



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

FASD Person / Kid

Suffering from FASD /
Victim of FASD

FASD is caused by maternal
alcohol use

FASD is 100% preventable

FASD is an Inuit/
Indigenous problem

Talking only about
negative parts of FASD

RECOMMENDED

Person/individual
with FASD

Affected by FASD

FASD is caused by prenatal
alcohol exposure

Prenatal alcohol use
is complex

FASD exists wherever
there is alcohol

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

Sources

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