A 2023 Guide for Advocates from FASD United:

1. Use wording and references that are non-stigmatizing, people-centered, and show care. For assistance: https://www.cdc.gov/healthcommunication/Preferred_Terms.html

2. Tell YOUR story and how it fits into the topic’s advocacy—if you do not have any firsthand experience listen to and learn from others who do.

3. Remember you are a part of a community, you do not need to advocate alone, we are stronger together! Need a plan or guide?
   a. Want to join the larger FASD community? Try our affiliate network:
      https://nofasaffiliatenetwork.org/

4. Remember this disability is something that impacts people, not one’s own political or socio-economic ideals, so the way it is framed is important.

5. Lift up voices that do not have as much chance to speak normally. It is important that those who are socially or publicly ignored have the opportunity.
   https://www.cdc.gov/minorityhealth/
   a. Appreciate others’ challenges, even if in a different area, you may learn something imperative to your own advocacy: https://blogs.cdc.gov/healthequity/

6. Remember that while there are physical manifestations of certain disabilities, working to understand impacted persons mentalities are crucial!
   https://www.cdc.gov/ncbddd/disabilityandhealth/features/mental-health-for-all.html

7. Don’t be afraid to ask for help or guidance. https://fasdunited.org/family-navigator/