

People with FASD have hopes and dreams, They can be happy, have good lives, with healthy friendships and families of their own someday.

You can do it too.

You can help people to understand your FASD and what they need to do to help you.

## Start planning now

Making plans to reach your dreams can be hard but you can break things down into small chunks to get there.

You can get strategies that help from [www.fasd.me](http://www.fasd.me).



<https://fasd.me/me-and-my-fasd/coping-resources/explaining-your-fasd-to-others/>



The ME & My FASD website has been made especially for young people like you. Real people with FASD talk about the things they do to get by.

You will find games, activities, videos, songs, stories and things to make life easier and more fun.

Scan to visit Me & My FASD website



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

National Organisation for FASD  
[www.NationalFASD.org.uk](http://www.NationalFASD.org.uk)

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Sophie, 17



Isacc, 8



Peter, 17



Rebecca, 10



Lilly, 8

People with **FASD** are awesome!





## How awesome people get by

It's okay to be different, but sometimes it makes things difficult.

People with FASD can do awesome things. Sometimes they have to try a bit harder and take a little longer. That's okay too.

People with FASD have told us lots of things they do that makes their lives easier.

You can learn strategies to help you do well.

Me & My FASD helps you with loads of sensory activities to help you keep calm.



Scan to see the sensory activities!



<https://fasd.me/funzone/games-and-activities/sensory-activities/>

## Awesome at school & college

Schools & colleges can be confusing.

- Learning new stuff every day.
- Some are big with loads of people. Some are noisy.
- Some have loads of rules that are hard to remember.

If the people in school understand you and your FASD things can be easier for everyone.

The FASD & Learning postcard might help adults in school to find out more about FASD.



Here is a postcard to give to your teacher or coach



<https://fasd.me/me-and-my-fasd/coping-resources/explaining-your-fasd-to-others/>

## Awesome and having fun



Josh paints street art



Baillie is great at sport



Georgia has her driving licence



Andy helps other kids

The Me & My FASD website will help you to see what people with FASD do to have fun.



Scan to see an interactive comic!



<https://fasd.me/me-and-my-fasd/interactive-comic/>