

SEPTEMBER IS FASD AWARENESS MONTH



Throughout the month of September and specifically on September 9th, International FASD Awareness Day, there are numerous ways to engage in advocacy, support, build community and raise awareness of FASD.

Engage in Advocacy

From your hometown, to our nations capital, there are some easy and impactful ways to advocate for FASD.

- Send a letter of support for The FASD Respect Act in honor of FASD Awareness month to your two Senators and one Representative by sending a text. Simply text the letters PCMMYP to the number 50409 and follow the prompts. The FASD Respect Act if passed would provide much needed supports, services and interventions for the FASD community. We are closer than ever before to getting this landmark legislation passed.
- Schedule a meeting with your federal legislators to ask them to support the FASD Respect Act. We'll help! Find out how to go about it here.

Support

Give a shout out or learn more about how best to support individuals diagnosed with FASD or prenatal alcohol exposure.

- Know a youth diagnosed with FASD? Show them your support and appreciation for their strengths and talents by sending them a Stars for Starla Youth Recognition Award.
- Attend a training. Our events calendar has an ever growing list of events and trainings on FASD. Also check out the great list of trainings at www.fasdcollaborative.com.
- Consider a donation. Funding for FASD typically covers research and prevention efforts, help FASD United continue to provide advocacy and support through a one time or recurring donation.





Build Community

FASD can feel isolating, but you are not alone! Here are some ways to connect with or build community in your area.

- Volunteer. Did you know that many members of the FASD United Affiliate Network are 100% volunteer ran? [Find out who the Affiliate is in your area and see if they have any volunteer work you can take on.](#) Don't have an affiliate? Consider approaching local non-profits offering FASD related services and supports and asking them to [join](#) or consider forming your own.
- Participate in Run FASD. Run FASD is a virtual 5k that you can run, walk, swim, ride or roll created by Self Advocate, Rebecca Tillou. Either on your own or by joining one of the number of groups coming together to build community. [To find group runs in your area or to register, click here.](#)



Raise Awareness

Despite the prevalence of FASD, it's still thought of as rare. By raising the profile of FASD and prenatal alcohol exposure in a non-stigmatizing way, we can all raise awareness while increasing the level of support and understanding for people diagnosed with FASD or prenatal alcohol exposure in all of our communities. Here are some ideas on how you can help.

- Get a proclamation for FASD Awareness Month or FASD Awareness Day issued at a state or local level. This can be done in States, Cities, Townships, Municipalities and School Districts. [Click here for instructions and more information.](#)
- Add FASD related content to your social media either by downloading from [this Canva link](#) or by sharing the information posted on FASD United's social media.
- Issue a press release or publish a letter to the editor of your local paper using [this template.](#)

Join FASD United this September and engage in advocacy, give support, build community to raise awareness of FASD.

What are you doing this September? Scan the code and let us know.

