



# FETAL ALCOHOL SPECTRUM DISORDER AWARENESS: *WHO NEEDS TO KNOW?* **EVERYONE!!**

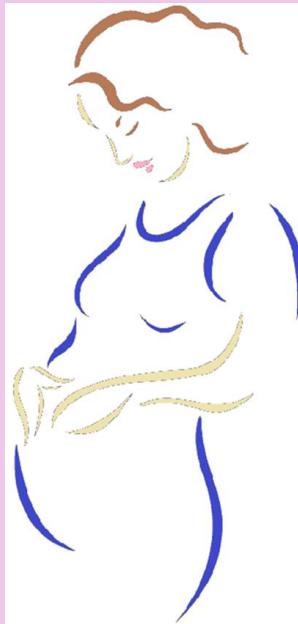
While FASD awareness may seem like it's just about women who are pregnant, it's not.

**ANYONE** who can help a woman remain alcohol-free during pregnancy should know:

Men, women, family, friends, educators, and health care providers all can play a part in helping a pregnant woman remain alcohol-free throughout her pregnancy.

September is FASD Awareness Month and as a means to raise awareness, here are some points to remember from SAMSHA and the The National Organization on Fetal Alcohol Syndromes:

- "Fetal Alcohol Spectrum Disorder" (FASD) is an umbrella term describing the range of effects that can occur in an individual whose mother drank during pregnancy. These conditions occur in children regardless of the community, family status, income, race, religion or culture.
- Drinking alcohol can damage an unborn baby at any and all stages of pregnancy. FASD effects may include permanent physical, mental, intellectual and/or social-emotional behavioral disabilities.
- There is no known amount or type of alcohol that is "safe" for a woman or girl to drink while she is pregnant.
- **FASD IS 100% PREVENTABLE!!** The only cause of FASD is prenatal exposure to alcohol; therefore, if a woman does not drink while she is pregnant, her baby will not have an FASD.



**Need Help? Call 1-800-662-HELP**



**or visit:**

<https://www.pacarepartnership.org/resources/fetal-alcohol-spectrum-disorders-fasd/resources>