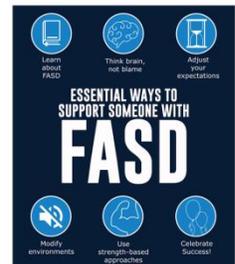


30 DAYS, 30 WAYS

Content to Promote FASD Awareness Month on Your Social Media

#FASD #FASDMonth #None49AK

1. The face of FASD looks like.... **everyone**. Fewer than 10% of impacted individuals have facial feature. FASD is often an invisible disability. For more, watch ["The Faces of FASD"](https://tinyurl.com/y65hv48u).
<https://tinyurl.com/y65hv48u>
2. FASD impacts everyone. Send a targeted fact sheet to your colleagues, friends or families, church, school, business, services provider, or a young person you know. Find them near the end of the NOFAS Public Awareness Guide at <https://tinyurl.com/y4zyt9v9>
3. If in Anchorage, go watch "Moment to Moment: Growing Up with Fetal Alcohol Spectrum Disorders." On September 5 at 6:30 at the Anchorage Museum. Sponsored by FASDx Services. Preview film at <https://tinyurl.com/y6tqqbs7>
4. Language is powerful when talking about FASD. The Language Guide developed by the Canada Northwest FASD Partnership Ministers offers help to promote more respectful words.
<https://tinyurl.com/y465eh9e>
5. With support, education and the right environment, individuals with FASD can live full and productive lives. Reach out and learn all you can. (GRAPHIC 1)
6. Find lots of ideas for activities and strategies for children experiencing FASD at <https://tinyurl.com/y2a7vebq> sponsored by NOFAS.
7. If you drink, switch to a mocktail some night when out with friends. Video your moment and enter the NoFAS Mocktail Video Campaign. <https://tinyurl.com/y6z3dgdw>
8. Check out the FASD Resource Tool Kit and other great resources from the State of Alaska at <https://tinyurl.com/y46t6x3l>
9. If you see the table tents out in restaurants on September 9 offering a free no alcohol drink to a pregnant woman, thank the server and the manager for promoting a healthier Alaska.



Assembled by the Alaska Center for Resource Families. Follow us on Facebook, Twitter, (@akresourcefams) and Instagram (acrfalaska) for easily reposting of these ideas.
www.acrf.org

10. Alaskans have a lot to say about recovery and their “Day One.” Hear their voices and video stories at [Recover Alaska](https://recoveralaska.org/stories/). <https://recoveralaska.org/stories/>

11. Preventing FASD is complex. It takes a supportive community to prevent FASD, not just a single pregnant woman. Join in the effort. <https://oursacredbreath.com/>



12. FASD is a life-long condition. It can impact the entire body including the brain and is considered a whole body disorder. Early intervention, teaching self-advocacy and life long supports make a difference for adults who experience FASD and their families. <https://www.nofas.org/adults-living-with-fasd/>

13. Hey dads! We haven't forgotten you! Support your partner in striving for a healthy pregnancy. (GRAPHIC 2)



14. Encourage educators to try “differently, not harder.” Share the video [8 Magic Keys](https://tinyurl.com/yyxu39m4) for ideas to use in the classroom with student impacted by FASD. <https://tinyurl.com/yyxu39m4>

15. Families who care for individuals with FASD are impacted, too. [“The Story of IYal”](#) to shows the impact on families who love and care for a child with FASD.

16. Stamp out the stigma around FASD and learn [to talk about FASD in a new way](#). Challenge yourself to speak mindfully about FASD during the month of September. <https://www.nofas.org/stigma/>

17. Adults live with FASD, too. Two men speak about their own experience in this short video. [“Call Me Mental” Episode 8 FASD](#) <https://tinyurl.com/y6atnvyv>

18. Is drinking impacting you or a loved one? Take a anonymous online quiz to check out if you should be concerned. At Recover Alaska [Take A Screening Quiz](#) <https://tinyurl.com/yymo58re>

19. The New York Times wrote an article exploring the widespread prevalence of FASD in the US. [“Far More US Children Than Previously Thought May Have Fetal Alcohol Disorders”](#) <https://tinyurl.com/y9lqcnhb>



Assembled by the Alaska Center for Resource Families. Follow us on Facebook, Twitter, (@akresourcefams) and Instagram (acrfalaska) for easily reposting of these ideas. www.acrf.org

20. Choose a day and hang [FASD prevention posters](#) wherever you go that day. Bulletin boards, bathroom stalls, coffee shops-- be creative!. (GRAPHIC 3)



21. Canada has developed some great resources for parents and caregivers. Check out “ I Am A Caregiver” at <https://tinyurl.com/y6j7hwc8>
22. What’s it like for individuals and their families who experience FASD? The Anchorage Daily News ran a series in 2018 about FASD.
- Pt. 1: [“He Looks So Normal” When it comes to FASDs, there’s no such thing as predictability.”](#)
 - Pt. 2: [In search of a better conversation about alcohol and pregnancy”](#)
 - Pt. 3- [Living with FASD: “I’m going to have this for the rest of my life.”](#)
23. Educate the teacher of your youth who experiences FASD with this great resource to share with educators and school personnel. [6 things Educators and School Staff Should Know about FASD](#)
<https://tinyurl.com/yxjp4zr8>
24. The “sober curious” movement that is picking up steam. Check out the NPR story on “Breaking the Booze Habit Even Briefly Has its Benefits.”
<https://tinyurl.com/y22pef5q>
25. WHITECROW VILLAGE in Canada is tackling FASD from a community perspective. The video “Enough Silence: Living with FASD” talks about generational influences.
<https://www.youtube.com/watch?v=GsaI5fjskMM>
26. FASD Impacts you even if you don’t know it yet. Foster Mom Nora Boesem talks about her experience in a TED Talk. <https://tinyurl.com/yy9r4vl8>
27. British NOFAS developed a printable .pdf and a video to help talk to children about their diagnosis of FASD. “My Brain, Me and FASD Why I try so hard, why I am unique”
<https://tinyurl.com/yxlp5u6e> Video: <https://youtu.be/msu31F4o17l>
28. It’s all about the senses! During FASD Awareness Month, sew a stretchy Resistance Band to help your child get all the proprioceptive input they need. <https://tinyurl.com/y3oj6kef>
29. It’s tough to explain an FASD diagnosis to your child. Find help at <https://tinyurl.com/y6plwyag>
30. The brain is the organ most impacted by pre-natal alcohol exposure, Learn the impacts through this interactive web page on Australia’s FASD Hub Site. <https://tinyurl.com/y2ze8h73>