

# September is #FASDMonth

Join us to learn more about what #FASDis



## Social Media Kit

### Sample social media posts

September is FASD Awareness Month. Learn more about fetal alcohol spectrum disorder (FASD) at [www.canfasd.ca](http://www.canfasd.ca) #FASDMonth #FASDis

#FASDis Fetal Alcohol Spectrum Disorder. 4% of Canadians have FASD. That is more people than Autism, Cerebral Palsy, and Down Syndrome combined. #FASDMonth

#FASDis a lifelong disorder but with appropriate supports individuals with #FASD can succeed. Learn more about FASD at [www.canfasd.ca](http://www.canfasd.ca). #FASDMonth

Tell us what #FASDis to you. Share your stories to help raise awareness of #FASD this September. Learn more at [www.fasdmonth.ca](http://www.fasdmonth.ca) #FASDMonth

#FASDis Fetal Alcohol Spectrum Disorder. People with FASD have both strengths and challenges and will need supports to succeed in their daily lives. #FASDMonth

How can you help raise awareness of FASD in Canada?

1. Learn about what #FASDis
2. Share what you learn
3. Donate what you can to support FASD organizations

#FASDis preventable if women and girls have the right supports and when communities take action to promote health. Learn more at <https://canfasd.ca/topics/prevention/#About>. #FASD Month

### Hashtags

#FASDMonth #FASDday #FASDis

### Follow CanFASD on social media





## FASD Month Information

### About FASD Month

- FASD Awareness Day is held annually on September 9th
- FASD Day was first held in 1999, making 2021 the 22nd year
- FASD Day is held on the 9th day of the 9th month to highlight the importance of going alcohol-free during the full 9 months of pregnancy
- CanFASD and many other FASD organizations believe that one day is not enough to improve FASD awareness. We recognize September as FASD Awareness Month or #FASDMonth.

### 2021 FASD Awareness Month

- Our goal for FASD Awareness Month 2021 is to teach Canadians what #FASDis. We're challenging the current misinformation and stigma surrounding FASD and raising awareness of what it truly means to have FASD.
- 4% of Canadians have FASD. This is more than the number of people with Autism Spectrum Disorder, Cerebral Palsy, and Down Syndrome combined. But FASD is still largely misunderstood by the majority of Canadians.
- FASD is a really complex disability and we learn more about it every day. The language we've used to talk about FASD in the past has created stereotypes and stigma that individuals with FASD have to overcome, in addition to their everyday challenges. We're challenging this stigma by sharing what FASD really is using the hashtag #FASDis

### Key Messages:

- FASD stands for Fetal Alcohol Spectrum Disorder
- FASD is the most common preventable disability in North America, impacting people who were exposed to alcohol in the womb
  - 1.5 million Canadians (4%) have FASD
  - FASD impacts more people in Canada than Autism Spectrum Disorder, Cerebral Palsy, and Down syndrome combined
- FASD is preventable if women and girls have the right supports and if communities take action
- People with FASD can and do succeed with the right supports and services

### More Resources:

- [Frequently Asked Questions \(FAQs\) about FASD](#)
- [FASD language and media guide](#)
- [A standard definition of FASD](#)
- [ThinkFASD](#)
- [Strengths among people with FASD](#)
- [The prevalence of FASD](#)
- [Why FASD diagnosis is important](#)