



Passport

An awesome young person with FASD has filled this in to help you better understand how to support them to reach their potential and to shine.

Photo

Name:

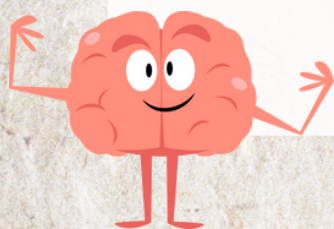
Age:

I have FASD, a lifelong neurodevelopmental condition.
I may require additional help to support me to achieve my goals.
I hope you recognise my many strengths, but also understand that even though you can't see it, I have a life-long, brain-based disability.

I'm good at:

I need help with:

What you can do to help me:

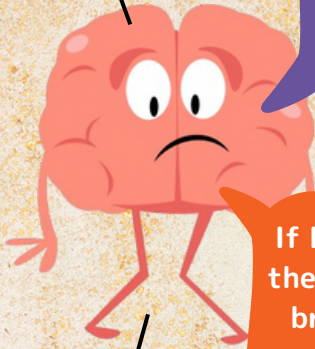




I have a condition called FASD. I need you to help me, so this is what I want you to know about FASD.

Learning about FASD will help you understand me better.

It is not my fault!



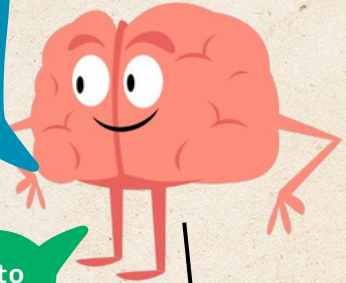
You can help me!

FASD means I may struggle because the wires in my brain got mixed up during construction before I was born.

I might find it hard to do things other people find easier, particularly if I am tired, anxious, or upset. I can become overwhelmed.

If I become dysregulated the different parts of my brain aren't talking to each other. I will need help to calm before I can reason or think.

It's common for people with FASD to become dysregulated because of the way our brains are wired. We aren't trying to be naughty.



I'm learning strategies to help the thinking part of my brain to get back in control when this happens. We can explore these strategies together!

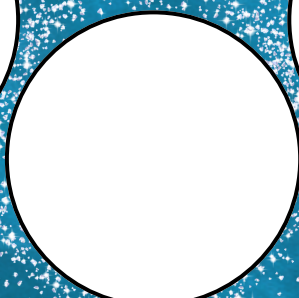
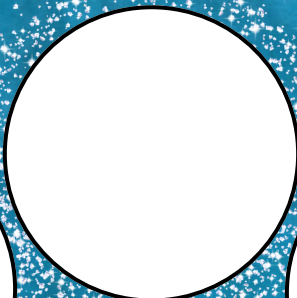
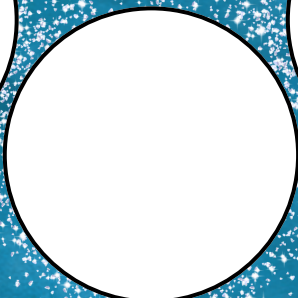
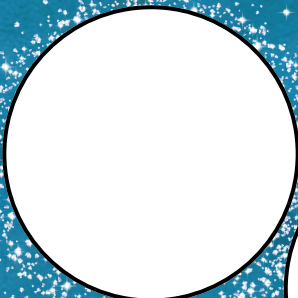
Adults with FASD say this gets easier as they get older.

Awesome!

Please always remember that I am awesome at so many things! Let's start there to help me learn.

Things that can help me...

[For the young person - please put FASD Manifesto stickers here to let people know how you'd like to be treated. If you don't have stickers, write or draw what helps you,]



UK FASD MANIFESTO

LISTEN TO US

- Let us talk to you about how we feel
- Talk to us and our parents and carers
- We are experts in experience
- We want to be believed



SPEAK SLOWLY AND CALMLY

- We don't understand when you talk with words we don't know
- Shouting upsets us

Slow & calm

BE PATIENT

- We need time to understand what you are saying
- We get really muddled up sometimes
- Don't talk over us
- We aren't being awkward in conversations



HOW WE WANT YOU TO TREAT US BY PEOPLE WITH FASD

BE KIND

- Don't call FASD 'a problem' - it's something we are born with and live with
- This is not our fault



KEEP THINGS SIMPLE

- Break subjects down
- Don't use complicated words
- Make sure forms have pictures to help us to understand
- Researchers, please consider interviewing us rather than using long forms
- Remember yes/no questions can be very hard for us

GIVE US TIME TO RELAX

- We need to unwind, especially if it's been very tense, otherwise we might act out



KNOW OUR BRAINS ARE DIFFERENT AND SOMETIMES WE DON'T GET IT



- Remember, just because you can't see our disability doesn't mean we don't have one
- Just because we are good at talking doesn't mean we don't have difficulties
- We aren't weird or angry, we just struggle

UNDERSTAND WHY THINGS ARE HARDER FOR US

- Learn to understand our triggers
- Know that workplaces are difficult as FASD is invisible and they don't understand



REMEMBER OUR DIFFICULTIES ARE LIFELONG

- Ignoring our FASD can cause big mental health problems for us



TREAT US WITH THE SAME RESPECT AS OTHERS



- Treat us the way you would like to be treated
- Give respect and you will get respect
- We are trying our best



KEEP THINGS UPBEAT

- It's easy for us to feel rejected

LEARN MORE ABOUT FASD

- Do your research
- Get training



DON'T TRY - DO

- We are sick of people saying they understand or that they are trying to help but they do nothing
- Please tell the next person the information, don't bury it in our records



HELP US TO SHINE BRIGHTER

- We can help you to understand our condition
- We're unique and different - there's so much we can do

NEVER GIVE UP ON US



- It's a difficult condition but we still have vision and dreams



#HearOurVoices
@nationalfasd

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The power of one!

Dear trusted adult: You have been given this passport because you can help someone with FASD. Research shows 2-4% of people have FASD. Organic brain damage was caused in the womb when they were exposed prenatally to alcohol. Over 400 conditions can be associated with FASD, and many can impact learning and aspects of daily life.

Often people with FASD are impulsive with poor executive functioning.

However, people with FASD can and do achieve if they have appropriate support. Reasonable adjustments are needed to match their developmental stage.

Some key suggestions for helping people with FASD achieve



- Build on the person's strengths
- Always check for understanding
- Ensure routine is followed
- Break down instructions and activities into very small chunks
- Use positive and concrete language
- Have realistic expectations for someone with organic brain damage
- Provide frequent breaks and sensory activities to help them focus
- Constant supervision is often needed, especially during breaks and lunchtimes
- Demonstrate rather than describe
- Give time to process information
- Repetition is key to help with memory challenges
- Preventing escalation will be more effective than punishments

You can find more advice to help someone with their learning on:

nationalfasd.org.uk/learn-more/practitioners/educators/



Information about the training and e-learning we offer is here:

nationalfasd.org.uk/learn-more/training/



For resources you can use to help someone with FASD understand strategies that might help them:

www.fasd.me



Expert reviewed resources, co-created with people with FASD, are available here:

nationalfasd.org.uk/product-tag/me-my-fasd/



By understanding FASD, you can help an awesome young person shine brighter!