



Nothing About Us Without Us

HOW IT WORKS

- This is a place to meet others with FASD from all over the world.
- It is *not* a place for hookups.
- The mini-keynotes in the **main** conference **each day** are all done by teens and adults who have FASDs and are Change Makers – they are all good because this is when **we** get to tell researchers **what we think** is important. We all go to show support and that this is important to us at the teen and adult conference. Then we leave and go to our own conference rooms.
- The *teen and adult conference stream* is **only** for us – **nobody** else is allowed without the permission of the ALC Change Makers.
- It is a safe place to talk, learn and have fun with others with FASD and where you are just like everyone else (because you are)
- It can be scary if this is the first time you have been here because you don't know anyone – but tons of people will feel the same way – it's normal.
- The sessions in the teen/adult program are all ones that have been asked for by people with FASD – each year, you tell us what you want at the next conference.
- You can go to these sessions or just sit and talk to others you meet – just make sure you do it at the back of the room or in the hallways or go for coffee.
- There are guides with FASD for the teen and adult stream. They will have an identifiable ribbon on their name badges so you can approach them if you wish.

- If you are feeling overwhelmed, (too many people, too much noise, stuff like that) talk to a guide or the ALC Change Makers.
- If there is an issue with another person, please go to the ALC to get them to help sort it out.
- If you don't know where to go or need help, and cannot find a guide, go to the *conference* registration desk (where you picked up your information, NOT the one for registering at the hotel) and the staff will help you.
- There is a quiet room where you can sit and rest or have a coffee - no noise allowed in there.
- *If you want*, you can go to whichever sessions you want to in the *main* conference and try them out.
- You can leave sessions whenever you want; you don't need a reason, just leave the session.
- If you are a teenager here with family, please do **NOT** leave the hotel without a parent or adult family member.