes a couple of years ago with a street artist from my area.

My mom and dad say we should focus on doing things we enjoy...get really good at it and make a career out of it. I think my street art is pretty good so I started doing throw ups in a tunnel near where I live and moved on to doing some bigger pieces. I like it when people walk by when I am painting and take pictures. It makes me feel good. My art is starting to get some respect and doesn't get painted over near as much as it used to and at my school in CAD design, I am creating some slaps and other merchandise with my work on it to sell on the school website so...watch this space. **The best is yet to come!!**



**FASD doesn't keep me from being really good at certain things.**



# Smell



## You can make your own sachet

Smell is very important to many with FASD. Some have a super sensitive sense of smell. It's a super power! But sometimes others don't understand how hard it can be if something smells bad to someone with FASD.



# I Get Through



These are the words from the a song that has been written using the ideas from lots of young people with FASD.

**Chorus: Sometimes my brain gets jumbled, find it hard to cope  
I build up my walls, but there's no time to mope  
Here's some of the things I do to get through**



Cycling and stroke a pet • I take a walk or make some slime •  
**Sometimes I just want to be alone** • Football games and jumping high •  
Build a den • Go for a drive • **Take deep breaths** • I can beat this test •  
One more thing that helps when I'm struggling • Yes one more thing that  
helps when I'm struggling Is to dance and sing • Chorus • Tell some jokes or  
**count to ten** • Go on my iPad • Build a den • Working out or having a cold  
drink • Painting pictures • Screaming loud • **Have a bath** • Don't make a  
sound • Watching movies • Rocking back and forth • One more thing that  
helps when I'm struggling • Yes one more thing that helps when I'm  
struggling **Is to dance and sing!**

What do you think of the song? Try playing the song again and use the words to sing along. What would you include in the song if it was about you and what you do to cope?

**What do you do to get through?**



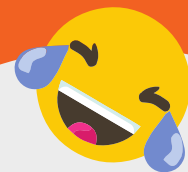
# Calming Cards

Real ideas from real people with FASD



Check out Rossi and Tolka holding cards with their favourite strategies.

## What do YOU do to calm?

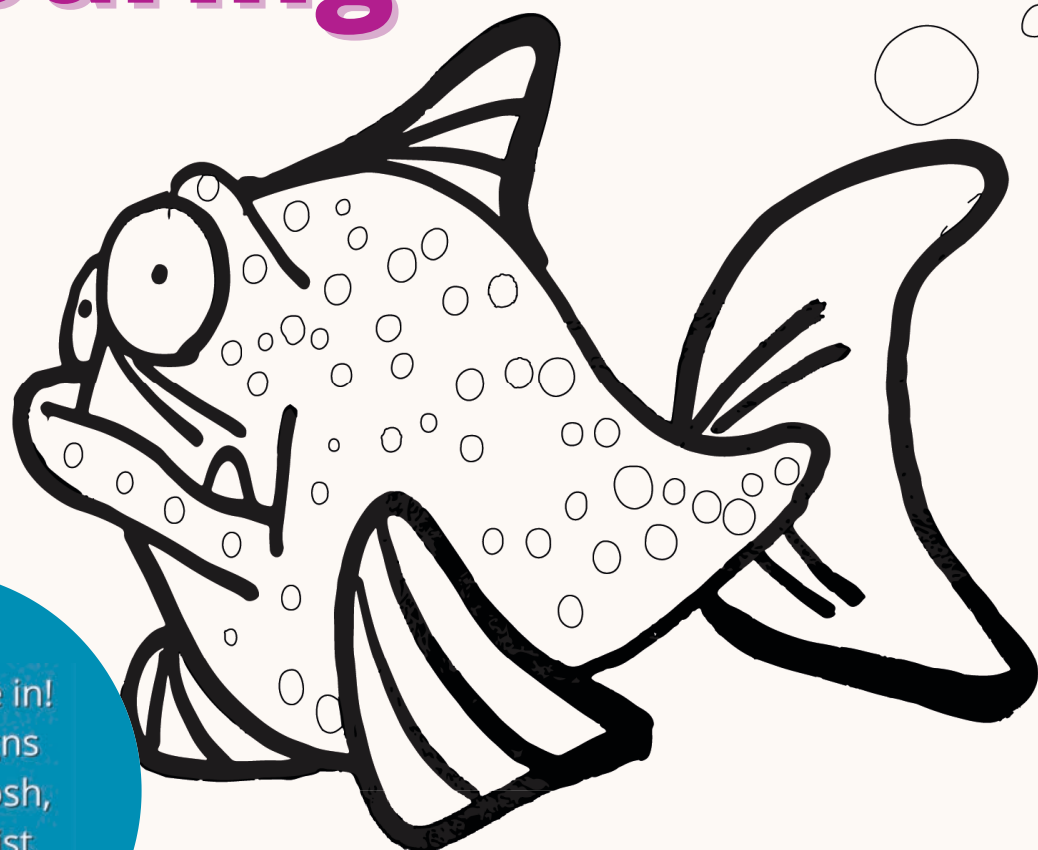


What has hands but can't draw?

.... A clock



# Colouring

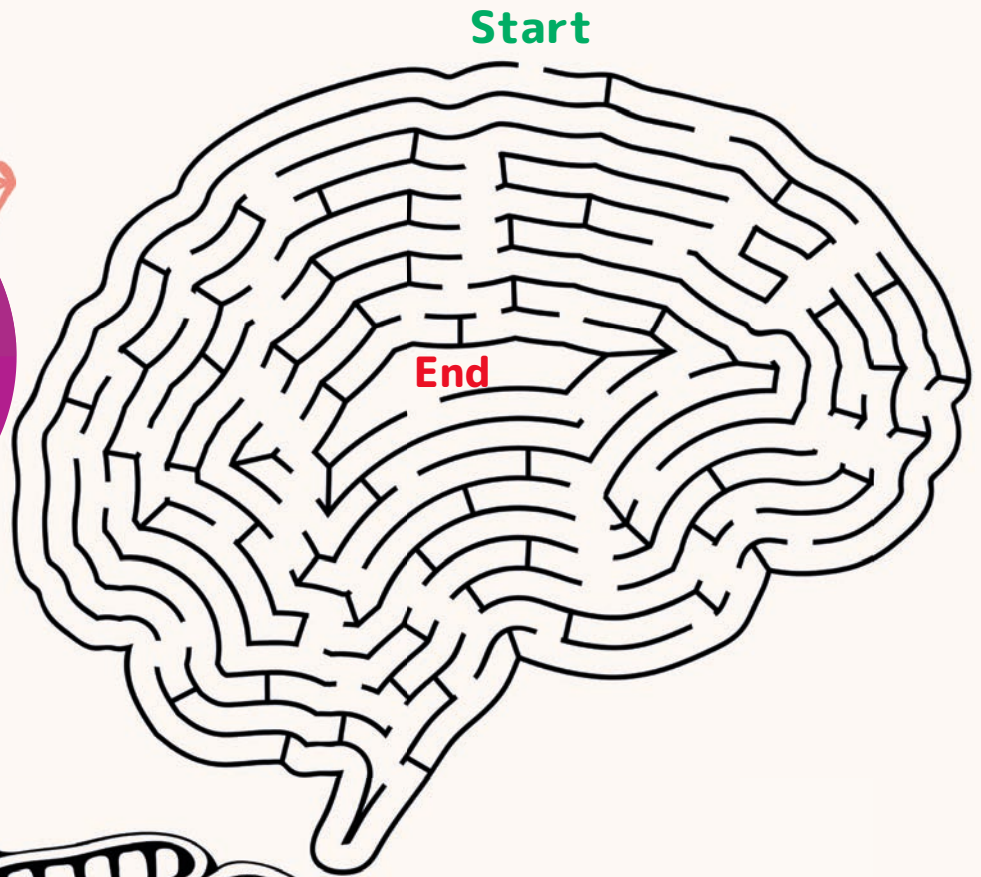


Colour these in!  
These designs  
were made by Josh,  
a street artist  
who has FASD.



Read about  
Josh on  
page 3!

# All brains are a-maze-ing! Yours is too!



# Word search

ME AND MY FASD  
CLUB  
MINT  
BAMBOO STRAW  
GLOWSTICK  
FETAL  
ALCOHOL  
SPECTRUM  
DISORDER  
FINGER LIGHT  
SOUNDS  
SUPPORT  
BUBBLE WRAP  
I GET THROUGH  
SPINNER  
SUCCESS  
AWESOME  
MOVEMENT  
CALMING  
TASTE  
DEN  
SMELL  
LAVENDER  
TOUCH

S	O	U	N	D	S	M	U	R	T	C	E	P	S
R	B	U	B	B	L	E	W	R	A	P	E	A	P
U	I	G	E	T	T	H	R	O	U	G	H	I	I
D	A	K	P	B	G	N	I	M	L	A	C	S	N
S	U	C	R	E	D	N	E	V	A	L	G	U	N
A	E	I	C	C	L	U	B	E	T	A	S	C	E
F	M	T	D	I	S	O	R	D	E	R	N	C	R
Y	O	S	O	H	C	U	O	T	F	C	E	E	I
M	S	W	S	U	A	L	C	O	H	O	L	S	D
D	E	O	I	M	O	V	E	M	E	N	T	S	O
N	W	L	F	I	N	G	E	R	L	I	G	H	T
A	A	G	C	S	M	E	L	L	T	N	I	M	A
E	D	P	B	A	M	B	O	O	S	T	R	A	W
M	E	T	S	A	T	S	U	P	P	O	R	T	I



Words can be  
backwards  
or bottom to  
top too!



Remember  
**YOU  
ARE  
AWESOME!**

# Calm Space

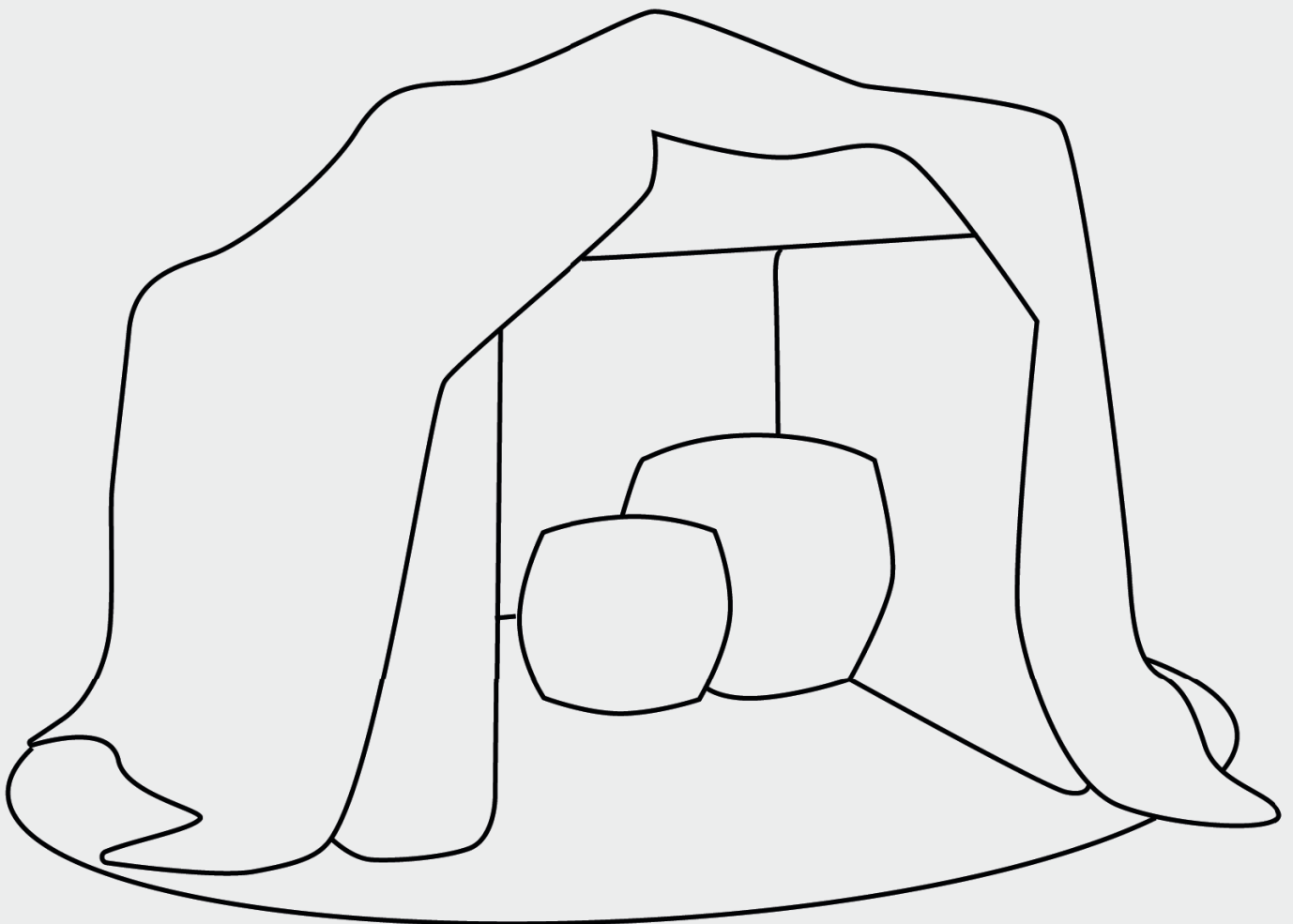
Many people like to have a special place where they can go to relax and chill.



People with FASD really find having a special place of their own very helpful.

Calm spaces can be indoors or outdoors, at home or at school or even college, where you can go on your own or where you can relax with your favourite pet or toys.

Calm spaces need to be comfortable and filled with things to relax you. What would you put in your calm space?



Colour this in. To add things you'd like in your calm space, use stickers if they came with your magazine or draw your own.

Send a pic of your calm space at home to [hello@fasd.me](mailto:hello@fasd.me)

# Break it down!



Introducing the all-new FASD Break It Down board! Nyrene is an adult with FASD. When she has trouble understanding something, she asks people to “break it down” so she can understand it. Nyrene inspired this board.

You can use it to think about situations that went well or when things were hard.



The Break It Down Board might help you to explain things and make finding an answer easier.



This is an example. If you have one, can you use the board and the cards and break down a situation that was hard for you? Break it Down Boards can be ordered or you can use the print out from [www.fasd.me](http://www.fasd.me)

Thank you to OurBoards for helping to create the Break It Down Board. The founder of Our Boards has a daughter who helped him learn how important visual resources are. Incredible things happen when adults listen to young people! [www.OurBoards.co.uk](http://www.OurBoards.co.uk)

**win a  
t-shirt**



**Send us your ideas!  
What would you like to see in the  
next issue or on [www.fasd.me](http://www.fasd.me)?**

Our team of young people and adults with FASD will select the idea that they like best and we will arrange for the winner to get their very own Me & My FASD t-shirt.

Just email us at [hello@fasd.me](mailto:hello@fasd.me)



**If you have 13  
apples in one hand  
and 10 oranges in  
the other, what do  
you have?**

....big hands!



# Have fun!!

Explore what works  
for you and your FASD



# FILMING DAY

COVID hasn't been easy for anyone. It's confusing and frightening to lots of people. It has upset the plans that everyone had. We hired the Southern Maltings Arts Centre in Ware that was closed due to the COVID lockdown. The groups that you see are people with FASD and their families who live together, so we didn't mix with anyone else. Everyone brought their own materials to use in the filming. T-shirts and hoodies are available at [www.FASD.me/merch](http://www.FASD.me/merch)



You will probably have found our website. [www.fasd.me](http://www.fasd.me). It has lots of information and suggestions about what you can do to learn about FASD and how you can help yourself to do your very best. Have a look and keep going back to learn more about FASD. You can subscribe to Me & My FASD so that you don't miss out when something new is added. This magazine and the Me and My FASD Club pack is designed by [www.crackerjac.com](http://www.crackerjac.com)

**[www.fasd.me](http://www.fasd.me)**

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**Knock knock.  
Who's there?  
Ice cream.  
Ice cream who?  
Ice cream if you don't let  
me in!**

**Send us your jokes!  
Email: [hello@fasd.me](mailto:hello@fasd.me)**