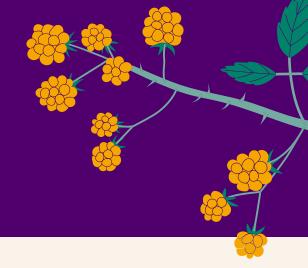
DISCUSSION GUIDE



WHAT IS FETAL ALCOHOL SPECTRUM DISORDER?

Fetal Alcohol Spectrum Disorder (FASD) is a lifelong disability that affects the brain and body of a person exposed to alcohol in the womb. The name was changed from 'syndrome' to 'spectrum disorder' because people with FASD have strengths and challenges unique to them; no two people with FASD are the same.

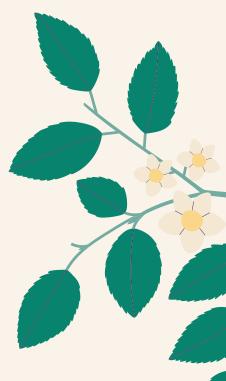
BRAIN DIFFERENCE AND FASD IN INUIT NUNANGAT

Alcohol in Inuit Nunangat has a specific history tied to the arrival of settlers, colonization that sought to destroy Inuit ways of life, and ongoing intergenerational trauma.

FASD is not more common in Inuit or Indigenous communities, it exists wherever there is alcohol.

FASD is a brain difference. Inuit with FASD see and move through the world with a unique perspective. This is an opportunity to see things with a new point of view.

The shortage of FASD knowledge, research, and services mean that people with FASD still face stigma. This stigma creates social and physical barriers that can prevent families from accessing the appropriate services or level of care required to meet their unique needs.





DO'S DON'TS

Use these tips to help end FASD, speak openly about FASD and celebrate all of us.

AVOID

RECOMMENDED

FASD Person / Kid

Person/individual with FASD

Suffering from FASD / Victim of FASD

Affected by FASD

FASD is caused by maternal alcohol use

FASD is caused by prenatal alcohol exposure

FASD is 100% preventable

Prenatal alcohol use is complex

FASD is an Inuit/ Indigenous problem FASD exists wherever there is alcohol

Talking only about negative parts of FASD

People with FASD have many strengths, talents, and abilities. Millions of people around the world live successfully with FASD

Sources

Piruqatigiit Resource Centre, Language Matters: Fetal Alcohol Spectrum Disorder (FASD). Piruqatigiit Resource Centre, Reporting on Fetal Alcohol Spectrum Disorder in Nunavut

