

Social Media Captions FASD Awareness Month 2023

- Celebrate #FASDAwareness Month with me! FASDs may impact one in every twenty youth in the #US so we continue to advocate for disability rights throughout the country. #FASD50
- It's the 50th anniversary of #FASD! We've come a long way since the US' first diagnosis of 1973, but we still have a ways to go. Join the nation-wide movement for FASD services, support, and strengths-based evaluation. #RespectThePast #EmbraceTheFuture
- September is #FASDAwarenessMonth! This year we celebrate the 50th year of #US FASD diagnosis originally from The University of Washington. Join me in advocating for disability rights!
- FASD is a #NationalHealthPriority. 2023 is the 50th year since FASD #diagnosis in the US & we continue to fight for individuals and populations living with developmental disabilities.
- Although it's the 50th year since #FASD was first identified in the US, we believe political, social, and economic resources should be available to this resilient population. Want to join this movement? Find out how you can @ fasdunited.org.
- Welcome to #FASDAwarenessMonth and FASD's 50th year! Want to support a cause close to my heart? Donate now at <https://fasdunited.org/donate/>
- The US' first diagnosis of #FASD was 50 years ago. Unfortunately, services for impacted individuals are still lacking. Let's respect the past and embrace the future of FASDs! #FASD50
- Support and services for those with #FASDs are crucial! We continue to urge legislators to learn more about this developmental disability. The #FASDRespect Act 2.0 does too, find out more @ nofaspolicycenter.org.
- Support healthy pregnancies and pregnant individuals! Do not drink alcohol or use substances if pregnant or if planning to become pregnant. #SupportforFASD <https://www.cdc.gov/ncbddd/fasd/interventions.html>
- FASD is a societal issue- #Notawomensissue. This September Awareness Month, let's emphasize the narrative that #FASD is about disparities in resources, services, and supports. #StopTheStigma
- FASD occurs throughout the lifespan. Symptoms of FASDs are destined to change with age uniquely for each individual. Lifelong services and tools are needed to best support those with developmental disabilities. #AcrossTheLifespan

- FASDs are #NotRare. 1 in 20 school-children is not rare. What ARE rare are adequate resources and services that allow individuals with FASDs to thrive w/o stigma and misunderstanding. #1in20 #FASDMisconceptions
- FASD #canlooklike other disabilities. Although ASD, ADHD, and mood disorders are forms of neurodiversity, FASDs are unique in their presentation and require specific treatments. #earlyintervention
- Alcohol-use amounts may be difficult to define and challenging to apply to large populations. Light OR heavy-- Any amount of alcohol is dangerous to a developing fetus. The most ideal outcome is that drinking stops before and during any pregnancy attempt. #FASD50
- FASD is too often a #hiddendisability, making its unique services and supports necessary for illumination on a wide-scale level. Individuals with FASDs do not deserve to live in the dark. Let's bring their voices to the light!
- FASD is a diagnosis, not a definition. While being diagnosed with an #FASD may come with certain adjustments or understanding—the diagnosis is just *that*. Refrain from passing judgement on others or yourself because of medical identification.
- The voices of individuals living with #FASD are crucial and we need to amplify the voices of the lived experience. FASD is a topic of nuance, and requires that we learn from the best source there is—people with them!
- It's important to both address and counter the stigma that surrounds FASDs and their community. It exists, yet we are stronger than any doubt or miseducation. #FASDAwareness Month is the perfect opportunity to educate and inform others on the realities of this topic.
- People with FASD have strengths, as well as challenges. However, as we learned from #YesICan and #YesIAM, strengths-based research can help highlight these individuals' fortitude. This allows them to view themselves, and their world with more grace.
- Pregnant people with alcohol use disorders should receive support, not punishment. Alcohol screening and priority access to meaningful treatment are important. Certain socio-economic factors impact one's ability to receive proper support, but we will not give up! #equalaccess #stopthestigma
- Systems of care should be #FASD informed. Be it medical, educational, or familial—people with FASDs deserve our informed understanding so they may feel supported in differing settings. #FASDCaregivers #Educators #MedicalSupport