

LANGUAGE AND STIGMA GUIDE

TALKING ABOUT FASD AND PRENATAL SUBSTANCE EXPOSURE

WHAT IS THIS GUIDE ABOUT?

This guide provides helpful definitions, reasoning, and understanding regarding the language and imagery used for Fetal Alcohol Spectrum Disorders and Prenatal Alcohol Exposure.



- FOCUS ON STRENGTHS
- HAVE MEANINGFUL CONVERSATIONS
- REDUCE STIGMA
- PROMOTE UNIFICATION

CAREGIVERS & ADVOCATES FAMILIES



PARTNERS



While this guide can be used by a variety of audiences, we specifically curated it for the curious caregiver, ample advocate, and passionate partner.

WHO SHOULD USE THIS GUIDE?

This guide is meant for the FASD community at large, specifically anyone who wants to discuss FASD and PAE publicly, with other organizations, or in media.

WHAT WILL THIS GUIDE DO?

This guide will inform those writing and speaking about FASD how to communicate with those with an FASD in a way that promotes a culture of support and respect.



UNIFY THE COMMUNITY AT LARGE

Gives a base idea of the language and imagery that are preferred and non-preferred as a whole.

[Access the Language and Stigma Guide](#)



WHAT YOU CAN EXPECT

Disclaimer: We recognize there are cultural differences with language that must be considered, this guide and its contents are particular to the United States (and its healthcare system).



Reframe:

- FASD is not just an issue for women or specific groups
- Inclusive language is important to reduce blame and stigma

Call-out boxes are available throughout the guide to help highlight important information.

Term

Definition

Neurodiversity

A term used by groups with neurodevelopmental disabilities. Neurodiversity implies that society and levels of care should adapt to such disabilities as they are natural differences in brain functioning. ¹

Spectrum

Spectrum refers to a group of diagnoses and behaviors that share symptoms. It does not imply severity or importance but rather a continuum of symptoms.

Informative tables can help with defining, exploring, and understanding terms and imagery.

Key Themes:

- Health Equity
- Stigma Reduction
- Inclusiveness
- Positive Messaging
- Accurate Communication

