

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.
 - a. <https://blogs.cdc.gov/healthequity/>
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?
<https://www.atsdr.cdc.gov/ceplaybook/docs/ce-planning-tool-form-508.pdf>
 - 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.
<https://www.cdc.gov/ncbddd/disabilityandhealth/materials/factsheets/fs-communicating-with-people.html>
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/>