



Living FASD

Awesome People Amazing Minds
SERIES 1.4

Bailie Gets Gold
Duke of Edinburgh Award
at Buckingham Palace!

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Metacognition
What is it?

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INSIDE

Learn more about awesome
people with FASD

Success in learning p4+

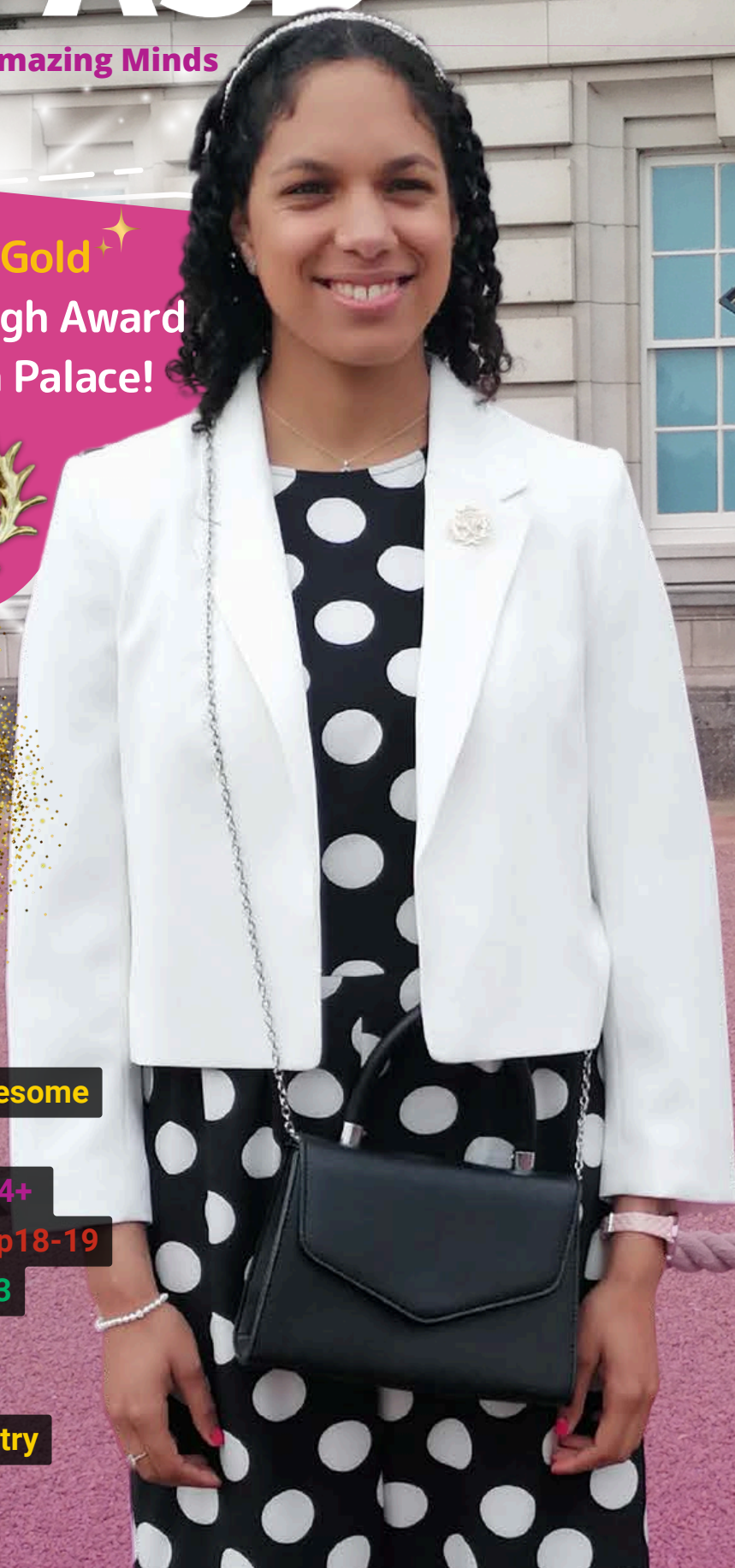
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FASD passport p15

And lots more!

+ activities for you to try



Welcome to Living FASD!

The Me and My FASD Club is for you - children and young people with FASD.

FASD is part of what makes you, you. There are lots of other things too. Are you right or left handed or can you use both hands? Are you awesome at sport, music, dancing, acting or something else? Everyone is unique and everyone is special.

Our magazines will help you to find out:

- what you are good at
- what support and help is best for you
- how your brain works
- how you can encourage others to help you in ways that work for you

Then you can work on your skills to be the best you that you can be. Practice takes lots of time because you have to do things again, and again, and again.

We'll also find what you want others to do to help you feel happy and respected.

Living FASD Series One will have a total of 5 magazines between January 2023 and March 2024.



Thank you to

Pears
Foundation

and the disability
charity Contact

Check out
www.fasd.me
for more fun

**ME & MY
FASD
CLUB**

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

Awesome

Watch for our
awesome stars!
If you see an
orange star, it
means that story
features someone
with FASD



What is a snake's
favourite subject at
school?

Hissstory!

Traffic light cards!

Traffic light cards are a great tool you can use to show people how you are feeling.

Cut out the 4 cards. Then use a hole punch to make a hole in the top left corner of each card. Add the keyring clip to put them all together. Keep them in your bag ready for when you need them.



Download now!



Can you find the words?

These are all important words for people with FASD. We will show you why!

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

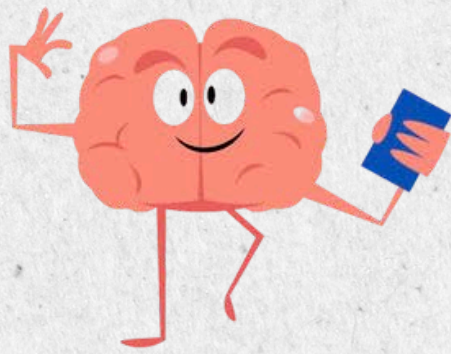
Brain
Breathing
Education
Advocate
Learning
Success

School
Awareness Month
Achievements
FASD Give Me Five
Transition
Metacognition



Why did the dog do so well at school?

He was the teacher's pet!



Success in learning



At Living FASD we celebrate the successes that people have in education and look forward to everything they can achieve.

It could be exam success. But there are lots of ways of being awesome in school or college or home learning. Success will look different for different people with FASD.

For some people, success might look like:

- Attending more often
- Engaging in tasks
- Completing projects
- Working with others
- Being great at PE, Art or Music

Write down your successes:

Use the portal to tell us your successes in learning!



Laura

Awesome

Laura said, "I am awesome because I was the first winner of the new annual citizenship award at my school! My teachers voted for me because I go litter picking and help the younger children at break and lunchtimes."









Super job Laura on winning your school's annual citizenship award!

Learning

Learning is important. Everyone learns in different ways. You will learn new things throughout your life. People with FASD often learn differently. That doesn't mean that they are wrong. They just find some ways of learning easier than others.

To help them learn, people with FASD might

	Need more time to do things.	
	Learn things better by doing things rather than reading, writing or listening.	
	Learn better in small groups.	
	Need a support assistant or trusted adult to help focus.	
	Need to have breaks when tired.	
	Need to move around or learn outside, because sitting still can be hard.	

Sound familiar? Tick the boxes for the ones that help you!

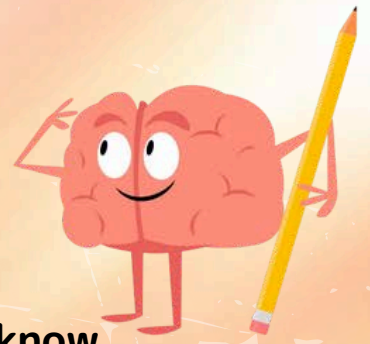
What makes *you* an awesome learner?

We would really like to hear from you!
Use the portal to let us know.



Keep reading to learn more about understanding how your brain works best!

Metacognition



Metacognition is a big word.

It is an important word for people with FASD to know.

It might be easier to say if you break it down:

met-uh-kog-nish-uhn.



Metacognition means knowing how your brain works best.
That's really important for people with FASD.

Everyone with FASD has a brain that works differently from
the brain of someone who hasn't got FASD.

Knowing the best way that your brain works is a super power.

You can learn over time more and more about how your brain
works best.

Colour in the things that might help
you learn best

Writing
things down



Listening to
an audio
recording



Taking time
to work
through it
yourself



Reading



Someone
showing you



Doing an
activity



Do you have
any of your
own to add?

Someone
explaining it
step by step



Watching a
video



Write down things that help you learn best

Colour the brain

Frontal Lobe
Responsible for
thinking, memory,
behaviour and
movement

Parietal Lobe
Responsible for
language and touch

Occipital Lobe
Responsible
for sight

Temporal Lobe
Responsible for
hearing,
learning and
feelings

Cerebellum
Responsible for
balance and
coordination

Brain Stem
Responsible for
breathing, heart rate and
temperature



**Where did the
music teacher
leave his keys?**
On the piano!

Carol

Awesome



Carol has university degrees and works to help others

At 18, Carol moved away to study. It didn't go well, she struggled and felt like she didn't fit in. She dropped out.

Carol requested her adoption file and found out about her FASD!

Carol says:

“We shouldn't compare ourselves to others.”

“There is no wrong path in life, we all live life at different stages”

“I have so many people to thank for my achievements, without their belief and support I would never have achieved what I have - for them all I am truly thankful.”

Carol is now a Health & Wellbeing Advisor at a college and a Community Engagement Lead for Adoption UK in Scotland. She helps others and raises awareness of FASD.

HNC Social Care

Carol knew about her FASD, and made sure she had the right support in education.

HND Social Care

Carol had her 3rd child whilst studying. With the right support, she was able to take 5 weeks off for maternity leave and catch up with her studies to complete her course.

BA Hons Social Sciences

Carol was studying for a degree at University! The course was part time, so she could work too. Carol became Student President!

MA Crime and Justice

Carol completed a Master's Degree while working as a Guidance Advisor.



What is a witch's favourite school subject?

Spelling

Rossi

Awesome

Rossi's writing a book!

Rossi said, "I am writing a book with a major publishing company!!! It might be called Rossi's World but we don't know for sure yet. It isn't easy to write the book and my mum and an editor have to help me focus, sit at a computer and tell my story."

"It's only right that FASD has a book just like autism does and ADHD."

"Wish me luck! I will let you all know how it's going... so far I have done 12 chapters (no spoilers!) I've got another 12 to go. Here are pictures of me on holiday writing and then one of me and my puppy Barley. And yes she is a distraction :)"

“Keep being #brilliant people.”

Jody

Awesome

5 things that really would have helped when I was at school

Jody sent us her #FASDGiveMe5. She says, "When I was at school, sometimes I struggled. I took most of my exams, but there were times when I really didn't understand what teachers wanted me to do. It would have really helped me if: -



1

I had a Teaching Assistant at school to hold on to ideas when I was in lessons. Having the same person is important. Having someone different is confusing as you can't build a relationship.

2

Not being forced to sit in a dinner hall with the rest of the school but being able to sit in peace.

3

Teachers not picking on me when asking questions because if I knew the answer my hand would be up.

4

Not having a seating plan. Sitting next to people I feel uncomfortable with made my work suffer.

5

Things to fiddle or fidget with like spinners as I know this helps me to think.

I was lucky to go to college to do practical studies on pets and animals and I'll tell you more next time."

You can tell us what your favourite pet or animals is at hello@fasd.me



Bailie Achieved Gold!



Bailie achieved her Gold Duke of Edinburgh award! She visited Buckingham Palace with her mum to be awarded her certificate and brooch.

Bailie's mum said "I'm proud! ... On the last day she was ever so happy."



**YOUTH
WITHOUT
LIMITS**

It's hard to get the gold DoE but Bailie did it!

To achieve the Gold Duke of Edinburgh award, you have to complete five sections:

- 1) Volunteering
- 2) Skill
- 3) Physical
- 4) Residential
- 5) Expedition

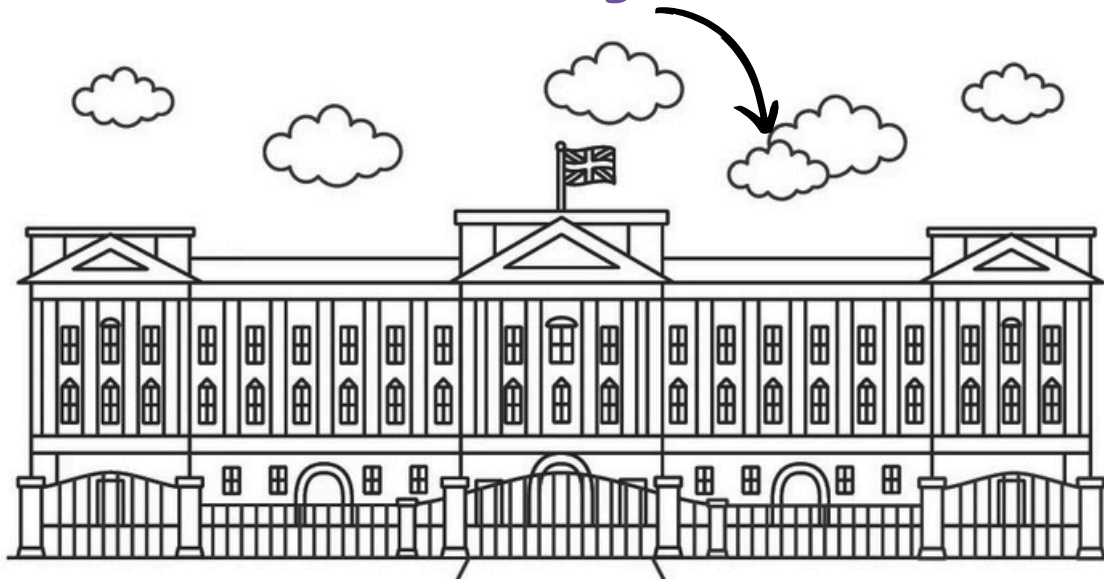
You have to continue for 12 months to get the award!

You can also get a bronze or silver Duke of Edinburgh award if you don't have time to do the gold.

To see Bailie talking about her Duke of Edinburgh award, watch this video!



Colour in Buckingham Palace!



Buckingham Palace is in London.
It is the home of our King and Queen!



Bailie said, "I did my gold Duke of Edinburgh, it was fine because we had an instructor with us at all times... For one part we stayed in this cabin and we did a bit of team work. The whole environment was different and I liked that...because we were outdoors and we had to work as a team together."

"I enjoyed completing it and getting my brooch and certificate. I didn't really enjoy going to Buckingham Palace to celebrate it because I couldn't see the Duke of Edinburgh because everyone was rushing to see him."

Bailie

Awesome

“It will help me to build my confidence and to help others and to be a leader.”

“I liked finding my way around with a map and getting challenges I don't normally do every day.”

“I couldn't just say I was going to quit. I had to keep going.”

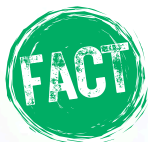


**Great
work,
Bailie!**



What is FASD?

You probably know quite a lot about FASD, or what FASD means for you. Here are some facts that may help you understand more. You can share this information with friends, trusted adults or anyone who works with you in education.



You can't have a little bit of FASD.



More than 2 out of every 100 people have FASD.



FASD affects your brain and body for life. But you can learn strategies that help.



More than 27 of every 100 of children in care might have FASD.



You are not alone. Your diagnosis will help you.



You may not be able to do the things that your friends do when they can do it, but you have great strengths too!



Your brain and body will develop as you grow.



FASD is different for each person.



More than 400 different conditions can be part of FASD. No one has them all but if you have other health issues, you are not alone!



You might forget things.



Too much information can get lost inside your brain. That's not because you aren't trying, it's because of the way your brain is wired.



Dealing with one or two things at a time might be easier for you.



Moving around might help your brain to refocus.



Try movement breaks like jumping, windmills or pushing a wall.





FASD might make you look like you are rude and ignoring people, but we know that you aren't!



Your brain takes longer to process what has been said. Your brain is actually working harder than other people's brains!



If people talk while you are thinking it can jumble your thinking.



Top tip! Ask them to slow down or give you time to think.



Doing the same things in the same way each time can help your brain.



You need plenty of support. Visual reminders and encouragement can help.



It might seem or feel like you act without thinking. You may have acted without your brain fully processing everything.



Sometimes your brain will catch up and you can get sad about what has happened when you didn't understand everything.



When you become stressed, learning and controlling yourself gets harder. Everyone needs to try to help you keep you calm.



Sometimes just saying "I need to take 5" and taking 5 deep breaths can help.



You live with FASD every day. You have ideas on what helps you to cope.



People should listen to you, and your parents and carers. Things like the FASD passport, the My Brain Me and FASD comic, the Calming Cards and the UK FASD Manifesto can help you explain what helps you.



People with FASD have many strengths. You can achieve!



What are you really good at? You will do better when you and others helping you remember your strengths.



Word Scramble

Can you unscramble these words? They are all used in this issue of the magazine.
Find the answers on Page 23!

LNEAR

BANIR

FDAS

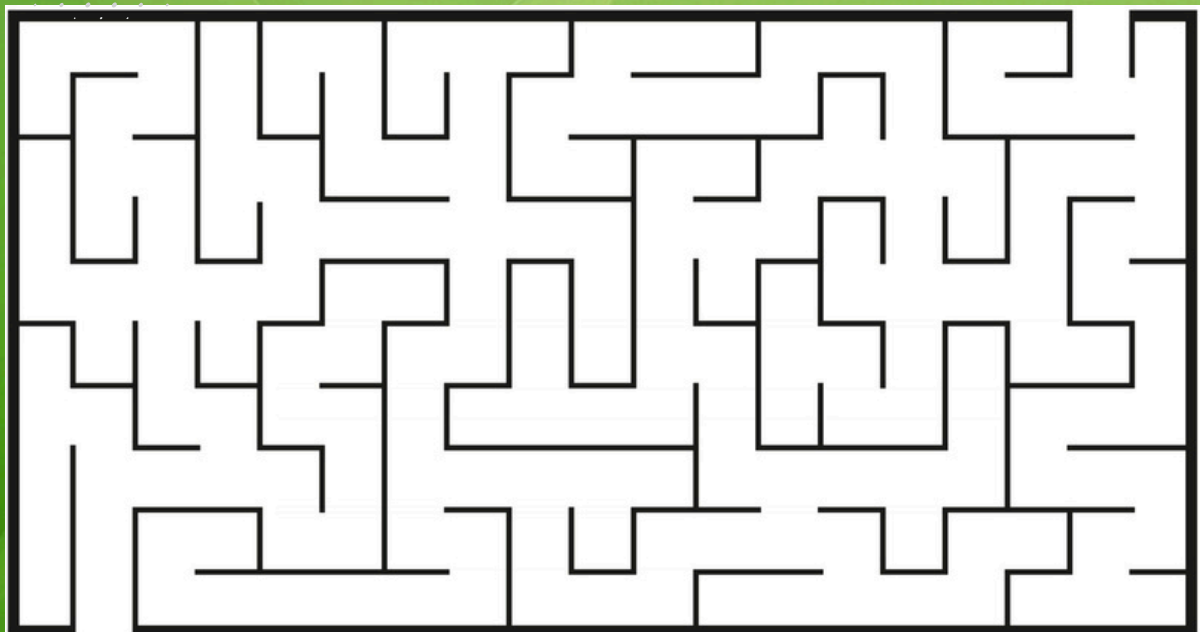
SHCLOO



New information passes through your brain like a
maze, trying to find its way from start to finish.

Can you find a route through this maze?

Start



Finish



FASD Passport + FASD Manifesto



Whether you are returning to school or college, starting a job or moving house, big transitions and change can be challenging. They can be especially hard if people don't understand your FASD.

This special passport can help you to show others how you'd like to be treated and what's important to you. You might want to give it to a teacher, a friend, a coach or a family member.

Our passport can help introduce you to new people. You can fill in this Me and My FASD passport to help you to talk with other people about what is good for you.



Calm Breathing

**Calm breathing is a technique we share often, because it is very useful!
You can use it any time, anywhere.
Nobody even needs to know!**

It takes practice, the more you use the calm breathing technique, the easier it becomes and the better it works!



Why was the teacher wearing sunglasses?

She had bright students!



Calm Breathing Game

This is a fun way to make your calm breathing practice a game!
Use a small piece of paper or tissue paper. Hold it in front of your face. As you exhale, let go of the paper and see how long you can keep it in the air with your exhale breath!



Bella

Awesome

Bella's loved ones say, "She just is awesome, wicked personality, shines everyday, lights up our world. Our super hero, deals with so much because of her disability, but never lets it faze her".



Charlotte

Awesome



"I passed 5 GCSE's and now study Graphic Design at college!"

Paige

Awesome

Paige started high school and learnt to tie her shoelaces.

Claire

Awesome

Claire got married!

Congrats Claire on your wedding!
We wish you lots of joy.



Claire says, "Living with FASD has always been very challenging and always will be, but I'm so glad I found Philip. I didn't think I would find anyone who understands me and has so much patience coping with my needs."

"Never give up on finding happiness."

"I struggled a lot planning the wedding so my amazing mum was amazing. It was all worth it."

" I had the most amazing day."

Chellie

Awesome



Chellie has been riding with the RDA since 2012. In 2016 she qualified for the National Championships to ride in Countryside Challenge and Dressage, and became the National Champion! After a long break due to COVID, Chellie got back on a horse and qualified for the National Competition.

On the morning of her ride, Chellie faced many challenges. Her mum had an accident, there was a big storm and they missed the call for Chellie to ride. The next day, with the help of her lead Sophie, Chellie won her class and her score was such that she was the overall winner in the junior and senior competition which meant that she was National Champion 2023!!

"I had a great day! I am very proud of myself and I couldn't have done it without Strathwillan, he had extra carrots! "

RDA National Champions!

Riding for the Disabled Association

Asha

Awesome

Asha is 9 years old. She goes horse riding 2 whole days a week at our local riding school. She is on a programme called Changing Lives Through Horses.

She does not go to school as it is too tricky for her.

In July 2023 she became a national champion at the the RDA National Championships! She won her Countryside Challenge class. Then she won a cup from our local RDA group for being their most improved rider!



September is
FASD
AWARENESS
MONTH

Awesome Advocates!

Many awesome
people with FASD
helped to raise
awareness through
September FASD
Awareness Month

Rachel

Awesome



Rachel spoke at a special FASD Awareness Month event organized by the Speaker of Hackney Council, Councillor Anya Sizer who is mum to an amazing son with FASD. Rachel told a room full of policy makers and officials from Hackney and the mayor of Camden about how important it has been for her to understand her FASD and for people with FASD to have support.

Rachel also spoke on a podcast for the Association for Child and Adolescent Mental Health about having FASD. This podcast has been listened to by psychologists and psychiatrists and others who work to improve mental health.



Rossi

Awesome

Rossi was a powerhouse during FASD Month! He did webinars for Road2FASD, FASD Awareness, FASD Hub Scotland and more!



Dom

Awesome



Isaac

Awesome

Isaac has been raising FASD awareness all month! His football club and his school celebrated Awareness Month. He also is an ambassador for a group called Family Fund that helps people.



Way to
go Isaac!

Saffron

Awesome

Saffron says she is supporting us "so I can be heard and acknowledged to the world around me."



September is
FASD
AWARENESS
MONTH

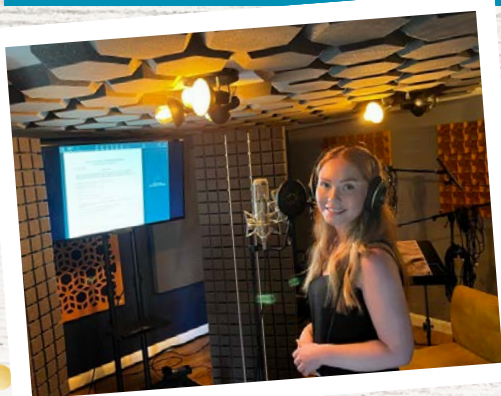
Awesome Advocates!

Many awesome
people with FASD
helped to raise
awareness through
September FASD
Awareness Month



Awesome

Georgia, Bailie and Jacob



Georgia said, "People with FASD ... are so capable....We need to be empowered and know our strengths."

Georgia recorded a script for a training video Antser and Cambridgeshire Virtual School that is imagining what it is like for the baby in the womb. This voice over will be viewed through Virtual Reality Headsets so that the people learning about FASD are fully focused on what is being said. It was a great day in a professional studio and Georgia was awesome. Part of what Georgia wants is for people to understand what it is really like to have FASD.

Watch Georgia's recording
that was released for
FASD Month!



Bailie said, "I just need and want people to understand."

Listen to
Georgia and
Bailie here



Jacob says, "When I open up to other people about my FASD, it helps feel more comfortable around them afterwards."

Listen
to Jacob
here



Georgia, Bailie and Jacob talked about the UK FASD Manifesto on the Spotlight on FASD podcast!



Chloe

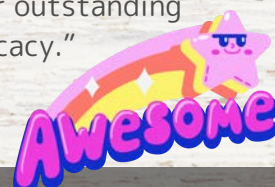
Awesome

**YOUNG
CITIZEN
OF THE YEAR AWARDS**

**Congrats Chloe
on your Young
Citizen of the
Year Award and
for speaking to
your MP!**



Chloe did a super job raising awareness throughout FASD Month. Chloe said, "Achievements don't come easy, but my hard work paid off! I'm proud to announce that I've been recognised with an award for outstanding determination and disability advocacy."



Kyle

Awesome

Kyle said "I looked forward to forest school. I ate lunch, arrived at the forest safely, participated fully and calmly, chatted about FASD, then went swimming."

"My #FASDGiveMeFive - School, Lunch, Shops, Travel, Forest, Swim. It can often be a challenge for me, today I enjoyed all."

We love this!
Go Kyle!
Keep
writing!

Kyle wrote a poem!

Every five minutes is different
and that's OK
the adventures each day,
do not dismay,
celebrate FASD Awareness
come what may.

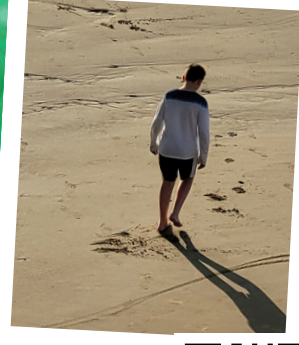
September is
FASD
AWARENESS
MONTH

**Awesome
Advocates!**



Your **SUMMER** Challenge Wild Art!

In Living FASD 1.3 we set you a Summer Challenge. You've been sending us photos of you completing your challenges, we want to share them for everyone to see!



Keep sending us your photos to feature in future magazines!



Neilette

Awesome

"I am awesome because I have overcome so much in life."

Neilette is an adult with FASD. She had a very difficult childhood and young adulthood. She realised the people around her were helping her to be healthy. Neilette reached out for support from different groups, moved away and was able to overcome many of her problems. That is when her life of recovery began.

Neilette says, "I became an active volunteer within the Recovery Network, I have made lots of friends and I am the happiest I have been in years. I am very grateful for the guidance and support I have been given to help get me to where I am today. I want everyone to know if I can do it, so can they. Healthy and Thriving."

Way to go
Neilette,
you are
awesome!

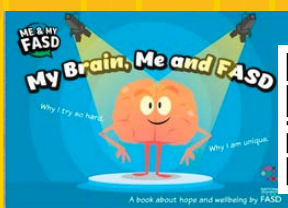


You are not alone.



Thousands and thousands of people have FASD.

That is why we created this magazine, so you can see others living with FASD. Join us in celebrating achievements!



We have lots of resources to help you on our website. Check out the **My Brain, Me and FASD** interactive comic.



Elvis



Sushi

Pictures of Pets!



Woofgang



Jaws

Do you have a pet that is your best friend?
Do they help you stay calm, and do things
you might not do on your own?

In the next edition of Living FASD, we will be
featuring awesome people with FASD and
their awesome pets!

We would love to see your pictures and hear
about your pet!

Use the portal to send us your pictures!



Do animals help you? Write down how they help.



Training for Schools and Colleges

We know that people with FASD do better in
school or college if people understand FASD.

You could ask your teacher or others in school
or college to email us for more information at
training@nationalfasd.org.uk



Did You Know?

YOU could be in the
next magazine!

If you do something awesome to raise
awareness of FASD, get in touch and
tell us all about it so that we can
feature you in the next magazine!

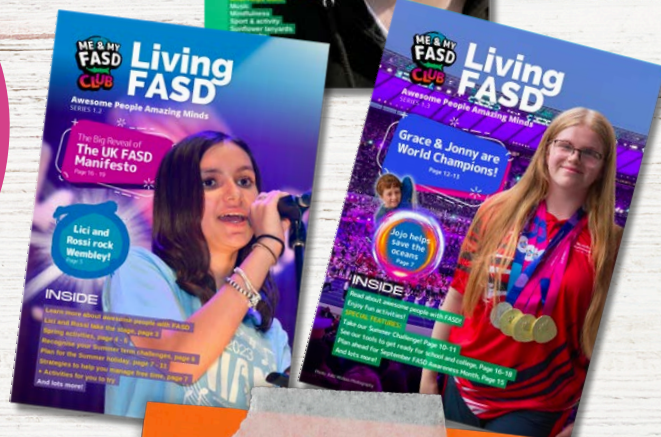


Use the portal!

To subscribe to Living FASD

Past issues can be viewed online

If you are already subscribed to this magazine you don't need to do anything. If you have seen this magazine elsewhere and want to join the Me and My FASD Series One and get all 5 magazines, look here.
<https://fasd.me/club/>



Did you complete the word scramble on Page 14?
 Here are the answers!

Learn
 Brain
 FASD
 School

How many did you get?

Merch



Break it down board

A visual tool to help people with FASD work through good and not-so-good situations, to help them identify different strategies and strengths that can help them.



Calming cards

A set of 50 colourfully illustrated visual cards with suggestions from more than 70 people with FASD about what helps them to stay calm.



The Misunderstoods

The Misunderstoods: Living FASD - a fun way for a young person to work with an adult to explore different aspects of living with FASD.

These are available to purchase.
 Schools can buy them too!
 Scan for merch!



What's next?

YOU can be an 'awesome' star in the next edition of



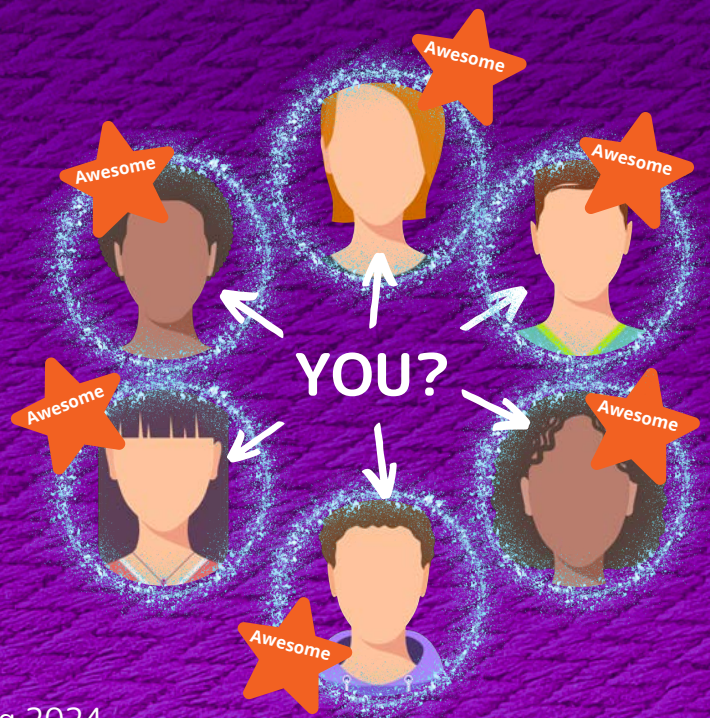
We need your help to make the next magazine brilliant.

Our next magazine will be sent out in Spring 2024.

It will focus on people with FASD who are awesome.

Please let us know what makes you awesome.

To send us things, please get help and permission from your trusted supporter - usually a parent, carer, or guardian. If you send us photos, we will try to include them in the magazine. Remember, we need permission before we can use photos of you.



Checklist of things you can send to us via our Me and My FASD portal:

- ☐ Pictures of your pets
- ☐ Stories about what makes you awesome!

Use the portal!



Scan this QR code with your phone or go to <https://fasd.me/portal/>



for reading!!
And thanks for being you.
You're awesome.